

# Physical Requirements for the Industry

The following information is available on the O\*NET Connector using the following SOC codes:

**Cosmetology – SOC Code: 39-5012.00**

**Nail Technology – SOC Code: 39-5092.00**

**Esthetics – SOC Code: 39-5094.00**

**Instructor Training – SOC Code: 25-1194.00**

Go to <http://www.onetcodeconnector.org/> for more information!



# Physical Requirements for Cosmetology

Importance Level	Ability	Ability Description
78	Arm-Hand Steadiness	The ability to keep your hand and arm steady while moving your arm or while holding your arm and hand in one position.
78	Manual Dexterity	The ability to quickly move your hand, your hand together with your arm, or your two hands to grasp, manipulate, or assemble objects.
75	Finger Dexterity	The ability to make precisely coordinated movements of the fingers of one or both hands to grasp, manipulate, or assemble very small objects.
66	Oral Expression	The ability to communicate information and ideas in speaking so others will understand.
66	Near Vision	The ability to see details at close range (within a few feet of the observer).
66	Speech Recognition	The ability to identify and understand the speech of another person.
60	Fluency of Ideas	The ability to come up with a number of ideas about a topic (the number of ideas is important, not their quality, correctness, or creativity).
60	Trunk Strength	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.
60	Speech Clarity	The ability to speak clearly so others can understand you.
56	Multilimb Coordination	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.
56	Visual Color Discrimination	The ability to match or detect differences between colors, including shades of color and brightness.

# Physical Requirements for Cosmetology

<b>Importance Level</b>	<b>Ability</b>	<b>Ability Description</b>
44	Extent Flexibility	The ability to bend, stretch, twist, or reach with your body, arms, and/or legs.
41	Control Precision	The ability to quickly and repeatedly adjust the controls of a machine or a vehicle to exact positions.
38	Auditory Attention	The ability to focus on a single source of sound in the presence of other distracting sounds.
35	Stamina	The ability to exert yourself physically over long periods of time without getting winded or out of breath.
35	Far Vision	The ability to see details at a distance.
31	Dynamic Strength	The ability to exert muscle force repeatedly or continuously over time. This involves muscular endurance and resistance to muscle fatigue.
31	Depth Perception	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.
25	Wrist-Finger Speed	The ability to make fast, simple, repeated movements of the fingers, hands, and wrists.
22	Static Strength	The ability to exert maximum muscle force to lift, push, pull, or carry objects.
19	Hearing Sensitivity	The ability to detect or tell the differences between sounds that vary in pitch and loudness.
16	Gross Body Coordination	The ability to coordinate the movement of your arms, legs, and torso together when the whole body is in motion.
10	Gross Body Equilibrium	The ability to keep or regain your body balance or stay upright when in an unstable position.
6	Speed of Limb Movement	The ability to quickly move the arms and legs.
6	Glare Sensitivity	The ability to see objects in the presence of glare or bright lighting.

# Physical Requirements for Nail Tech.

<b>Importance Level</b>	<b>Ability</b>	<b>Ability Description</b>
56	Oral Expression	The ability to communicate information and ideas in speaking so others will understand.
53	Arm-Hand Steadiness	The ability to keep your hand and arm steady while moving your arm or while holding your arm and hand in one position.
53	Manual Dexterity	The ability to quickly move your hand, your hand together with your arm, or your two hands to grasp, manipulate, or assemble objects.
53	Finger Dexterity	The ability to make precisely coordinated movements of the fingers of one or both hands to grasp, manipulate, or assemble very small objects.
53	Near Vision	The ability to see details at close range (within a few feet of the observer).
53	Speech Clarity	The ability to speak clearly so others can understand you.
44	Multilimb Coordination	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.
44	Visual Color Discrimination	The ability to match or detect differences between colors, including shades of color and brightness.
41	Control Precision	The ability to quickly and repeatedly adjust the controls of a machine or a vehicle to exact positions.
38	Written Comprehension	The ability to read and understand information and ideas presented in writing.
38	Far Vision	The ability to see details at a distance.

