



KITSAP COUNTY
 614 Division St.
 Port Orchard WA 98366

PHYSICAL REQUIREMENTS: M&O COORDINATOR
DEPARTMENTS: PUBLIC WORKS

Positions in this class typically require:

- Walking (short or long distances).
- Frequent bending, stooping, climbing, and reaching (over shoulders, at waist and below waist).
- Handling/grasping documents or equipment.
- Sitting and/or standing for short or extended periods of time.
- Clear speaking and adequate hearing sufficient to communicate effectively and respond appropriately in-person and/or on the telephone.
- Vision sufficient to read source materials, gauges, and computer screen data.
- Repetitive motions for computer, tool and equipment use.
- Hazards associated with this work when exposed to exhaust fumes, loud noise, foul odors, insects, and dust.
- Exposure to all weather conditions; including inclement weather (temperature extremes, slippery surfaces).
- Exertion of force of up to 25 lbs. occasionally; and/or up to 20 lbs. frequently; and/or up to 10 lbs. continually to lift/carry/move objects. Operate a variety of power equipment.

PHYSICAL AND MENTAL DEMANDS

PHYSICAL AND MENTAL DEMANDS

Activity	Never 0%	Inter. 1-10%	Occas. 11-33%	Freq. 34-66%	Cont. 67+%	Further Description
1. Walking				X		Inspection, maintenance, and equipment repair
2. Balance			X			Ladders, stairs, look over railings, access equipment
3. Lifting	-	-	-	-	-	
0-10 lbs.				X		
11-20 lbs.				X		"
21-35 lbs.			X			"
36-50 lbs.		X				Containers, tools, hoses, and equipment
50 + lbs.	X					N/A

Activity	Never	Inter.	Occas.	Freq.	Cont.	Further Description
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	0%	1-10%	11-33%	34-66%	67+%	
4. Carry	-	-	-	-	-	
0-10 lbs.				X		
11-20 lbs.				X		
21-35 lbs.			X			
36-50 lbs.		X				
5. Pushing/ Pulling	-	-	-	-	-	
0-10 lbs.				X		Tools, equipment, and supplies
11-20 lbs.				X		"
21-35 lbs.			X			
36-50 lbs.		X				"
6. Climbing			X			Stairs, ladders, equipment access, outside terrain
7. Twisting			X			Pulling hoses, lifting and placing tools, and equipment
8. Reaching			X			
9. Grasping				X		Picking up and using parts, tools, and equipment
10. Stooing/ Bending			X			Picking up and using parts, tools equipment, clean/scrub
11. Sitting		X				Record keeping and data input
12. See/Hear/ Speak	-	-	-	-	-	
Sees Detail					X	Inspect equipment, operate machinery, read instructions
Color Discrim.			X			recognize proper colors in treatment process, equipment
Activity	Never	Inter.	Occas.	Freq.	Cons.	Further Description



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Visual Displays			X			Computer and video displays
Audible Signals			X			Listen for alarms, signals, radio, and telephone
Oral Direction			X			Supervisors and co-workers
Other						
13. Working Cond/Exp.	-	-	-	-	-	
Uneven Ground				X		
Work Outside				X		"
Work Inside			X			
High Elevations		X				Climb stairs, ladders, and equipment
Moving Objects			X			
Slippery Surface			X			
Wetness				X		
Temp. Extremes			X			Outside work
Confined Spaces		X				Assist with vault entry
Special Clothing					X	Protective gear, rubber boots, rain gear, coveralls, PPE
Vibration			X			Pneumatic tools, pressure washer, and weed-eater
Use of Solvents		X				
Use of Detergent			X			Cleaners, degreasers
Chemical Contact		X				
Chemical Vapors		X				"
Dust or Particles			X			Cleaning and landscaping
Activity	Never	Inter.	Occas.	Freq.	Cont.	Further Description



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	0%	1-10%	11-33%	34-66%	67+%	
14. Other						
15. Standing					X	
16. Squatting/ kneeling			X			
17. Crawling		X				
18. Foot Controls		X				
19. Hand Controls			X			
20. Fine Finger Manipulation		X				
21. Repetitive motion			X			
22. Proximity to mechanical parts			X			
23. Noise intensity			X			
24. Explosives	X					
25. Radiation	X					
26. Electricity		X				

****For CDL Positions:**

If there are driving restrictions employee must be evaluated by a DOT approved physician prior to returning to the job of injury.

PHYSICIAN TO COMPLETE

___ Worker can fully perform the job with no restrictions as of the date below.

___ Worker requires restrictions to perform the job. The restrictions are described on the Physician's Estimate of Physical Capacities.

Physician Signature

Date

ADDITIONAL COMMENTS:
