



Abilities Importance Report

Custom Report for: 51-9198.00 - Helpers--Production Workers

(<https://www.onetonline.org/link/custom/51-9198.00>)

Abilities – Physical Abilities – Importance

Abilities that influence strength, endurance, flexibility, balance and coordination

Dynamic Flexibility (<https://www.onetonline.org/find/descriptor/result/1.A.3.c.2>) – The ability to quickly and repeatedly bend, stretch, twist, or reach out with your body, arms, and/or legs.

Importance: **10**

0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Dynamic Strength (<https://www.onetonline.org/find/descriptor/result/1.A.3.a.3>) – The ability to exert muscle force repeatedly or continuously over time. This involves muscular endurance and resistance to muscle fatigue.

Importance: **41**

0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Explosive Strength (<https://www.onetonline.org/find/descriptor/result/1.A.3.a.2>) – The ability to use short bursts of muscle force to propel oneself (as in jumping or sprinting), or to throw an object.

Importance: **22**

0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Extent Flexibility (<https://www.onetonline.org/find/descriptor/result/1.A.3.c.1>) – The ability to bend, stretch, twist, or reach with your body, arms, and/or legs.

Importance: **50**

0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Gross Body Coordination (<https://www.onetonline.org/find/descriptor/result/1.A.3.c.3>) – The ability to coordinate the movement of your arms, legs, and torso together when the whole body is in motion.

Importance: **31**

0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Gross Body Equilibrium (<https://www.onetonline.org/find/descriptor/result/1.A.3.c.4>) – The ability to keep or regain your body balance or stay upright when in an unstable position.

Importance: **25**

0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Stamina (<https://www.onetonline.org/find/descriptor/result/1.A.3.b.1>) – The ability to exert yourself physically over long periods of time without getting winded or out of breath.

Importance: **50**

0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Static Strength (<https://www.onetonline.org/find/descriptor/result/1.A.3.a.1>) – The ability to exert maximum muscle force to lift, push, pull, or carry objects.

Importance: **56**

0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Trunk Strength (<https://www.onetonline.org/find/descriptor/result/1.A.3.a.4>) – The ability to use your abdominal and lower back muscles to support part of the body repeatedly or continuously over time without 'giving out' or fatiguing.

Importance: **31**

0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Abilities – Psychomotor Abilities – Importance

Abilities that influence the capacity to manipulate and control objects

Arm-Hand Steadiness (<https://www.onetonline.org/find/descriptor/result/1.A.2.a.1>) – The ability to keep your hand and arm steady while moving your arm or while holding your arm and hand in one position.

Importance: **53**

0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Control Precision (<https://www.onetonline.org/find/descriptor/result/1.A.2.b.1>) – The ability to quickly and repeatedly adjust the controls of a machine or a vehicle to exact positions.

Importance: **56**

0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Finger Dexterity (<https://www.onetonline.org/find/descriptor/result/1.A.2.a.3>) – The ability to make precisely coordinated movements of the fingers of one or both hands to grasp, manipulate, or assemble very small objects.

Importance: **53**

0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Manual Dexterity (<https://www.onetonline.org/find/descriptor/result/1.A.2.a.2>) – The ability to quickly move your hand, your hand together with your arm, or your two hands to grasp, manipulate, or assemble objects.

Importance: **56**

0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Multilimb Coordination (<https://www.onetonline.org/find/descriptor/result/1.A.2.b.2>) – The ability to coordinate two or more limbs (for example, two arms, two legs, or one leg and one arm) while sitting, standing, or lying down. It does not involve performing the activities while the whole body is in motion.

Importance: **53**

0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Rate Control (<https://www.onetonline.org/find/descriptor/result/1.A.2.b.4>) – The ability to time your movements or the movement of a piece of equipment in anticipation of changes in the speed and/or direction of a moving object or scene.

Importance: **31**

0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Reaction Time (<https://www.onetonline.org/find/descriptor/result/1.A.2.c.1>) – The ability to quickly respond (with the hand, finger, or foot) to a signal (sound, light, picture) when it appears.

Importance: **44**

0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Response Orientation (<https://www.onetonline.org/find/descriptor/result/1.A.2.b.3>) – The ability to choose quickly between two or more movements in response to two or more different signals (lights, sounds, pictures). It includes the speed with which the correct response is started with the hand, foot, or other body part.

Importance: **28**

0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Speed of Limb Movement (<https://www.onetonline.org/find/descriptor/result/1.A.2.c.3>) – The ability to quickly move the arms and legs.

Importance: **25**

0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Wrist-Finger Speed (<https://www.onetonline.org/find/descriptor/result/1.A.2.c.2>) – The ability to make fast, simple, repeated movements of the fingers, hands, and wrists.

Importance: **28**



0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Abilities – Sensory Abilities – Importance

Abilities that influence visual, auditory and speech perception.

Auditory Attention (<https://www.onetonline.org/find/descriptor/result/1.A.4.b.2>) – The ability to focus on a single source of sound in the presence of other distracting sounds.

Importance: **44**

0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Depth Perception (<https://www.onetonline.org/find/descriptor/result/1.A.4.a.6>) – The ability to judge which of several objects is closer or farther away from you, or to judge the distance between you and an object.

Importance: **47**

0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Far Vision (<https://www.onetonline.org/find/descriptor/result/1.A.4.a.2>) – The ability to see details at a distance.

Importance: **47**

0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Glare Sensitivity (<https://www.onetonline.org/find/descriptor/result/1.A.4.a.7>) – The ability to see objects in the presence of glare or bright lighting.

Importance: **19**

0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Hearing Sensitivity (<https://www.onetonline.org/find/descriptor/result/1.A.4.b.1>) – The ability to detect or tell the differences between sounds that vary in pitch and loudness.

Importance: **38**

0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Near Vision (<https://www.onetonline.org/find/descriptor/result/1.A.4.a.1>) – The ability to see details at close range (within a few feet of the observer).

Importance: **63**

0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Night Vision (<https://www.onetonline.org/find/descriptor/result/1.A.4.a.4>) – The ability to see under low light conditions.

Importance: **19**

0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Peripheral Vision (<https://www.onetonline.org/find/descriptor/result/1.A.4.a.5>) – The ability to see objects or movement of objects to one's side when the eyes are looking ahead.

Importance: **25**

0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Sound Localization (<https://www.onetonline.org/find/descriptor/result/1.A.4.b.3>) – The ability to tell the direction from which a sound originated.

Importance: **19**

0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Speech Clarity (<https://www.onetonline.org/find/descriptor/result/1.A.4.b.5>) – The ability to speak clearly so others can understand you.

Importance: **41**

0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Speech Recognition (<https://www.onetonline.org/find/descriptor/result/1.A.4.b.4>) – The ability to identify and understand the speech of another person.

Importance: **47**

0-20 Not Important	21-40 Somewhat Important	41-60 Important	61-80 Very Important	81-100 Extremely Important
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Visual Color Discrimination (<https://www.onetonline.org/find/descriptor/result/1.A.4.a.3>) –

The ability to match or detect differences between colors, including shades of color and brightness.

Importance: **38**

0-20	21-40	41-60	61-80	81-100
Not Important	Somewhat Important	Important	Very Important	Extremely Important

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