

Goffstown Public Library
Employee Physical Activity Requirements
Rev. 8/98

COGNITIVE & SENSORY REQUIREMENTS

Ability to remember detail and accuracy in repetitive tasks.
Talking: necessary for communication with others.
Hearing: necessary for understanding patrons and staff.
Sight: necessary for corrective/effective job performance.
Functional literacy: required to understand written materials,
Tasting and smelling: smelling required to detect odors in the environment that may identify equipment failure or other problems.

PRIMARY PHYSICAL REQUIREMENTS

Lift up to 10 lbs: frequently required. **Lift** 11-24 lbs: occasionally required.
Lift 26-50 lbs: rarely required. **Lift** over 50 lbs: not required.

Carry up to 10 lbs: frequently required. **Carry** 11-25 lbs: occasionally required.
Carry 26-50 lbs: rarely required. **Carry** over 50 lbs: not required.

Reach above shoulder height: frequently required.
Reach at shoulder height: frequently required.
Reach below shoulder height: frequently required.

Climbing fixed ladder and library stools: frequently required.

Push/pull: frequently required.

Hand Manipulation – grasping, handling, fingering, frequently required. Torquing: rarely required.

Other Physical Considerations

Twisting: occasionally required. **Bending**: frequently required. **Crawling, squatting, kneeling, crouching**: frequently required. **Balancing**: not required.

Work Surfaces: tables and chairs; circulation desk 36” height; carpet, concrete and tile flooring.

During an 8-hour day employee is required to:

	Consecutive hours	total hours
Stand	varies widely	0-6
Sit	varies widely	0-8
Walk	varies widely	0-4

Summary of Occupational Exposures: cleaning fluids, copier toner, correction fluid, glues.

