Dynamic Tolerances - Squatting

Squatting

- Start from standing, feet shoulder distance apart, bend the knees (keeping the spine upright) so that the buttocks move to the heels
- Sustained squat = holding the position in Figure 1.1 for 15 seconds or otherwise specified.
- Repetitive squat = squat and stand x 5
- The purpose of the squatting tasks is to check for functionality of the applicant to be able to access ground to shin level working heights.

![Figure 1.0 - Repetitive Squat](image1)

![Figure 1.1 - Sustained Squat](image2)