

PHYSICAL & MENTAL REQUIREMENTS/WORKING CONDITIONS									
City of Virginia Beach, VA									
Job Title:	Electrician Trainee				Position Number(PCN):	B.006743.3			
Div./Office:	PUD 035 Electrical Support	Approver's Name							
Date of Last Update:	June 26, 2026	Approver's Title							
Fields to the right (Y/N): The position's status AND If the background check must be passed by the incumbent									
Safety Sensitive:		Yes	Child Protective Services (CPS) Background:		No	VCIN Background:		No	
CJIS Certification:		No	PREA Certification:		No	Subject to Barrier Crime Provisions:		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	Substantial	Working Outside: in all weather conditions			Occasional	Short	
Walking		Frequent	Substantial	Working Alone: out of communication w/others			N/A	N/A	
Sitting		Occasional	Short	Extreme Temperatures	At/above 90 degrees	Frequent	Long		
Reaching	Shoulder level or higher	Frequent	Short	Below 30 degrees			Frequent	Long	
Lifting	Up to 50 lbs.	Frequent	Short	Extreme Wetness			Seldom	Short	
	Over 50 lbs. w/assistance	Frequent	Short	Extreme Dryness			N/A	N/A	
Carrying	Weight: Up to 50 lbs.	Frequent	Short	Exposure to Traffic	N/A	N/A	N/A		
	Distance: Over 25 ft.	Frequent	Short						
Pushing	Estimated weight-resistance equivalency			Congested Area/Workspace			Seldom	Moderate	
	Over 50 lbs.	Occasional	Short	Confined Space- Permit REQUIRED			Occasional	Short	
Pulling	Estimated weight-resistance equivalency			Working Below Ground			Occasional	Short	
	Over 50 lbs.	Seldom	Short	Working at Heights (ft.)	Up to 12 ft.	Occasional	Short		
Working Overhead	Using hand tools	Occasional	Short	Over 40 ft.			Seldom	Short	
	Using power tools	Seldom	Short	Noise Level: > 85 decibels TWA	N/A	N/A	N/A		
	Weight: Up to 10 lbs.	Occasional	Short	for 8 hrs.					
Climbing Stairs		Occasional	Short	Vibrations	Hammer-drill		Occasional	Short	
Climbing Ladders		Occasional	Short						
Balancing		Occasional	Short	Body area(s):		Ex- Trunk, shoulders, arms, and hands.			
Stooping		Frequent	Short	Dust / Dirt / Particulate			Frequent	Moderate	
Kneeling/Squatting		Frequent	Short	Radiation			Occasional	Short	
Bending		Frequent	Short	Silica/Fiberglass			Seldom	Short	
Crawling		N/A	N/A	Asbestos			N/A	N/A	
Explosive Strength: Short bursts of muscle force to propel oneself.		Seldom	Short	Aerosols & Gases	N/A	N/A	N/A		
Trunk Strength: Use of abdominal and lower back muscles.		Occasional	Short	Hazardous Materials /Chemicals			Painting Supplies/Products		
							Cleaning Products		
							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	Constant	Substantial	Electrical Hazard			Constant	Long	
	Arm/Shoulder	Constant	Substantial	Fire Hazard			Frequent	Frequent	
Dexterity	Grasping	Frequent	Substantial	Infectious Diseases Exposure Type(s):	Sewer-like work spaces		Constant	Substantial	
	Use of computer keyboard	Frequent	Short						
Repetitive Twisting	Wrist/Elbow	Frequent	Substantial	Symbols:	Ex- Repair sewer pipes; empty residence trash cans.				
	Shoulder	Frequent	Substantial		< equal to or less than		< less than		
Awkward Positions & Motions	Awkward positions	Occasional	Short	> equal to or greater than		> greater than			
	Awkward motions	Occasional	Short						

