

PHYSICAL, SENSORY & MENTAL REQUIREMENTS
for the Class:KITCHEN HELPER

All employees must be physically able to perform the essential duties of the position. The following physical, sensory and mental requirements are generally stated and are not necessarily descriptive of any one position in this class.

Physical			
Requirement	Occasional	Frequent	Comments/Related Job Duty
Sit	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
Stand	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Perform tray line duties, perform tasks in kitchen.
Walk	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Walk throughout hospital to retrieve trays, deliver food carts.
Bend	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Bend to clean up spills. Bend to wash dishes/food in low sink, bend to lift pots & pans.
Squat	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Stocking shelves with canned goods.
Crawl	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
Climb	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Climb and place supplies on shelves.
Reach Above Head	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Retrieving and restocking supplies on shelves.
Can Lift Unassisted:			
up to 10 lbs.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Lift trays, dish racks equipment and supplies ordinarily worked with.
11 – 20 lbs.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Lift equipment/supplies ordinarily worked with.
21 – 50 lbs.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
51 lbs. & over	never- should get assistance		
Can Carry Unassisted:			
up to 10 lbs.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Place trays in carts, load/unload supplies, equipment and supplies ordinarily worked with.
11 – 20 lbs.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
21 – 50 lbs.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
51 lbs. & over	never- should get assistance		
Grasping:			
Right Hand	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Using cooking, serving utensils, washing dishes, pots & pans.
Left Hand	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Using cooking, serving utensils, washing dishes, pots & pans.
Both Hands	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Perform tray line activities, stacking dishes, placing trays on carts. Make sandwich, use meat slicer, walk with hot pan, stir sauces, using cooking, serving utensils, washing dishes, pots & pans.

Physical (continued)

Requirement	Occasional	Frequent	Comments/Related Job Duty
Push/Pulling	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Push/pull carts loaded with food, putting pans in and out of oven.
Fine Manipulating:			Write food tickets, cutting food.
Right Hand	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
Left Hand	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Cutting food.
Both Hands	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Roll meat tightly, decorate cakes, chop vegetables.
Exposure to Heights	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Climb and place supplies from high shelves.
Around Moving Machinery	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Working with & around ovens, steamer, dishmachine, kitchen equipment.
Exposure to Dust, Fumes	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Dust, chemical fumes from exterminating insecticides, etc.
Operate Foot			
Right Foot	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Hand washing sink pedals, moving wagons, carts, walking in freezers.
Pedals:			
Left Foot	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Hand washing sink pedals, moving wagons, carts, walking in freezers.
Both Feet	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Hand washing sink pedals, moving wagons, carts, walking in freezers.
Exposure to Marked Changes in Temperature & Humidity	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Work in temperature above 80 degrees, sudden changes of temperatures. Work in kitchen/freezer, dishroom, near steamers & stoves/ovens.
Drive a Vehicle	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Drive wagon to move food carts.
Exposure to Sharp Instruments	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Use knife/meat slicer, mixers.
Write	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Write food tickets, take messages on the phone.

Sensory

Requirement	Comments/Related Job Duty
Can Distinguish Smells	Occasional-Need to be able to smell for quality.
Can Distinguish Tastes	Occasional-Need to be able to taste for quality.
Can Hear:	
Normal Tones	Frequent-food orders from trayline, direction and instructions from other staff above equipment sounds.
Soft Tones	Frequent-food orders from trayline, direction and instructions from other staff above equipment sounds.
Can Distinguish Temperatures By Touch/Proximity	Frequent-distinguish temperatures for food quality & environmental safety.
Eyesight:	
Normal/Corrected	Frequent-to work on trayline, view entire kitchen, reading recipes, tray cards, production sheets, etc.
Close Eye Work (reading small figures)	Frequent- to read charts/menus/production sheets, distinguish between color-coded tickets, temperature gauges.

Mental

Requirement	Comments/Related Job Duty
Can Read, Speak and Write (What language/s)	English-in order to read production sheets, menus & communicate within the department.
Is Oriented with Reality	Necessary
Can control Emotions (temper, etc.)	Necessary

Has Positive Attitude toward the ill, the Handicapped and the Elderly	Necessary
Can Remember/Recall	Helpful
Able to Work with Controlled Substances (drugs)	N/A
Can Handle Stress	Necessary-as it relates to both physical and mental.

This is an amendment to the physical requirement specifications for the classes KITCHEN HELPER.

APPROVED: July 26, 2004

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