The essential skill sheets are lists of the most commonly encountered qualities and skills typically necessary to be successful in a particular program or area of interest. The information contained in an essential skills sheet is not all-inclusive and is intended to be used as a guide only. Individual programs may have specific requirements or technical standards that must be met.

### Physical
- Arm-hand coordination
- Arm-hand steadiness
- Detect odors (faint, strong, noxious)
- See objects 20 inches to more than 20 feet away
- Hear activities/commands given within 20 feet
- Hear faint, normal, and distant sounds
- Lift a minimum of 50 pounds (unassisted)
- Maintain balance (sit, stand, squat)
- Maintain safety of self and others
- Maneuver under and around objects
- Navigate different terrains
- Navigate efficiently at a pace consistent with that of others
- Pinch, grasp, squeeze, and manipulate objects
- Reach below waist
- Push, pull, lift, and/or support up to 125 pounds
- Reach above shoulders
- Work in extreme/hazardous conditions (darkness, heat, cold, dampness, very small spaces)

### Cognitive
- Accurately recall information
- Adaptability
- Calculate using computer
- Calculate using pen/paper
- Combine knowledge and skills
- Identify symbols and icons
- Complete forms accurately
- Make estimations
- Measure angles
- Measure distance or dimension
- Decide course of action
- Estimate times
- Problem solve
- Evaluate the complexity of jobs
- Use a computer (other)
- Use reference/technical materials
- Work accurately
Essential Skills
Oil & Gas Technology
(Oil & Gas Technologies/Oil & Gas Production Technologies)

Communication
Collaborate with others
Communicate in a professional/tactful manner
Communicate quickly, effectively, and efficiently
Communicate using a telephone
Communicate using a two-way radio
Direct activities of others
Discuss ongoing projects/work
Explain/express ideas and opinions
Present supporting facts/recommendations
Read, write, speak, and comprehend English effectively
Record written information
Verbalize clear and appropriate information to others

Behavioral
Accept cognitive criticism
Adapt to changing situations
Complete responsibilities in a timely manner
Cooperate with others individually or in a team setting
Deal with difficult individuals
Deal with difficult situations
Work carefully while maintaining efficiency and organization
Exercise accountability
Exercise good judgement
Exercise independent judgement
Exhibit social skills appropriate to professional interactions
Interact with diverse groups of individuals (cultures, ages, backgrounds)
Maintain general good health and self-care
Maintain professional appearance
Work independently with limited supervision
Perform accurately and quickly even under stressful conditions
React quickly (mentally and physically)
Remain calm, rational, decisive, and in control during emergency situations
Respect social, cultural, and spiritual diversity

Self-motivation and initiative
Dependability
Observant
### Other

See program or desired area of employment for specifics - Prerequisites