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<http://www.pitt.k12.nc.us/childnutrition>

**School Nutrition Services
Physical and Cognitive Requirements**

The major physical and cognitive requirements listed below are applicable to the **School Nutrition Assistant and SN Substitutes** job classification within School Nutrition Services of Pitt County Schools.

Work in this classification is considered **medium physical work** requiring the exertion of up to 50 pounds of force occasionally and up to 30 pounds of force frequently and up to 10 pounds of force constantly to move objects.

Must be able to:

- Stand for six continuous hours
- Stoop, squat, kneel and/or bend in a manner that allows the palms to touch the floor (as in cleaning of baseboards, equipment, etc.)
- Bend from a standing position in a manner that allows the palms to touch the knees (as in washing of pots and pans in deep sinks and cleaning milk boxes)
- Bend from the waist in a standing position with arms outstretched for an extended period of time (as in service of food)
- Twist, turn, and/or stretch from side to side that allows the shoulders to be perpendicular to the hips (as in mopping, sweeping, stocking shelves, removing food from ovens, etc.)
- Lift, carry, and/or support 30 pounds from shoulder level to above the head (as in placing food in ovens, freezers, stockroom shelves, etc.)
- Perform duties requiring repetitive and non-repetitive motions with hands and wrists (as in slicing, dicing, washing, counting money, writing, scrubbing, scraping, etc.)
- Stock, wash, prepare, serve, and handle all types of foods (be aware that some food allergies can be worsened by exposure to menu items containing those foods)
- Work with caustic and non-caustic chemicals (be aware that skin allergies and sensitivities can be worsened by exposure to some cleaning chemicals; be aware that some breathing difficulties, such as asthma or emphysema, can be worsened by exposure to cleaning chemicals.
- Work in very hot humid environment (no air conditioning)
- Maintain high standards of personal cleanliness (bathe daily and use deodorant, wear clean and pressed uniform and apron, wear clean and polished shoes, wear hairnet)
- Learn food preparation, serving, and clean-up procedures
- Learn sound sanitation principles
- Understand and follow oral and written directions
- Read and follow recipes and adjust amounts needed
- Learn foods, equipment and techniques used in food preparation, service, and clean-up
- Read, write, and utilize basic math skills (multiplication, division, fractions, and decimals)
- Use or learn basic computer skills (Windows, Microsoft Office, Google Drive)

June 2019

Employee Signature: _____ Datie Signed: _____