

PHYSICAL & MENTAL REQUIREMENTS/WORKING CONDITIONS									
City of Virginia Beach, VA									
Job Title:	EMT Intermediate				Position Number(PCN):	B.006290.4			
Div./Office:	EMS 021 Emergency Response System	Approver's Name							
Date of Last Update:	May 13, 2022	Approver's Title							
<b>Fields to the right (Y/N): The position's status AND if the background check must be passed by the incumbent</b>		Safety Sensitive:	Yes	Child Protective Services (CPS) Background:	No	VCIN Background:	No		
REQUIREMENTS									
FREQUENCY: Seldom = Infrequent, < 5%; Occasional = 5% to 25% of time on job; Frequent = 25% to 75% of time on job; Constant = Over 75% of time on job.									
Typical DURATION: Short = < 1 hr per occurrence; Moderate = 1-2 hrs per occurrence; Substantial = 2-6 hrs per occurrence; Long = > 6 hrs per occurrence.									
Physical Demands					Working Conditions				
Element	Condition/Level/Value	Frequency	Duration		Element	Condition/Level/Value	Frequency	Duration	
Standing		Frequent	Moderate		Working Outside:	in all weather conditions	Frequent	Moderate	
Walking		Frequent	Moderate		Working Alone:	out of communication w/others	N/A	N/A	
Sitting		Frequent	Moderate		Extreme Temperatures	At/above 90 degrees	Occasional	Moderate	
Reaching	Lower than shoulder level	Frequent	Short			Below 30 degrees	Occasional	Moderate	
Lifting	Over 50 lbs.	Frequent	Short		Extreme Wetness		N/A	N/A	
Carrying	Weight: Over 50 lbs.	Frequent	Short		Extreme Dryness		N/A	N/A	
	Distance: Up to 25 ft.	Frequent	Short		Exposure to Traffic	High Traffic Low Speed	Occasional	Short	
Pushing	Estimated weight-resistance equivalency				Congested Area/Workspace			Frequent	Short
	Over 50 lbs.	Frequent	Short		Confined Space- Permit REQUIRED			N/A	N/A
Pulling	Estimated weight-resistance equivalency				Working Below Ground			N/A	N/A
	Over 50 lbs.	Frequent	Short		Working at Heights (ft.)	N/A	N/A	N/A	
Working Overhead	N/A	N/A	N/A		Noise Level:	> 85 decibels TWA for 8 hrs.	N/A	N/A	N/A
	Weight: N/A	N/A	N/A		Vibrations	N/A	N/A	N/A	
Climbing Stairs		Occasional	Short		Body area(s): Ex- Trunk, shoulders, arms, and hands.				
Climbing Ladders		N/A	N/A		Dust / Dirt / Particulate		Frequent	Moderate	
Balancing		Frequent	Short		Radiation		N/A	N/A	
Stooping		Frequent	Short		Silica/Fiberglass		N/A	N/A	
Kneeling/Squatting		Frequent	Short		Asbestos		N/A	N/A	
Bending		Frequent	Short		Aerosols & Gases	N/A	N/A	N/A	
Crawling		Occasional	Short		Hazardous Materials /Chemicals			Disinfectants	
Explosive Strength: Short bursts of muscle force to propel oneself.		Frequent	Short					Cleaning Products	
Trunk Strength: Use of abdominal and lower back muscles.		Frequent	Short					undefined	
Dynamic Strength: Use of muscle force repeatedly or continuously & resistant to fatigue.		Occasional	Short		Petroleum Products	N/A	N/A	N/A	
Repetitive Limb Movement	Fingers/Wrist	Frequent	Moderate		Electrical Hazard			N/A	N/A
	Arm/Shoulder	Frequent	Moderate		Fire Hazard			Seldom	Seldom
Dexterity	Grasping	Frequent	Short		Infectious Diseases Exposure Type(s):	Communicable diseases	Constant	Moderate	
	Use of computer keyboard	Frequent	Moderate			Air/Blood-borne pathogens	Frequent	Moderate	
Repetitive Twisting	Wrist/Elbow	Occasional	Short		Ex- Repair sewer pipes; empty residence trash cans.				
	Waist	Occasional	Short		Symbols:	< equal to or less than	< less than		
Awkward Positions & Motions	Awkward motions	Frequent	Short			> equal to or greater than	> greater than		
	Awkward positions	Frequent	Short						

