

## Physical Requirements Glossary

Standing – Particularly for sustained periods of time.

Walking – Moving about on foot to accomplish tasks, particularly for long distances.

Sitting – Positioning the body in a seated pose for a required extended period of time.

Reaching – Extending hand(s) and arm(s) in any direction.

Stooping – Bending body downward and forward by bending spine at the waist. This factor is important if it occurs to a considerable degree and requires full use of the lower extremities and back muscles.

Kneeling – Bending legs at knees to come to a rest on knee or knees.

Crouching – Bending the body downward and forward by bending leg and spine.

Crawling – Moving about on hands and knees or hands and feet.

Handling – Using the hands to grip and maneuver objects.

Lifting – Raising objects from a lower to a higher position or moving objects horizontally from position to position. This factor is important if it occurs to a considerable degree and requires the substantial use of the upper extremities and back muscles.

Talking – Expressing or exchanging ideas by means of spoken word. Those activities in which they must convey detailed or important spoken instructions to other workers accurately, loudly or quickly.

Hearing – Ability to receive detailed information through oral communication and to make fine discriminations in sound, such as when making fine adjustments on machined parts.

Seeing – The ability to perceive the nature of objects by the eye. Seeing is important for hazardous positions in which defective seeing would result in injury and positions in which special and minute accuracy, inspecting, and sorting exist. A high degree of visual efficiency, placing intense and continuous demands on the eyes by moving machinery and other objects are also considered important. Other important factors of seeing are acuity (near and far), depth perception (three-dimensional vision), accommodation (adjustment of lens of eye to bring an object into sharp focus), field of vision (area that can be seen up and down or to the right or left while eyes are fixed on a given point) and color vision (ability to identify and distinguish colors).