

WOODBURN SCHOOL DISTRICT

DESCRIPTION FOR PHYSICAL DEMANDS AND WORK REQUIREMENTS

JOB TITLE : COUNSELOR, DSS

LOCATION: ELEMENTARY, MIDDLE SCHOOL, HIGH SCHOOL

ENDURANCE

	HOURS AT ONE TIME									TOTAL HOURS IN A WORK DAY											
	0	1/2	1	2	3	4	5	6		7	8	0	1/2	1	2	3	4	5	6	7	8
SITTING			X											X							
STANDING				X											X						
WALKING			X										X								
DRIVING	X										X										

PHYSICAL

LIFT & CARRY	NEVER 0%	OCCAS. 1-33%	FREQ. 34-66%	CONT. 67-100%
1-10 lbs		X		
11-20 lbs		X		
21-50 lbs	X			
51-75 lbs	X			
76-100 lbs	X			

PUSHING

1-10 lbs		X		
11-20 lbs		X		
21-50 lbs	X			
51-75 lbs	X			
76-100 lbs	X			

PULLING

1-10 lbs		X		
11-20 lbs		X		
21-50 lbs	X			
51-75 lbs	X			
76-100 lbs	X			

ENVIRONMENTAL

INDOORS				X
OUTDOORS		X		
HEAT	X			
COLD	X			
DUSTY	X			
NOISY	X			
OTHER				

MOTIONS

	NEVER 0%	OCCAS. 1-33%	FREQ. 34-66%	CONT. 67-100%
BENDING		X		
TWISTING		X		
CROUCHING		X		
KNEELING	X			
CRAWLING	X			
WALK-LEVEL SURFACE			X	
WALK-UNEVEN SURFACE		X		
CLIMB STAIRS		X		
CLIMB LADDER	X			
REACH- ABOVE SHOULDER		X		
REPETITIVE-USE OF ARMS		X		
REPETITIVE-USE OF WRIST		X		
REPETITIVE-USE OF HANDS (A)GRASPING		X		
(B)SQUEEZING	X			
USING FOOT CONTROL	X			

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PHYSICAL DEMANDS AND WORK REQUIREMENTS (CONT)

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SPECIAL HAZARDS / NOTES : (REQUIREMENTS OF VISION, HEARING, EXPOSURE TO HAZARDOUS CHEMICALS OR FUMES, ETC)

TOOLS / EQUIPMENT / VEHICLES : (THIS JOB REQUIRES SKILLS USING THE FOLLOWING BUT ARE NOT LIMITED TO THOSE LISTED)

TOOLS AND EQUIPMENT	OCCASIONAL USE	FREQUENTLY USED	CONTINUALLY USED
COMPUTER		X	
TYPEWRITER	X		
VCR	X	X	
TELEPHONE	X		
RISOGRAPH	X		
OVERHEAD PROJECTOR		X	
COPIER		X	
FAX		X	
16 MM PROJECTOR	X		

VEHICLES

NONE			

