ESSENTIAL FUNCTIONS / PHYSICALLY DEMANDING TASKS

OPOS 13C - PEM (06/08)

Listed below are some essential functions and the physically demanding tasks for a California Department of Corrections and Rehabilitation (CDCR) Peace Officer (PO). These items are provided to give you an idea of the types of tasks a CDCR PO performs on the job. Some of the functions or tasks listed are not used frequently; however, a CDCR PO needs to be able to perform all the tasks as needed.

E S S E N T I A L F U N C T I O N S

- Walking or standing for long periods of time
- Running to the scene of a disturbance or emergency
- Running up and down stairs
- Maintaining visual surveillance of institutional grounds from an observation tower or central security area
- Discern color differences on a control panel, uniforms in a crowded yard, etc
- Defending self against an inmate armed with a weapon
- Disarming, subduing, and applying restraints to an inmate
- Watching for indications of illegal activity in relative darkness or in normal lighting
- Reading daily journals, facility rules, procedures, regulations, post orders, and other written materials relevant to job performance
- Writing various reports, memorandums, and other correspondence
- Taking periodic counts of inmates
- Preparing count slips for all types of inmate counts and clearing counts with the control office
- Conducting clothed/unclothed body searches
- Acting as entrance gate officer and searching visitors and transport vehicles for contraband
- Carrying, lifting, or dragging heavy objects, such as a disabled or unconscious inmate
- Jumping or pulling self over obstacles, such as walls and fences
- Firing weapons in combat situations
- Listening for unusual sounds that may indicate illegal activity or disturbances

P H Y S I C A L L Y D E M A N D I N G T A S K S

1. Ascend or descend several tiers of stairs at a fast pace in response to emergency situations with or without a gurney.
2. Run or walk rapidly to the scene of a disturbance or emergency situation as the first officer on the scene or assist another officer during the disturbance or emergency.
3. Walk or stand for long periods of time with little or no opportunity to relieve strain on feet and legs. This occurs in gun towers and supervising the inmate food service areas.
4. Walk and/or run over rough ground in search of escaped inmates or in patrolling the perimeter inside and outside an institution where the terrain may be irregular and trees and brush common.
5. Pursue inmates on foot or attempt to apprehend escaped inmates, which could involve running, jumping, scaling fences, running on slippery surfaces, etc.
6. Bend, squat, stoop, kneel, twist and crouch in order to find concealed weapons, contraband, etc.
7. Crawl in confined areas (e.g., attics, crawl-space).
8. Balance while carrying a weapon on uneven or narrow surfaces including rooftops, gun walks, etc., while running, walking rapidly to an emergency.
9. Jump or vault over obstacles or quickly dodge obstacles.

10. Pull oneself up and over obstacles (e.g., walls, fences).
11. Drag heavy objects (e.g., disabled or unconscious inmate or pieces of equipment).
12. Lift heavy objects (e.g., disabled or unconscious inmate or pieces of equipment).
13. Carry heavy objects (e.g., disabled or unconscious inmate or pieces of equipment).
14. Push hard to move objects to protect inmates, self or other staff.
15. Operate difficult to operate gates, doors, or locks manually.
16. Use body force to gain entrance through barriers (e.g., locked doors/gates).
17. Deflect thrown or moving objects to protect inmates, self or other staff.
18. Use weaponless defense tactics such as dodging, moving and pulling away rapidly.
19. Physically prevent escape attempts.
20. Defend self against an inmate armed with a weapon; disarm and subdue inmate.
21. Perform body search of inmates.
22. Load and unload supplies, materials or equipment.
23. Perform duties while wearing heavy equipment (e.g., air pack).
24. Climb up and down stairs during the course of routine duty. Depending on the institution design, this cumulative total could include up to 60 flights of stairs in an 8-hour shift.
25. Climb up to elevated surface (e.g., roof, and stairwells).
26. Climb straight up as on a truck or building, or climb ladders straight up into gun towers.
27. Physically subdue or restrain a violent, combative or psychotic inmate or move resistant inmates from one area to another with assistance.
28. Tackle a fleeing inmate.
29. Enter a cell and remove an armed or combative inmate or search prison areas for contraband or escapees.
30. Physically separate two fighting inmates.
31. Search areas that are not easily accessible for contraband.
32. Apply restraints.
33. Place inmates in or remove inmates from cells.
34. Restrain inmates with hands or body to prevent a fight, after a fight to prevent further violence, or to prevent an inmate from leaving his assigned area.
35. Break up fights between inmates, which involves physical separation of inmates.
36. Distribute or remove inmates' food trays, which could include pushing full food cart (approximately 800 pounds from the food service facility to the housing unit--up to 300 yards); unload and carry 60-pound containers up two to three flights of stairs.
37. Carry, maintain, qualify on and accurately fire weapons.
38. Qualify periodically on and be able to properly use a baton.
39. Properly operate a motor vehicle in Code 3 Emergency conditions and be certified in defensive driving techniques.