

# Physical Requirements to Fulfill the Essential Functions of This Position

Junior High Teacher

## FREQUENCY OF REQUIRED EXPOSURE/USE

WORKING ENVIRONMENT	OCCASIONAL	FREQUENT	DAILY
OUTDOOR DUTY	X		
• COLD (50 deg. F or lower)	X		
• HEAT (90 deg. F or higher)	X		
GASES/FUMES/DUST			
CHEMICALS/SOLVENTS	X		
NOISE		X	
HIGH STRESS	X		
INTERRUPTIONS	X		
NEED FOR FREQUENT RESTROOM BREAKS		X	
OVERTIME NECESSARY			
CLIMBING STAIRS	X		
CRAWLING			
STANDING		X	
SITTING		X	
WALKING		X	
RUNNING			
KNEELING	X		
BENDING		X	
REACHING OVER SHOULDER	X		
REACH CHALKBD HEIGHT		X	
PUSHING	X		
PULLING	X		
<b>MOVING HEAVY ITEMS</b>			
LIFTING/LOWERING:			
Up to 20 lbs	X		
Up to 50 lbs	X		
More than 50 lbs			
LIFTING OVER SHOULDER:			
Up to 20 lbs	X		
Up to 50 lbs			
More than 50 lbs			
CARRYING:			
Up to 20 lbs	X		
Up to 50 lbs			
More than 50 lbs			

## FREQUENCY OF REQUIRED EXPOSURE/USE

OPERATE MACHINERY	OCCASIONAL	FREQUENT	DAILY
TELEPHONE	X		
FAX	X		
COPIER		X	
COMPUTER		X	
PRINTER		X	
CALCULATOR	X		
OVERHEAD PROJECTOR	X		
AV EQUIPMENT	X		
OTHER (Please list)			
<b>OTHER REQUIREMENTS</b>	<b>OCCASIONAL</b>	<b>FREQUENT</b>	<b>DAILY</b>
ON-TIME ARRIVAL		X	
REGULAR ATTENDANCE		X	
SUMMON EMERGENCY HELP	X		
APPLY CPR/FIRST AID	X		
LEAD FIELD TRIPS	X		
COMMUNICATE DATA	X		
PREPARE REPORTS	X		
VISUAL ACUITY: Near		X	
VISUAL ACUITY: Far		X	
COLOR DISCRIMINATION			
SPEAK CLEARLY		X	
HEAR CLEARLY		X	
MANUAL DEXTERITY	X		
EYE/HAND COORDINATION	X		
DRIVING	X		
FLYING			

Date job description last reviewed: 4/16/17

Reviewed by: Greg Mast