Sensory Demands					Working Conditions (cont.)			
Element	Condition/Level/Value	Frequency	Duration		Element	Condition/Level/Value	Frequency	Duration
Vision	20/20 w/correction	Constant	Long		Hazardous Surfaces	N/A	N/A	N/A
	Color vision (colors)	Constant	Long					
	Peripheral vision	Constant	Long					
	Depth perception	Constant	Long					
Hearing	Conversational level	Constant	Long		Other Hazards	Electric shock	Constant	Long
Smell	Burning odor	Occasional	Short			Stored energy-mechanical	Frequent	Moderate
	Natural gas	Occasional	Short		Animal/Insect bites/stings	Frequent	Short	
	Sewage	Frequent	Moderate		Hours Worked	Four 10-hour days	Constant	
Touch	Distinguish temperature	Constant	Long			More than 40 hours/week	Seldom	
Voice	One-on-One	Constant	Long		Telework Eligible	No		
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	Moderate		Motor Vehicles	Sedan/Pickup/Van	Frequent	Short
	Face shield	Seldom	Short					
Respiration Protection	Dust mask	Occasional	Short		Heavy Equipment	N/A	N/A	N/A
Hearing Protection	Ear plugs	Frequent	Moderate					
	Ear muffs	Occasional	Moderate		Other Equipment or Machinery	N/A	N/A	N/A
Head Protection	Hard hat (electrical shock)	Frequent	Moderate					
	Hard hat (impact protection)	Frequent	Moderate					
Hand Protection	Electrical hazard insulated	Occasional	Short		Hand-Held Power Tools	Cordless drill	Frequent	Short
	Leather	Frequent	Moderate			Impact drill/wrench	Frequent	Short
	Medical grade exam gloves	Frequent	Moderate					
Foot Protection	Steel/composite toe-safety rated	Constant	Long		Hand Tools and Instruments	Electrical tools	Constant	Long
						Survey tools	Occasional	Short
Body, Arm, and Leg Protection	Arc Rated	Occasional	Moderate		Office Machines & Equipment	Computer	Frequent	Short
	Tyvek coveralls	Seldom	Short			Printer/Copier/Fax	Occasional	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:								

Mental Requirements	
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.	
1 Comprehend Verbal Communication - Understand information and directions which are provided verbally	
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	
Job requires:	
Communicating specialized information to co-workers, supervisors or customers.	
3 Comprehend and Follow Written Material or Instructions - Understand written material, interpret appropriately, and adhere to the procedures stated.	
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	
Job requires:	
Preparation of written information providing specialized information in the form of a letter, memo or report.	
5 Maintain an Appropriate Work Pace - The flow or rate of incoming work assignments and the expectations for completion of tasks	
Job requires ability to adhere to work schedule:	
In moderately paced environment with some unexpected assignments.	
6 Perform Complex or Varied Tasks - The variety of tasks and assignments and the level of complexity of those tasks/assignments	
Job requires ability to perform:	
A variety of entry or learning level tasks on a daily basis.	
7 Interact and Relate to Peers, Co-Workers, or the Public - The nature and level of interaction with others required of the job	
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	
Job requires:	
Little independent decision making. Established methods and procedures are followed and close supervision is present.	
9 Memory and Recall - The body of stored knowledge required and the retrieval of that information to accomplish duties	
Job requires the ability to:	
Remember basic procedures or steps and recall them to carry out routine, repetitive tasks.	
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	
Job requires flexibility and willingness:	
To adjust routine procedures to accommodate simple changes.	
11 Attention Span - Sustained attention or the time spent continuously on task without becoming distracted to successfully perform duties	
Job tasks are:	
Repetitive and of short duration requiring only limited focus.	
12 Attention to Detail - Thoroughness and accuracy are required to accomplish tasks	
Job tasks:	
Are primarily manual and routine. Inattention to detail could result in operational delays.	
13 Reaction Time - Describes work that requires an immediate response or decision	
Job requires the ability to:	
Maintain production standards but work is steady and predictable and rarely requires an immediate response or decision.	
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	
Job requires:	
No supervision or management of staff.	
15 Influence Others - Obtain cooperation from others to accomplish tasks and objectives	
Job requires:	
Obtaining support from other work 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	
Job requires the ability to:	
Tolerate typical work stressors such as deadlines or conflict and maintain composure.	