

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

Detect temperature variations	Work in cool environments
Detect difference in visual details	Write with pen/pencil
Arm-hand coordination	Navigate different terrains
Hand-eye coordination	
Bend	
Depth perception	
Detect odors (faint, strong, noxious)	
Lift a minimum of 50 pounds (unassisted)	
Pinch, grasp, squeeze, and manipulate objects	
Maintain balance (sit, stand, squat)	
Maintain safety of self and others	
Maneuver under and around objects	
Stand/walk for long periods of time	
Squat for long periods	
Twist	
Use peripheral vision	
Wide variety of body positions	

Cognitive

Evaluate outcomes	Use reference/technical materials
Problem solve	
Focus attention on task	
Follow and retain oral instruction (multi-step)	
Follow and retain written instructions (technical/multi-step)	
Compose written notes/instructions (technical/multi-step)	
Follow and retain visual model or demonstrated instructions	
Take measurements using specialized equipment	
Calculate whole numbers	
Calculate decimals	
Calculate using calculator	
Calculate using computer	
Calculate using pen/paper	
Count whole numbers	
Differentiate between objects of similar color	
Differentiate between objects of similar shape	
Identify symbols and icons	
Accurately recall information	

Communication

- Explain procedures
- Give directions
- Record written information
- Read, write, speak, and comprehend English effectively
- Communicate using a two-way radio
- Communicate using specialized signals
- Direct activities of others
- Negotiation skills

Behavioral

- Work independently with limited supervision
- Dependability
- Exercise independent judgment
- Exercise accountability
- Positive attitude
- Adapt to changing situations
- Cooperate with others individually or in a team setting
- Exercise good judgment
- Self-motivation and initiative
- Accept cognitive criticism
- Complete responsibilities in a timely manner
- Establish rapport with others
- Exercise ethical judgement
- Exercise integrity
- Exhibit social skills appropriate to professional interactions

Other

May be on call or work nights, weekends, and holidays

Possess valid driver's license

See program or desired area of employment for specifics - Prerequisites