



KITSAP COUNTY

614 Division St.
Port Orchard WA 98366

Employee Name _____

PHYSICAL REQUIREMENTS: M&O SUPERVISOR (NON-UNION) DEPARTMENTS: PUBLIC WORKS, PARKS AND FACILITIES MAINTENANCE

POSITION REQUIREMENTS:

- 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 necessary to communicate effectively and respond appropriately in-person and/or on the telephone.
- Vision necessary 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 50 lbs. occasionally, and/or up to 35 lbs. frequently, and/or up to 10 lbs. continually to lift/carry/move objects and to operate a variety of power equipment.
- **Some positions may require exertion of force of up to 75 lbs. occasionally and 100 lbs. with assistance to lift/carry/move objects. May be required to operate a variety of power equipment, shovel large quantities of materials, and operate heavy equipment such as backhoes, pavers, dozers and graders.**

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		Sample and chemical containers, tools, and equip.
11-20 lbs.				X		"
21-35 lbs.			X			"
36-50 lbs.		X				Containers, tools, hoses, and equipment
50 + lbs.	X					N/A



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Activity	Never 0%	Inter. 1-10%	Occas. 11-33%	Freq. 34-66%	Cont. 67+%	Further Description
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			Grabbing samples, washing/cleaning equipment
9. Grasping				X		Picking up and using parts, tools, and equipment
10. Stooping/ 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
Visual						Computer and video



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Activity	Never 0%	Inter. 1-10%	Occas. 11-33%	Freq. 34-66%	Cont. 67+%	Further Description
Displays			X			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				
Special Clothing					X	Protective gear, rubber boots, rain gear, coveralls, PPE
Vibration			X			
Use of Solvents		X				
Use of Detergent			X			
Chemical Contact		X				
Chemical Vapors		X				"
Dust or Particles			X			Cleaning and landscaping
14. Other						



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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 doctor prior to returning to the job of injury.

SUMMARY DETERMINATION (Please check appropriate item)

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: _____

