

Employee Name:

Supervisor Name:

Position:

Date:

Competency Self- Assessment: Performing General Physical Activities

Instructions: Please rate yourself on how you demonstrate the expected behavior for each of the statements. With your supervisor, compare, discuss, and determine your strengths and your opportunities for improvement. It is recommended that the supervisor and staff provide examples to support ratings.

Rating Scale	Definitions
N/A	Not applicable; I have not had the opportunity to demonstrate this behavior
1	I rarely demonstrate this behavior; I need improvement in this area
2	I usually demonstrate this behavior; I meet expectations in this area
3	I consistently demonstrate this behavior; I exceed expectations in this area

Behaviors	Rating
<i>Do I...</i>	<i>How Frequently Do I Do This...</i>
A. Lift, pull, push, or maneuver significantly or substantially more than the minimum amount of weight required for performance of the job?	
B. Demonstrate flexibility and endurance to achieve unusual postural positions such as kneeling, bending, lying down, etc. and maintain them for long periods of time?	
C. Deal with prolonged exposure to non-routine or potentially hazardous working conditions such as cold, heat, noise, or possible communicable diseases?	
D. Complete tasks under such specified conditions with high rates of speed and precision?	
E. Follow all safety rules and regulations?	
F. Defend self and others from prolonged physical attack resulting in minimal physical damage to self, others being attacked, the attacker, and the surrounding environment/property?	
G. Work collaboratively with managers and other staff in developing and implementing innovative measures to protect staff and customers from unsafe conditions when engaging in physical activities?	
H. Work collaboratively to develop plans to put work group strategies into operation?	
I. Provide leadership and effective supervision of the performance of physical activities when/if necessary?	
Rating Scale Average	

For additional information and resources related to competencies, please refer to the [Competencies](#) tab on the Performance Management & Development page.