Recoil Oilfield Services Field Operations Employee Physical Requirements

Recoil Oilfield Services requires that all employees are fit for duty and to be able to meet the physical demands that is experienced during normal operations in the field. Use the charts below to determine if you are physically able to perform all functions of the job:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Physical Demand:** | **% of Work** | Lifting Weight/Frequency | | |
| **Strength** |  | **Lift Type** | **Weight** | **Frequency** |
| Standing | 80 | **Low Level Lift** | 70-100 | Frequently |
| Walking | 60 | **Low Level Lift** | 0-70 | Frequently |
| Sitting | 20-50 | **Waist Level Lift** | 100 | Intermittent |
| Lifting | 35-40 | **Overhead Lift** | 0-30 | Intermittent |
| Carrying | 35-40 | **Front Carry** | 80-100 | Intermittent |
| Pushing | 35-40 | **Side Carry** | 0-50 | Intermittent |
| **Reaching** |  | **Push Force** | 135 | Intermittent |
| Handling | 20-30 | **Push Force** | 100 | Intermittent |
| Throwing | 20 | **Push Force** | 0-75 | Frequently |
| Eye-Hand Coordination | 75 | **Pull Force** | 50-75 | Frequently |
| Foot-Hand-Eye Coordination | 75 | **Pull Force** | 0-40 | Frequently |
| **Climbing** |  | **Gripping** | Power | Frequently |
| Stairs | 40 | **Gripping** | Light | Frequently |
| Ladders | 40 |  |  |  |
| Other (hills, creek banks, pond dams) | 60 |  |  |  |
| Balancing | 85 |  |  |  |
| **Communication** |  |  |  |  |
| Ordinary | 100 |  |  |  |
| Other | n/a |  |  |  |
| **Hearing** |  |  |  |  |
| Ordinary | 100 |  |  |  |
| Other | n/a |  |  |  |
| **Stooping** |  |  |  |  |
| Kneeling | 75 |  |  |  |
| Crouching | 75 |  |  |  |
| Crawling | 40 |  |  |  |
| Turning/Twisting | 75 |  |  |  |
| Bending at Waist | 75 |  |  |  |