



KITSAP COUNTY
 614 Division St.
 Port Orchard WA 98366

Employee Name: _____

DEPARTMENT: PUBLIC WORKS
PHYSICAL REQUIREMENTS: INSTRUMENT & CONTROL TECHNICIAN

Positions in this class typically require:

- Work is performed primarily in a field environment, including in confined areas, wet wells and ditches, conducting maintenance on electrical components common to sewer lines, facilities, etc.
- Potential exposure to the hazards associated with the electronics/electrical trades.
- When working in confined areas, wet wells and ditches, exposure to noxious fumes is a hazard and may require the incumbent to have the ability to properly wear a breathing apparatus.
- Ability to climb up four flights of stairs multiple times per shift.
- Exposure to physical hazards associated with working around pumping equipment, generators, all forms of sewage (solid, liquid, gaseous) and large diesel/gasoline vehicles.
- Enter confined spaces under alternate entry procedures which ensure safety.
- Bending, stooping, reaching (over shoulders, at waist and below waist), walking, standing and working high above ground, adequate vision sufficient to view gauges and operate equipment and prepare log books, and hearing sufficient to respond to audible alarms, speaking adequate to communicate effectively, manual dexterity to grasp/handle equipment and materials.
- Must possess sufficient physical strength, dexterity, coordination and mental alertness to operate power equipment, inspect conduit/wiring, etc. and establish traffic control.
- The exertion of force of up to 50 pounds occasionally, and/or up to 35 pounds frequently and/or 10 pounds constantly to move objects.
- To pull 50 ft. hoses, weighing at least 25 lbs. each, which includes bending, stooping, reaching, and pulling motions.

Incumbents may be:

- Exposed to potentially hazardous conditions when exposed to violent or hostile individuals, weather conditions, temperature extremes, slippery surfaces, road and traffic hazards.

PHYSICAL AND MENTAL DEMANDS

Activity	Never 0%	Inter. 1-10%	Occas. 11-33%	Freq. 34-66%	Cont. 67+%	Further Description
1.Walking				X		Alternates standing and walking when completing repairs and other job tasks.
2. Balance				X		Climb/decend ladders or to access top/upper areas of equipment
3. Lifting	-	-	-	-	-	
0-10 lbs.					X	Hand tools, pneumatic and electric tools and parts
11-20 lbs.					X	"
21-35 lbs.				X		Parts floor to overhead
36-50 lbs.			X			"Parts, floor to waist, intermittently overhead



KITSAP COUNTY

614 Division St.
Port Orchard WA 98366

Employee Name: _____

Activity	Never 0%	Inter. 1-10%	Occas. 11-33%	Freq. 34-66%	Cont. 67+%	Further Description
50 + lbs.			X			
4. Carry	-	-	-	-	-	
0-10 lbs.				X		1ft to 50ft
11-20 lbs.				X		"
21-35 lbs.			X			"
36-50 lbs.			X			"
5. Pushing/ Pulling	-	-	-	-	-	
0-10 lbs.				X		Removing and replacing parts
11-20 lbs.				X		Using bars and wrenches to remove and replace parts
21-35 lbs.			X			Pushing cart or rolling equipment
36-50 lbs.			X			"
6. Climbing			X			Stairs, ladder or accessing equipment
7. Twisting				X		Performing repairs or loading/unloading equipment
8. Reaching			X			Performing repairs or troubleshooting
9. Grasping				X		Parts, tools, equipment, and a steering wheel
10. Stooing/ Bending			X			When troubleshooting or completing repairs
11. Sitting			X			Operating vehicle, equipment, or working at desk/bench
12. See/Hear/ Speak	-	-	-	-	-	
Sees Detail					X	Reviewing diagnostics, computer screen, and



KITSAP COUNTY

614 Division St.
Port Orchard WA 98366

Employee Name: _____

Activity	Never 0%	Inter. 1-10%	Occas. 11-33%	Freq. 34-66%	Cont. 67+%	Further Description
						plans
Color Discrim.				X		Parts, wires, and plans may be color coded
Visual Displays				X		Diagnostic instruments, gauges or screens
Audible Signals				X		Sounds, cues, or safety equipment
Oral Direction				X		Supervisor or co-workers, or general public
13. Working Cond/Exp.	-	-	-	-	-	
Uneven Ground			X			Walking to and doing repairs at remote sites
Work Outside			X			"
Work Inside			X			Shop/office
High Elevations		X				Accessing equipment
Moving Objects			X			Hoists, lifts, and vehicles
Slippery Surface				X		Field work or around pumping equipment
Wetness				X		Manholes, vaults, or outside weather
Temp. Extremes		X				Field work or wearing protective gear
Confined Spaces			X			Entering sewers, tanks, manholes and wells
Special Clothing					X	Coveralls, rain gear and protective equipment
Vibration				X		Pneumatic/hydraulic tools and equipment
Use of Solvents			X			Cleaning solvents
Use of Detergent			X			Degreasers and soaps
Chemical Contact				X		Oil, grease, lubricants and fuels
Chemical Vapors			X			"
Dust or Particles			X			Dirt and debris, some cutting, grinding and



KITSAP COUNTY

614 Division St.
Port Orchard WA 98366

Employee Name: _____

Activity	Never 0%	Inter. 1-10%	Occas. 11-33%	Freq. 34-66%	Cont. 67+%	Further Description
						welding
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				

PHYSICIAN TO COMPLETE

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:
