

**JOB DESCRIPTION SUPPLEMENT****PHYSICAL REQUIREMENTS FOR PERFORMING ESSENTIAL JOB FUNCTIONS****I. MACHINES, TOOLS, & EQUIPMENT USED IN THIS POSITION:**

*Worker is required to use two or more of the following on a regular basis: telephone / other voice communication devices; audio-visual equipment; personal computer; mainframe computer peripherals; copy machine; personal safety devices; other specialized equipment typically used in the mainframe computer setting.*

**II. PHYSICAL EXERTION REQUIREMENTS OF THIS POSITION:**

**LIGHT WORK:** *Exerting up to 20 pounds of force occasionally and/or up to 10 pounds of force as frequently as needed to move objects.*

**III. PHYSICAL ACTIVITY DURING A TYPICAL DAY:**

*A typical day's activities include standing, walking, bending, climbing, stooping, pushing, pulling, lifting, reaching, and sitting for extended periods; normal finger dexterity, visual acuity (with or without corrective glasses, hearing, talking, and grasping are also required to carry out essential functions.*

**IV. WORKING CONDITIONS:**

*Indoors. Worker is subject to indoor conditions primarily with work occurring inside. The worker is subject to low noise levels as to require normal talking in order to be heard on occasion.*

**V. TYPICAL JOBS:**

*Jobs requiring the activities described above may include the following: Computer Programmer; System Analyst; MIS Director; Computer Technician; Network Specialist or other jobs involving similar physical activity.*