

PHYSICAL & MENTAL REQUIREMENTS/WORKING CONDITIONS										
City of Virginia Beach, VA										
Job Title:	Police Wellness Coordinator				Position Number(PCN):		B.007523.3			
Div./Office:	POL 010 Directors Office		Approver's Name							
Date of Last Update:	June 10, 2024		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:	No	Child Protective Services (CPS) Background:		No	VCIN Background:		Yes
			CJIS Certification:	Yes	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			Occasional	Short	Working Outside: in all weather conditions			Seldom	Short	
Walking			Occasional	Short	Working Alone: out of communication w/others			N/A	N/A	
Sitting			Frequent	Substantial	Extreme Temperatures	N/A		N/A	N/A	
Reaching	Lower than shoulder level		Occasional	Short	Extreme Wetness			N/A	N/A	
Lifting	Up to 25 lbs.		Occasional	Short	Extreme Dryness			N/A	N/A	
Carrying	Weight:	Up to 10 lbs.	Occasional	Short	Exposure to Traffic	N/A		N/A	N/A	
	Distance:	Up to 10 ft.	Occasional	Short						
Pushing	Estimated weight-resistance equivalency				Congested Area/Workspace			N/A	N/A	
	Up to 10 lbs.		Occasional	Short	Confined Space- Permit REQUIRED			N/A	N/A	
Pulling	Estimated weight-resistance equivalency				Working Below Ground			N/A	N/A	
	Up to 10 lbs.		Occasional	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						
Climbing Stairs			N/A	N/A	Vibrations	N/A		N/A	N/A	
Climbing Ladders			N/A	N/A						
Balancing			N/A	N/A	Body area(s):		Ex- Trunk, shoulders, arms, and hands.			
Stooping			Occasional	Short	Dust / Dirt / Particulate			N/A	N/A	
Kneeling/Squatting			Occasional	Short	Radiation			N/A	N/A	
Bending			Occasional	Short	Silica/Fiberglass			N/A	N/A	
Crawling			N/A	N/A	Asbestos			N/A	N/A	
Explosive Strength: Short bursts of muscle force to propel oneself.			N/A	N/A	Aerosols & Gases	N/A		N/A	N/A	
Trunk Strength: Use of abdominal and lower back muscles.			N/A	N/A	Hazardous Materials /Chemicals			N/A		
								undefined		
								undefined		
Dynamic Strength: Use of muscle force repeatedly or continuously & resistant to fatigue.			N/A	N/A	Petroleum Products	N/A		N/A	N/A	
Repetitive Limb Movement	Fingers/Wrist		Frequent	Substantial	Electrical Hazard			N/A	N/A	
					Fire Hazard			N/A	N/A	
Dexterity	Use of computer keyboard		Frequent	Substantial	Infectious Diseases Exposure Type(s):	N/A		N/A	N/A	
	Handwriting		Frequent	Short						
Repetitive Twisting	Wrist/Elbow		Frequent	Short	Ex- Repair sewer pipes; empty residence trash cans.					
Awkward Positions & Motions	N/A		N/A	N/A	Symbols:	< equal to or less than		< less than		
						> equal to or greater than		> greater than		

Sensory Demands					Working Conditions (cont.)			
Element	Condition/Level/Value	Frequency	Duration		Element	Condition/Level/Value	Frequency	Duration
Vision	20/40 w/correction	Frequent	Moderate		Hazardous Surfaces	N/A	N/A	N/A
Hearing	Conversational level	Frequent	Moderate		Other Hazards	N/A	N/A	N/A
Smell	N/A	N/A	N/A					
Touch	N/A	N/A	N/A		Hours Worked	More than 40 hours/week	Seldom	
						More than 8 hours/day	Seldom	
Voice	One-on-One	Frequent	Short				More than 5 consecutive days	
					Telework Eligible	No		
Personal Protective Equipment (PPE)					Equipment Operation & Use			
Category	Type	Frequency	Duration		Category	Type	Frequency	Duration
Eye and Face Protection	N/A	N/A	N/A		Motor Vehicles	N/A	N/A	N/A
Respiration Protection	N/A	N/A	N/A		Heavy Equipment	N/A	N/A	N/A
Hearing Protection	N/A	N/A	N/A			Other Equipment or Machinery	N/A	N/A
Head Protection	N/A	N/A	N/A		Hand-Held Power Tools		N/A	N/A
Hand Protection	N/A	N/A	N/A			Hand Tools and Instruments	N/A	N/A
Foot Protection	N/A	N/A	N/A		Office Machines & Equipment		Computer	Frequent
						Printer/Copier/Fax	Occasional	Short
Body, Arm, and Leg Protection	N/A	N/A	N/A					
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:	
Complex information where the listener must analyze the information presented, discern the key facts vs. opinions, and make a determination on appropriate recommendation or action.	
2 Communicate Orally - Verbally express thoughts and directions	
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.	
Job requires ability to comprehend:	
Detailed written material such as analytical, statistical, or status reports where information will be interpreted and applied to course of action.	
4 Written Communication Skills - Express thoughts and directions in writing	
Job requires:	
Written explanation and interpretation of specialized information to other City agencies, customers, higher officials and authorities.	
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 tasks at the specialist or leader level.	
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 a variety of individuals or groups outside the immediate unit/agency to collaborate on issues or projects.	
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:	
Substantial reasoning and decision making. Research and evaluation are conducted, broad theories and principals are applied to the development of a recommended solution.	
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 information from broad bodies of knowledge (engineering, psychology, biology, law, etc.) and apply it to projects and assignments.	
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 be adaptable in assessing customer/client needs and tailoring a non-typical solution.	
11 Attention Span - Sustained attention or the time spent continuously on task without becoming distracted to successfully perform duties	
Job tasks are:	
Varied, substantially long, and require considerable focus. Lapses may result in operational or production delays.	
12 Attention to Detail - Thoroughness and accuracy are required to accomplish tasks	
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	
Job requires the ability to:	
Provide an immediate response/decision to maintain normal daily operations, procedures or processes. Delays occur if response is not timely.	
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.	