



KITSAP COUNTY
 614 Division St.
 Port Orchard WA 98366

Employee Name: _____

PHYSICAL REQUIREMENTS: SHERIFF LIEUTENANT

WORKING CONDITIONS (Environment):

Exposure to Weather: Occasionally to frequent (depending on assignment)
 Exposure to outside atmospheric conditions

Noise Intensity Level: Level 3 (moderate)
 Intermittent exposure to loud (level 4) or very loud noise (level 5) from gun shots, traffic, NFDD's (Noise Flash Diversionary Device), screaming/yelling/crying

Other Environmental Conditions: Occasionally
 Exposures to bodily fluids, potentially dangerous situations, physical altercations, hazardous chemicals, unsanitary conditions, violent crime scenes, noxious odors, confined spaces, heights

PHYSICAL DEMANDS	
N: Never (not at all)	F: Frequent (34%-66% of the time)
S: Seldom (1-10% of the time)	C: Constant (67%-100% of the time)
O: Occasional (11-33% of the time)	

Stand: Standing will vary depending upon assignment. Occasional standing while investigating crime scenes, gathering, and providing information. Frequent standing while providing security, and constant standing while directing traffic or standing guard.

Walk: Walking will vary depending on assignment. Occasional walking to/from patrol car, office, crime scenes, courthouse, throughout jail, to serve subpoena's, etc. Frequent walking if patrolling on foot or providing security (i.e. fair). May also be required to run on a seldom basis to apprehend fleeing suspect, or in other emergency situations.

Sit: Sitting will vary depending on assignment. Frequent, continuous sitting for 1-2 hours at a time while driving patrol car or while working at desk. Occasional sitting while performing investigations. Seldom sitting if assigned to direct traffic, stand guard or foot patrol.

Lift: Floor to Waist Level: Occasional lifting up to 50 or more pounds to assist with roadside repair (i.e. remove/replace tire), lift a child, lift a resisting suspect from the ground, lift a body bag, etc. Lifting may exceed 50 pounds depending on assistance available, and weight of person being lifted.

Waist to Shoulder Level: Seldom lifting up to 50 pounds, occasional lifting up to 35 pounds (to carry laptop, paperwork, holster, etc.). May assist another deputy over a fence or into an attic.

Shoulder Level to Overhead: Seldom lifting up to 35 pounds overhead, occasional lifting up to 10 pounds overhead.



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Carry: Constantly wear gun belt weighing 15-20 pounds around waist and wear ballistic vest which weighs 5 pounds to 25 pounds (Tac Vest). Seldom carry up to 50 pounds or more to carry a child, carry a resisting suspect, or body bag.

Note that carrying may exceed 50 pounds depending on assistance available and weight of person being lifted.

Push/Pull: Occasional push/pull with force of up to 20 pounds to open/close doors and windows. While making arrests and apprehending suspects may be required to push/pull with estimated force of 80-100 pounds. On rare occasion, may be required to push a vehicle to move it out of the way of traffic or for other safety reasons.

Controls: Frequently use hand and foot controls to operate motorized vehicle, computer, handheld radio, shoot and reload guns, etc.

Climbing: Occasionally ascending or descending ladders, stairs, scaffolding, ramps, trees, fences and other obstructions, using feet, and legs or hands and arms. On a seldom basis (not daily) may perform climbing while pursuing a fleeing suspect or in other emergency situations.

Balancing: Seldom to occasionally required to maintain balance to prevent falling when walking, standing, crouching, or running on narrow, slippery, or erratically moving surfaces. Maintaining balance when performing various maneuvers and techniques, and while working from heights (i.e. rooftops) or climbing ladders.

Bend/Stoop: Occasionally bending body downward and forward by bending spine at the waist, requiring full use of the lower extremities and back muscles.

Crouch: Seldom to frequent crouching will occur depending upon assignment. Crouch to gather evidence, look underneath a vehicle or other object, pat down/handcuff suspect, etc.

Twist: Frequently twisting at neck to back up vehicle, change lanes, or perform visual scan of area. Twisting at waist to get in/out of a patrol car. Must have the ability to overcome resistive force of others by using techniques that involve twisting of upper and lower extremities.

Kneel: Kneeling will vary depending on assignment. Seldom to occasional kneeling to gather evidence, secure/search suspects and while providing security.

Crawl: Crawling will vary depending upon assignment. Seldom to occasional crawling on hands and knees or hands and feet to search confined areas or crawl through brush. May also be required to lie down on stomach, side or back for extended periods of time.

Handle/Grasp: Frequently seizing, holding, grasping, turning, or otherwise working with hand or hands. Turning switches, shifting gears, handling firearms, using a fire extinguisher, etc. While arresting suspects, will be required to perform handling/grasping enough to restrain and control suspect.

Fine Manipulation/Fingering: Fine manipulation/fingering will vary depending on day and assignment. Occasional to frequent writing and keyboarding. May perform continuous keyboarding for up to 30 minutes at a time, up to 2-4 hours per day to write reports, depending upon job assignment. Must be able to safely operate handgun or taser which requires fine manipulation/fingering to hold and aim the gun/taser and pull the trigger. Must have enough dexterity to load and unload firearm.

Reach: Floor to Waist Level: Occasional reaching from floor to waist level with both upper extremities.

Waist to Shoulder Level: Frequent reaching waist to shoulder level with both upper extremities.

Shoulder Level to Overhead: Seldom reaching from shoulder level to overhead with both upper extremities.



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Vision: Correctable to 20/20 vision in both eyes. Frequent near acuity, far acuity, depth perception, accommodation, color vision and field of vision. Must be able to visually scan and see objects or people in dimly lit areas. Must be able to detect important details while conducting inspections of traffic accidents and crime scenes. Must be able to see to operate mobile data terminals. Must be able to visually scan from near and far distances to read information (such as license plate). Must be able to judge distances and spatial relationships to see objects where and as they are (i.e. while backing up patrol car).

Talk/Hear: Constant hearing and frequent talking to communicate with others by phone, two-way radio, and in person. Must be able to hear sirens and alarms, and to detect low/soft noises such as movement (suspect moving through brush/bushes).

Taste/Smell: Occasional smelling to detect odors such as smoke, alcohol, and other substances.

Additional Comments: Must be able to wear a ballistic vest as designed. Additional physical demands are required for special assignments such as 'canine', 'swat', 'marine', or 'instructor'.

PHYSICIAN:

- I agree that the above name worker can perform the physical activities described in this job analysis and can return to work. State date worker is released to return to work if different from today's date
_____.
- I agree the worker can perform the described job but only with modifications (describe in comments section). Modifications are needed on a permanent or temporary basis.
- The above-named worker ***temporarily*** cannot perform this job based on the following physical limitations.

Anticipated release date _____

Treatment plan: _____

- The above-named worker is ***permanently*** restricted from performing the physical activities described in this job analysis based on the following limitations (state objective medical findings):

Comments:

Physician Signature

Date