AUTISM TRAINING
and Technical Assistance Project

Autism Training And Technical
Assistance Project

Assessment: Work Environment

Instructor: Complete this assessment as the student engages in the search for employment or volunteer experiences.

1. Never
2. Tolerable on occasion
3. Would be ok
4. Doesn't bother me at all

NOISE LEVEL
WORK ENVIRONMENTS HAVE DIFFERENT NOISE LEVELS. PLEASE RATE THE FOLLOWING:

	1	2	3	4	5
1. Some workplaces are very loud (theater lobby, stadium restaurant, landscape crew with mowers, etc.). I would be comfortable working in a noisy environment.					
2. Some workplaces are quiet (library, small office, small shop, etc.). I would be comfortable working in a quiet environment.					
3. Some workplaces have some noise most of the time (large retail business, large office with open spaces, large kitchen in restaurant, automobile garage, etc.). I would be comfortable working in a place that has some noise most of the time.					
4. I can tolerate working in an environment where there are lots of people and lots of talking (restaurant, theater lobby, stadium).					
5. I can tolerate working in an environment where there is some talking and people are around me most of the day.					
Do loud noises bother me?	Yes		No		Sometimes
Noises that irritate me or make me uncomfortable include:					

SMELLS
THERE ARE DIFFERENT ODORS IN DIFFERENT WORK ENVIRONMENTS.
IDENTIFY HOW WELL YOU COULD TOLERATE A WORK AREA THAT HAS DIFFERENT ODORS:

	1	2	3	4	5
1. Gasoline, transmission fluid, oil					
2. Chemicals, cleaning supplies, paints					
3. Animal smells (kennel or veterinary clinic)					
4. Hospital smells					
5. Moist or musty smells (poor ventilation like in a basement)					
6. Smell of smoke or exhaust fumes (airport, garage, etc.)					
7. Smell of different foods (restaurant, kitchen, etc.)					
Specific smells that irritate me or make me uncomfortable include:					

TEMPERATURE
WORKING IN CERTAIN TEMPERATURES MIGHT BE UNCOMFORTABLE FOR SOME PEOPLE. FOR INSTANCE, WORKING OUTSIDE MEANS YOU MAY NEED TO TOLERATE VERY WARM AND VERY COLD TEMPERATURES. RATE THE FOLLOWING STATEMENTS.

	1	2	3	4	5
1. I could work in a cold environment (walk-in refrigerator, frozen section of grocery store, outdoors in winter, etc.)					
2. I could work in a warm environment (restaurant kitchen, greenhouse/nursery in summer etc.)					

TOUCH AND TEXTURE
TEXTURE, OR HOW THINGS FEEL, CAN BE IRRITATING FOR SOME PEOPLE. THINGS THAT I DO NOT LIKE TO TOUCH INCLUDE:

	1	2	3	4	5
1. In some workplaces, there may be a lot of dust or I am likely to get dirty (nursery/greenhouse, landscaping crew, automobile garage, etc.). I can tolerate working in a place where I get dirty.					
2. In some workplaces, people deal with body fluids, germs, and medical waste (hospital, urgent care center, retirement home). I can tolerate working in a place with medical waste.					

*IN SOME WORKPLACES, EMPLOYEES ARE REQUIRED TO WEAR A CERTAIN TYPE OF CLOTHING, A UNIFORM, PROTECTIVE GEAR, ETC. IDENTIFY HOW WELL YOU COULD **TOLERATE** CERTAIN ATTIRE:*

	1	2	3	4	5
Casual attire (jeans, shorts, kakis, etc.)					
Business casual attire (kakis, polo, button-down shirt, casual dress, slacks)					
Business attire (suit, blazer and tie, skirt suit)					
Gloves					
Mask					
Hard Hat					
Protective Eyewear					
Ear plugs					
Hairnet					
Apron					
Uniform					
Work boots					

LIGHTING *CERTAIN LIGHTING MIGHT CAUSE SENSITIVITIES. IDENTIFY WHAT LIGHTING YOU CAN TOLERATE:*					
	1	**2**	**3**	**4**	**5**
1. I can tolerate working in a dark or poorly lit Environment.					
2. I can tolerate working in an environment with florescent lights.					
3. I can tolerate working in an environment that is very bright (sunny day, brightly lit retail store).					
SOCIAL NAVIGATION					
	1	**2**	**3**	**4**	**5**
1. I can tolerate working in an environment where I have no face to face interactions with people.					
2. I can tolerate working in an environment where I have face to face interactions with a few people (1-3) each day.					
3. I can tolerate working in an environment where I have face to face interactions with some people (10 or less) each day.					
4. I can tolerate working in an environment where I have face to face interactions with many people (15 or more) each day					
5. I can tolerate working in an environment where I have face to face interactions with customers, people I do not know.					
6. I can tolerate working in an environment where I have phone interactions with customers, people I do not know.					
JOB TASKS					
	1	**2**	**3**	**4**	**5**
1. Some jobs require doing one task for long parts of the day (compiling data in retail sales, entering data on spreadsheets, house painting, shelving books in a library). I can tolerate doing one job task for most of the day.					
2. Some jobs require moving from task to task frequently. In some jobs, I will have to change tasks and do 8-10 tasks in a day. I can tolerate doing lots of different jobs each day.					
3. Some jobs only require doing a few tasks each day. Every day I might do the same 5 or 6 tasks. I can tolerate doing the same tasks every day.					

PHYSICAL REQUIREMENTS					
	1	2	3	4	5
1. Some jobs require standing up and walking around all day long. I can tolerate standing and walking most of the day in my job.					
2. Some jobs require sitting down (at a desk) all day long. I can tolerate sitting for long periods of time.					
3. Some jobs require moving between different rooms or spaces at a work site. I can tolerate walking between rooms, offices, and different spaces throughout the day.					
4. Some jobs require moving heavy objects (boxes, furniture, racks of clothes, etc.). I can tolerate lifting and moving boxes and heavy objects as a part of my job responsibilities.					
WORK HOURS					
	1	2	3	4	5
1. I could tolerate working in a job that starts very early in the morning.					
2. I could tolerate working in a job that ends late at night.					
3. I could tolerate a job that has regular daytime hours (9am-5pm).					
4. I could tolerate a job that has evening hours (5pm-12am).					
5. I could tolerate a job that has overnight hours (11pm-6am).					

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