

Physical requirements for Kure Atoll field workers - Sunny, hot, cold, windy, rainy conditions

Task	Physical description	Weight (lbs)	Repetition	Distance	Duration	Physical conditions
Operating backpack sprayer (3-4 gal)	Carrying, lifting, walking	20-32 lbs	Up to 5 days/wk		2 -6 hrs/day	Uneven surface, soft sand, hills
Operating spray-pack hand trigger	Squeezing, gripping, repetitive flexing	N/A	Up to 5 days/wk		2 -6 hrs/day	Ergonomically uncomfortable
Trail Blazing/ transecting	Moving through dense shrubs and low growing trees	10 lbs	Up to 5 days/wk		2 -6 hrs/day	Trip hazards, uneven surface, high fall potential
Back Packing	Carry/walk	30-40 lb pack	3 times a week	5 miles	4-6 hours	Uneven surface, soft sand, hills
Boating	Standing, sitting		Weather dependent		3-6 hours	Bouncing, jarring, jolting, exposure
Painting	Repetitive motion		5 times a season		4-6 hours	Standing, reaching
Restraining albatross	Holding birds	4-5 lbs	500 squats		4 hours/day for 12 consecutive days	Standing, kneeling
Banding albatross	Squeezing pliers to close metal bands	Pack weight 10 pounds	500 squats		4 hours/day for 12 consecutive days	Standing, kneeling
Pulling weeds	Bending/ pulling lifting/piling		3-4 times a week		1-6 hours	Uneven surface, soft sand, hills
Lifting 5-6 gallon water jugs	Lift/Carry water/ transport	50 lbs	30 jugs	40 feet	2 hour, offload twice per season	Uneven surface, soft sand, hills, into and out of boat
Pushing/pulling wheel barrows	Pushing/pulling	100 lbs	10-15 trips per offload	700 feet	6 hrs/day 2 offloads per season	Uneven surface, hills
Schlepping 5-gallon buckets	Lifting/carrying/ transferring	20-30lb	300- 600 buckets		4 times/ season	Uneven surface
Hauling water	Lift/Carry water	50 lbs	2 times a week as needed	40 feet	5 minutes	
Tin can crushing	hammering Squatting	3 lb. sledge hammer	Continuous pounding		20 min/wk	
Albatross counting	Squeezing hand triggers	Pack weight 10+ lbs	800 times /day		10 hrs/day, up to 7 consecutive days	Uneven surface, hills, soft sand
Shearwater count/band	Squatting		60 times/ survey		3-4 hours, 3-4 times a year	
Marine Debris	Lifting/rolling/ carrying/dragging/ segmenting with hand tools	Variable, several hundred lbs (net weight)	As needed to collect debris	10-300 feet	As needed	Uneven surface, hills, wave action, coral rubble, marine life

Patient Name _____ Date: _____

Dear Doctor,
 Please provide specific recommendations and/or list any restrictions concerning this patient's present health status and/or medical history as it relates to active participation in our program and the aforementioned activities.

 OTHER _____

Physician's Signature: _____ Date: _____
 Physician's Name: _____
 Phone: _____
 Address: _____