# Physical Requirements for Nail Tech.

Importance Level	Ability	Ability Description
28	Hearing Sensitivity	The ability to detect or tell the differences between sounds that vary in pitch and loudness.
25	Static Strength	The ability to exert maximum muscle force to lift, push, pull, or carry objects.
16	Wrist-Finger Speed	The ability to make fast, simple, repeated movements of the fingers, hands, and wrists.
10	Trunk Strength	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.
6	Speed of Limb Movement	The ability to quickly move the arms and legs.
6	Dynamic Strength	The ability to exert muscle force repeatedly or continuously over time. This involves muscular endurance and resistance to muscle fatigue.
6	Extent Flexibility	The ability to bend, stretch, twist, or reach with your body, arms, and/or legs.
3	Stamina	The ability to exert yourself physically over long periods of time without getting winded or out of breath.
3	Gross Body Coordination	The ability to coordinate the movement of your arms, legs, and torso together when the whole body is in motion.
3	Gross Body Equilibrium	The ability to keep or regain your body balance or stay upright when in an unstable position.

# Physical Requirements for Esthetics

Importance Level	Ability	Ability Description
66	Near Vision	The ability to see details at close range (within a few feet of the observer).
56	Arm-Hand Steadiness	The ability to keep your hand and arm steady while moving your arm or while holding your arm and hand in one position.
53	Finger Dexterity	The ability to make precisely coordinated movements of the fingers of one or both hands to grasp, manipulate, or assemble very small objects.
50	Selective Attention	The ability to concentrate on a task over a period of time without being distracted.
50	Manual Dexterity	The ability to quickly move your hand, your hand together with your arm, or your two hands to grasp, manipulate, or assemble objects.
47	Visual Color Discrimination	The ability to match or detect differences between colors, including shades of color and brightness.
44	Control Precision	The ability to quickly and repeatedly adjust the controls of a machine or a vehicle to exact positions.
38	Multilimb Coordination	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.
31	Trunk Strength	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.

# Physical Requirements for Esthetics

Importance Level	Ability	Ability Description
31	Extent Flexibility	The ability to bend, stretch, twist, or reach with your body, arms, and/or legs.
28	Static Strength	The ability to exert maximum muscle force to lift, push, pull, or carry objects.
28	Dynamic Strength	The ability to exert muscle force repeatedly or continuously over time. This involves muscular endurance and resistance to muscle fatigue.
25	Stamina	The ability to exert yourself physically over long periods of time without getting winded or out of breath.
25	Far Vision	The ability to see details at a distance.
25	Depth Perception	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.
22	Wrist-Finger Speed	The ability to make fast, simple, repeated movements of the fingers, hands, and wrists.
10	Gross Body Coordination	The ability to coordinate the movement of your arms, legs, and torso together when the whole body is in motion.
6	Gross Body Equilibrium	The ability to keep or regain your body balance or stay upright when in an unstable position.
3	Glare Sensitivity	The ability to see objects in the presence of glare or bright lighting.

# Physical Requirements for Instructors

Importance Level	Ability	Ability Description
56	Near Vision	The ability to see details at close range (within a few feet of the observer).
50	Selective Attention	The ability to concentrate on a task over a period of time without being distracted.
44	Far Vision	The ability to see details at a distance.
38	Finger Dexterity	The ability to make precisely coordinated movements of the fingers of one or both hands to grasp, manipulate, or assemble very small objects.
35	Arm-Hand Steadiness	The ability to keep your hand and arm steady while moving your arm or while holding your arm and hand in one position.
35	Manual Dexterity	The ability to quickly move your hand, your hand together with your arm, or your two hands to grasp, manipulate, or assemble objects.
31	Control Precision	The ability to quickly and repeatedly adjust the controls of a machine or a vehicle to exact positions.
31	Trunk Strength	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.
28	Multilimb Coordination	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.



# Physical Requirements for Instructors

Importance Level	Ability	Ability Description
25	Static Strength	The ability to exert maximum muscle force to lift, push, pull, or carry objects.
25	Visual Color Discrimination	The ability to match or detect differences between colors, including shades of color and brightness.
25	Depth Perception	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.
22	Stamina	The ability to exert yourself physically over long periods of time without getting winded or out of breath.
22	Gross Body Coordination	The ability to coordinate the movement of your arms, legs, and torso together when the whole body is in motion.
19	Dynamic Strength	The ability to exert muscle force repeatedly or continuously over time. This involves muscular endurance and resistance to muscle fatigue.
16	Wrist-Finger Speed	The ability to make fast, simple, repeated movements of the fingers, hands, and wrists.
16	Extent Flexibility	The ability to bend, stretch, twist, or reach with your body, arms, and/or legs.
16	Gross Body Equilibrium	The ability to keep or regain your body balance or stay upright when in an unstable position.
13	Speed of Limb Movement	The ability to quickly move the arms and legs.