FARMERS RURAL ELECTRIC

POSITION DESCRIPTION

ANALYSIS OF
PHYSICAL, ENVIRONMENTAL AND MENTAL DEMANDS

POSITION: IT Internship

ACTIVITY	FREQUENCY				
PHYSICAL DEMANDS	Seldom	Occasional	Regular	Often	Very Often
Standing	☐	☐	☒	☐	☐
Walking	☐	☐	☐	☒	☐
Sitting	☐	☐	☐	☐	☒
Lifting Click or tap here to enter text.	☐	☐	☐	☒	☐
Weight of objects being lifted					
• 10 pounds	☐	☐	☐	☒	☐
• 20 pounds	☐	☐	☒	☐	☐
• 50 pounds	☐	☒	☐	☐	☐
• 100 pounds	☐	☒	☐	☐	☐
• Over 100 pounds	☒	☐	☐	☐	☐
Pushing/Pulling					
• 10 pounds	☐	☒	☐	☐	☐

	Seldom	Occasional	Regular	Often	Very Often
• 20 pounds	☐	☒	☐	☐	☐
• 50 pounds	☐	☒	☐	☐	☐
• 100 pounds	☒	☐	☐	☐	☐
• Over 100 pounds	☒	☐	☐	☐	☐

ACTIVITY	FREQUENCY				
PHYSICAL DEMANDS	Seldom	Occasional	Regular	Often	Very Often
Climbing					
Ladders	☐	☒	☐	☐	☐
Stairs	☐	☒	☐	☐	☐
Poles	☐	☐	☐	☐	☐
Structures	☐	☐	☐	☐	☐
Other (List) Click or tap here to enter text.	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
Maintaining Balance	☐	☐	☒	☐	☐
Stooping	☐	☐	☒	☐	☐
Kneeling	☐	☐	☒	☐	☐
Crouching	☐	☐	☒	☐	☐
Crawling	☐	☐	☒	☐	☐

PHYSICAL DEMANDS	Seldom	Occasional	Regular	Often	Very Often
Twisting	☐	☒	☐	☐	☐
Bending	☐	☒	☐	☐	☐
Reaching					
Overhead	☐	☒	☐	☐	☐
In Front of Body	☐	☐	☒	☐	☐
Other (List) Click or tap here to enter text.	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
Grasping	☐	☐	☒	☐	☐
Feeling	☐	☐	☒	☐	☐
Simultaneous Use of Hand, Wrist, Fingers (Examples: screw driving, nailing, etc.)	☐	☐	☒	☐	☐

ACTIVITY	FREQUENCY				
PHYSICAL DEMANDS	Seldom	Occasional	Regular	Often	Very Often
Driving/Operating **Types of machinery, vehicles, tools, equipment, etc.**					
Vehicles	☐	☐	☒	☐	☐
Tow Motors	☐	☐	☐	☐	☐
Construction Equipment	☐	☐	☐	☐	☐

Job Related Communication

	Seldom	Occasional	Regular	Often	Very Often
Talking	☐	☐	☐	☐	☒
Other (List) Click or tap here to enter text.	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐

Job Related Hearing

	Seldom	Occasional	Regular	Often	Very Often
Conversation	☐	☐	☐	☐	☒
Alarms	☐	☐	☐	☒	
Other Sounds (List) Click or tap here to enter text.	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐

Job Related Vision

	Seldom	Occasional	Regular	Often	Very Often
Normal	☐	☐	☐	☐	☒
Color	☐	☐	☐	☐	☒
Other (List) Click or tap here to enter text.	☐	☐	☐	☐	☐

ACTIVITY	FREQUENCY				
ENVIRONMENTAL DEMANDS	Seldom	Occasional	Regular	Often	Very Often
Inside (Office)	☐	☐	☐	☐	☒
Inside (Plant, etc.)	☐	☒	☐	☐	☐

	1	2	3	4	5
Outside	☐	☐	☒	☐	☐
Dust	☐	☒	☐	☐	☐
Fumes	☐	☒	☐	☐	☐
Noise	☐	☐	☒	☐	☐
Extreme Heat	☐	☒	☐	☐	☐
Extreme Cold	☐	☒	☐	☐	☐
Heights	☐	☒	☐	☐	☐
Slippery or Unstable Surfaces	☐	☒	☐	☐	☐
Uneven Terrain	☐	☒	☐	☐	☐
Glare/Improper Illumination	☐	☒	☐	☐	☐
Other (List) Click or tap here to enter text.	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐

MENTAL DEMANDS

	1	2	3	4	5
Reading	☐	☐	☐	☐	☒
Writing	☐	☐	☒	☐	☐
Weighing	☒	☐	☐	☐	☐
Measuring	☐	☒	☐	☐	☐

Mathematics	☐	☒	☐	☐	☐
Elevated Height Work	☐	☒	☐	☐	☐
	☐	☐	☐	☐	☐

Click or tap here to enter text.

Other Demands (Examples: use of safety equipment, shift work, exposure to job hazards, use of specialized tools, understanding schematic drawing, etc.)
Click or tap here to enter text.

Job Description
Completed By: Jason Riggs   3/17/2026

                              Name   (Date)

Reviewed By: Jason Riggs   3/17/2026

                   Vice President or Supervisor   (Date)

Approved by: Click or tap here to enter text.   Click or tap to enter a date.

                     Toby Moss, President/CEO   (Date)

H/R Reviewed: Click or tap here to enter text.   Click or tap to enter a date.
                                                          3-17-2026
                   Linda Foushee, Human Resources Coordinator   (Date)