Sensory Demands				Working Conditions (cont.)			
Element	Condition/Level/Value	Frequency	Duration	Element	Condition/Level/Value	Frequency	Duration
Vision	20/40 w/correction	Constant	Long	Hazardous Surfaces	Abrupt uneven surfaces	Occasional	Short
	Depth perception	Constant	Long		Unstable ground	Occasional	Short
	Night vision	Frequent	Moderate				
	Near vision	Constant	Long				
Hearing	Faint tones	Constant	Short	Other Hazards	Animal/Insect bites/stings	Occasional	Short
Smell	N/A	N/A	N/A		Pinch points	Occasional	Short
					Sharp edges/objects	Occasional	Short
Touch	Distinguish texture	Frequent	Short	Hours Worked	Rotating shift	Constant	
	Distinguish temperature	Frequent	Short		More than 40 hours/week	Frequent	
Voice	One-on-One	Constant	Short		More than 8 hours/day	Constant	
Personal Protective Equipment (PPE)				Equipment Operation & Use			
Category	Type	Frequency	Duration	Category	Type	Frequency	Duration
Eye and Face Protection	Safety glasses w/side shields	Frequent	Short	Motor Vehicles	Sedan/Pickup/Van	Frequent	Short
					Truck GVWR <= 26,000 lbs.	Frequent	Short
Respiration Protection	Air purifying respirator/Elastomeric	Occasional	Moderate	Heavy Equipment	N/A	N/A	N/A
	Filtering Facepiece Respirator (e.g. N95 style)	Occasional	Moderate				
Hearing Protection	Ear plugs	Seldom	Short	Other Equipment or Machinery	N/A	N/A	N/A
Head Protection	Hard hat (impact protection)	Seldom	Short				
	Fire/heat resistant balaclava/hood	Seldom	Short				
Hand Protection	Medical grade exam gloves	Frequent	Moderate	Hand-Held Power Tools	N/A	N/A	N/A
	Heat resistant	Seldom	Short				
Foot Protection	Closed-toe street shoes	Constant	Long	Hand Tools and Instruments	N/A	N/A	N/A
	Fire retardant	Seldom	Short				
	Oil resistant/Non-slip	Constant	Long				
Body, Arm, and Leg Protection	Rain gear	Occasional	Short	Office Machines & Equipment	Computer	Frequent	Moderate
	Body armor	Seldom	Short		Printer/Copier/Fax	Occasional	Short
	Traffic vest	Occasional	Short				
	Flame resistant	Seldom	Short				
Operator License				Commercial Driver's License			
NOTE: If CDL is required, show CDL Class in element to right.	Type			VA DMV requires: 20/40 in each eye w/o telescopic lens & ≥140° horizontal vision.	N/A		
	Standard Driver's License						
Other physical or sensory demands, working conditions, equipment, hazards, PPE, etc., not indicated above:	Medical Equipment- Frequent/Short Medical Supplies- Frequent/Short						

<b>Mental Requirements</b>	
<b>Evaluate based on the level of complexity [least to most] inherent in the job using the examples provided; then select the number from the drop-down list that matches the column which best represents the mental demand required in each element.</b>	
1 Comprehend Verbal Communication - Understand information and directions which are provided verbally	Level
Job requires the ability to understand and follow: Detailed information gained from an interview or investigation where interpretation and evaluation are required to make a judgement on the accuracy of the information and the appropriate course of action.	
2 Communicate Orally - Verbally express thoughts and directions	3
Job requires: Explaining and interpreting specialized, and sometimes sensitive, information to co-workers, customers, citizen groups or higher officials.	
3 Comprehend and Follow Written Material or Instructions - Understand written material, interpret appropriately, and adhere to the procedures stated.	Level
Job requires ability to comprehend: Detailed written material in the form of informational reports, memos, articles, plans and drawings to be used in performing duties.	
4 Written Communication Skills - Express thoughts and directions in writing	Level
Job requires: Ability to prepare basic written information and relay it to others using a basic format such as a form or email.	
5 Maintain an Appropriate Work Pace - The flow or rate of incoming work assignments and the expectations for completion of tasks	1
Job requires ability to adhere to work schedule: In a fast paced environment where the issues involve the lives and safety of citizens.	
6 Perform Complex or Varied Tasks - The variety of tasks and assignments and the level of complexity of those tasks/assignments	Level
Job requires ability to perform: A variety of tasks at the fully functional independent level.	
7 Interact and Relate to Peers, Co-Workers, or the Public - The nature and level of interaction with others required of the job	Level
Job requires interaction: With others outside of the immediate work unit/agency, typically one-on-one, responding to inquiries or responding to requests for services.	
8 Decision Making & Reasoning Ability - The extent to which the job requires logic to analyze information, draw conclusions/ generalizations, and make decisions based on facts	Level
Job requires: Considerable reasoning and decision making. Issues and/or data are interpreted and evaluated, alternatives are evaluated, and recommendations are made for resolution of issues.	
9 Memory and Recall - The body of stored knowledge required and the retrieval of that information to accomplish duties	Level
Job requires the ability to: Remember laws, codes, policies, procedures, etc., which are somewhat repetitive from day to day.	
10 Flexibility and Adaptability - The extent to which one must adjust to changing circumstances and expectations, take on new challenges on short notice, and/or deal successfully with changing priorities and workloads	Level
Job requires flexibility and willingness: To adjust to non-typical conditions or situations where a new or different process/procedure must be utilized to accomplish work.	
11 Attention Span - Sustained attention or the time spent continuously on task without becoming distracted to successfully perform duties	Level
Job tasks are: Varied and typically of moderate duration requiring sustained focus. Lapses may result in injury or legal or financial liability.	
12 Attention to Detail - Thoroughness and accuracy are required to accomplish tasks	Level
Job tasks: Involve investigation, inspection, auditing, or observation. Inattention to detail could result in legal or financial liability.	
13 Reaction Time - Describes work that requires an immediate response or decision	Level
Job requires the ability to: Provide an immediate response/decision to maintain normal daily operations, procedures or processes. Untimely response/decision could lead to serious injury, or legal or financial liability.	
14 Direct, Control, and Plan the Work of Others - Determine the time, place and sequence of work procedures, operations, and actions. Establish goals and objectives, motivate, and promote cooperation and teamwork in the work group	Level
Job requires: No supervision or management of projects or staff.	
15 Influence Others - Obtain cooperation from others to accomplish tasks and objectives	Level
Job requires: Obtaining support and cooperation from citizens and outside groups to accomplish objectives.	
16 Stress Tolerance - Ability to perform duties without anxiety when faced with difficulties. Having positive stress tolerance is being able to stay calm in situations of heavy workload, tight deadlines, and/or difficult customers	Level
Job requires the ability to:	

