Occupational Requirements Sheet

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| --- | --- |
| Position |  |
| Department |  |
| Date Created |  |

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| --- | --- | --- |
| Type | RequiredYes/No | Details: include the length of time/weight maximum, etc. |
| Physical Demands |
| Standing  |  |  |
| Sitting |  |  |
| Alternate sit and stand |  |  |
| Walking |  |  |
| Lifting/Carrying |  |  |
| Moving objects |  |  |
| Pushing/pulling  |  |  |
| Reaching overhead or below |  |  |
| Crouching/Stooping |  |  |
| Kneeling |  |  |
| Crawling |  |  |
| Climbing: stairs, ladders, scaffolds, ramps, or other |  |  |
| Driving |  |  |
| Keyboarding |  |  |
| Driving |  |  |
| Gross motor manipulation |  |  |
| Fine motor manipulation |  |  |
| Uses foot or leg controls |  |  |
| Performs repetitive tasks |  |  |
| Speaking |  |  |
| Hearing |  |  |
| Near visual acuity |  |  |
| Far visual acuity |  |  |
| Peripheral visual acuity |  |  |
| Environmental Demands |
| Extreme heat exposure |  |  |
| Extreme cold exposure |  |  |
| Extreme temperature changes |  |  |
| Loud/noisy work environment |  |  |
| Extreme weather exposure |  |  |
| Able to change into/out of personal protective equipment |  |  |
| Cognitive Demands |
| Learn and memorize tasks |  |  |
| Works in or with large crowds |  |  |
| Works in small or restrictive spaces |  |  |
| Maintains focus  |  |  |
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| Other Demands |
| Type | RequiredYes/No | Details: include the length of time/weight maximum(s) |
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