

Physical Activity Requirements

PRIMARY PHYSICAL REQUIREMENTS

LIFT up to 10 lbs.: Frequently required
LIFT 11 to 25 lbs.: Frequently required
LIFT 26 to 50 lbs.: Occasionally required
LIFT over 50 lbs.: Occasionally required

CARRY up to 10 lbs.: Frequently required
CARRY 11 to 25 lbs.: Frequently required
CARRY 26 to 50 lbs.: Occasionally required
CARRY over 50 lbs.: Occasionally required

REACH above shoulder height: Frequently required
REACH at shoulder height: Frequently required
REACH below shoulder height: Frequently required
PUSH/PULL: Frequently required

OTHER PHYSICAL CONSIDERATIONS

Twisting: Frequently required
Bending: Frequently required
Crawling: Seldom required
Squatting: Occasionally required
Kneeling: Occasionally required
Crouching: Occasionally required
Climbing: Frequently required
Balancing: Seldom required

WORK SURFACE(S)

Standard office desk and chair. Concrete and tile floor. Asphalt and gravel. Laboratory counter tops, aluminum grating, steel catwalks, etc.

HAND MANIPULATION

DURING AN 8-HOUR DAY,
EMPLOYEE IS REQUIRED TO:

			<u>Consecutive Hours</u>	<u>Total Hours</u>
<u>Grasping:</u>	Frequently required			
<u>Handling:</u>	Frequently required	Sit	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8
<u>Torquing:</u>	Occasionally required	Stand	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8
<u>Fingering:</u>	Frequently required	Walk	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8

Work is performed inside and out of doors in an environment which includes exposure to physical elements and/or to a number of disagreeable working conditions. The physical demands of the duties described are representative of those that must be met by an employee to successfully perform the essential functions of this position. Reasonable accommodations may be made to enable an individual with disabilities to perform the essential functions of the position.

Cognitive and Sensory Requirements:

Talking: Necessary for communicating with others.

Hearing: Necessary for receiving instructions and information.

Sight: Necessary to perform job correctly and effectively.

Tasting & Smelling: Required to detect fluid, and noxious odors and fumes.

Specific Vocational

Preparation

Requirement(s):

- | | |
|---|---|
| <input type="checkbox"/> 1. Short demonstration only. | <input type="checkbox"/> 5. 181 days to 1 year. |
| <input type="checkbox"/> 2. Any beyond short demonstration up to and including 30 days. | <input checked="" type="checkbox"/> 6. 1 to 2 years |
| <input type="checkbox"/> 3. 30-90 days | <input type="checkbox"/> 7. 2 to 4 years |
| <input type="checkbox"/> 4. 91-180 days | <input type="checkbox"/> 8. 4 to 10 years |
| | <input type="checkbox"/> 9. Over 10 years |

Licensure/Certification Requirements:

Possession of a valid NH CDL license, a minimum.

Possession of a valid NH CDL-A with air brakes preferred.

Other Training, Skills and Experience Requirements:

Completion of high school or its equivalent. One year's experience in operating light motor driven equipment; OR any combination of education and experience which demonstrates possession of the required knowledge, skill, and ability.

Summary of Occupational Exposures:

May be exposed to fuels, fluids, herbicides, and pesticides.

May be exposed to long periods of sunlight, poisonous plants, insects, and bees.

Other Considerations and Requirements:

Some independent judgment is exercised in the operation of equipment.

Work is reviewed to assure that desired results are obtained and the appropriate care and safety is exercised in equipment operations.

Performs various labor tasks of an unskilled or semi-skilled nature that are essential to the operations of the high-way and utility departments when assigned.

Ability to perform strenuous physical labor under varying and adverse weather conditions.

Ability to understand and follow oral and written instructions.

Familiar with town's safety policy and executes safe work procedures associated with assigned work.

Availability 24 hours per day to meet emergency situations.