# Health and Wellness Promotion

## Functional Abilities

| Gross Motor Skills | • Sit and maintain balance (frequently)  
| | • Stand and maintain balance (frequently)  
| | • Reach above shoulders (occasionally)  
| | • Reach below waist (occasionally)  
| | • Work above shoulders (occasionally)  
| | • Work overhead (occasionally)  
| Fine Motor Skills | • Finger dexterity (frequently)  
| | • Grasp (occasionally)  
| | • Pincer grip (occasionally)  
| | • Type using a computer/keying in data (frequently)  
| | • Twist/pivot (occasionally)  
| Physical Endurance | • Walk (frequently)  
| | • Sustain repetitive motion (occasionally)  
| Physical Strength | • Lift up to 20 pounds of weight (occasionally)  
| Mobility | • Stoop/squat (occasionally)  
| | • Climb stairs (occasionally)  
| | • Bend (occasionally)  
| | • Kneel (occasionally)  
| Hearing | • Hear normal speech (frequently)  
| Vision | • Near vision- within a few feet and far vision(frequently)  
| Communication | • Listen and understand spoken words (continuously)  
| | • Read and understand written words (continuously)  
| | • Identify and understand speech of another (continuously)  
| | • Communicate information and ideas so others understand(continuously)  
| Reasoning | • Produce answers that make sense(continuously)  
| | • Implement time and fiscal management (continuously)  
| | • Utilize resources effectively (continuously)  
| | • Apply knowledge current and new knowledge to job problems (continuously)  
| Work Styles | • Attention to details and thoroughness (continuously)  
| | • Honest and ethical implementation of work(continuously)  
| | • Adjust to fluctuating work volume (continuously)  
| | • Demonstrate confidentiality (continuously)  
| | • Independent work and self-direction (continuously)  
| Emotional Health | • Good-natured and cooperative attitude (continuously)  
| | • Adaptability and flexibility (continuously)  
| | • Maintain composure and emotions (continuously)  
| | • Manage stress calmly and effectively (continuously)  |