

Health and Wellness Promotion

Technical Standards

Gross Motor Skills	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Finger dexterity (frequently) • Grasp (occasionally) • Pincer grip (occasionally) • Type using a computer/keying in data (frequently) • Twist/pivot (occasionally)
Physical Endurance	<ul style="list-style-type: none"> • Walk (frequently) • Sustain repetitive motion (occasionally)
Physical Strength	<ul style="list-style-type: none"> • Lift up to 20 pounds of weight (occasionally)
Mobility	<ul style="list-style-type: none"> • Stoop/squat (occasionally) • Climb stairs (occasionally) • Bend (occasionally) • Kneel (occasionally)
Hearing	<ul style="list-style-type: none"> • Hear normal speech (frequently)
Vision	<ul style="list-style-type: none"> • Near vision- within a few feet and far vision(frequently)
Communication	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Good-natured and cooperative attitude (continuously) • Adaptability and flexibility (continuously) • Maintain composure and emotions (continuously) • Manage stress calmly and effectively (continuously)