Inclusive, Accessible Archaeology – Field Techniques	Task	Physical																					Mental					Sensory				
		Mobility											Dexterity			Strength																
		Movement range in upper limbs	Supination	Pronation	Flexion	Extension	Abduction	Adductuin	Retraction & Protraction	Rotation	Passive Movement	Gait	Fine finger Dexterity	Opposition	Manipulation	Power grip	Upper limb Strength	Lower limb Strength	Weight bearing	Resistive Movement	Strength	Pincher Grip	Stamina	Hand/Eye Coordination	Spatial Awareness	Retain Information	Cognitive Ability	Calculations	Balance	Sensation	Communication	Visual Acuity	Hearing
Excavation	Cutting and lifting turf																															
	Using a pick (breaking up excavated area)																															
	Using a pick (disposal of waste material)																															
	Using a mattock (breaking up excavated area)																															
	Using a mattock (disposal of waste material)																															
	Using a Draw hoe (breaking up ground surface)																															
	Using a Draw hoe (disposal of waste material)																															
	Barrowing (bend down to grip handles and lift)																															
	Barrowing (walking)																															
	Barrowing (emptying)																															
	Trowelling (kneeling to bend over area of excavation)																															
	Trowelling (excavating)																															
	Trowelling (disposal of waste material)																															
	Dry sieving																															
	Using a sprayer																															
	Completing site records																															
Planning	Planning a context (position planning frame)																															
	Drawing a plan (hold board)																															
	Taking offsets (measure distance of features at ground level)																															
	Taking offsets (measure distance of features above ground level)																															
	Taking offsets ('eyeing in', read and record)																															
	Triangulation (measure distance to feature from two points)																															
	Triangulation (draw up using compasses, read and record)																															
	Section drawing (lay baseline)																															
	Section drawing (measure and record feature location)																															
	Completing site records																															
Finds	Bagging finds																															
	Treatment (washing, drying, sorting)																															
	Identification																															
	Completing site records																															
Environmental sampling	Taking samples (Excavation: disposal of waste material)																															
	Floatation/wet sieving																															
	Sorting residues																															
	Record readings																															
Surveying	Laying a base line (insert poles, use hand signals)																															
	Laying a base line (lay measuring tape and secure)																															
	Laying a base line ('eyeing in', read and record)																															
	Extending base line at right angle (lay measuring tapes and secure)																															
	Extending base line at right angle ('eyeing in', read and record)																															
	Levelling (set up and level tripod)																															
	Levelling (attach level tripod and adjust)																															
	Levelling (attach plumb bob to tripod)																															
	Levelling (hold and extend measuring staff)																															
	Levelling (direct and focus on staff)																															
	Levelling (read and record measurements)																															
	Using a geodimeter (unpack/pack equipment)																															
	Using a geodimeter (attach battery)																															
	Using a geodimeter (level EDM)																															
	Using a geodimeter (adjust setting)																															
	Using a geodimeter (measure and input instrument height, enter coordinates)																															
	Using a geodimeter (attach reflecting crystal to, and hold, measuring staff)																															
	Using a geodimeter (taking readings)																															
	Using a geodimeter (carrying equipment)																															
	Using a prismatic compass (hold to eye, line up)																															
	Using a prismatic compass (read and record measurements)																															
	Using an optical square (hold level and steady, line up)																															
	Using an optical square (direct assistants to line up)																															
	Using an optical square (read and record measurements)																															
Surface Surveys	Field walking																															
	Field survey																															
	Record readings																															
Geophysics	Magnetometry (laying/moving surveying lines)																															
	Magnetometry (measuring magnetic disturbance)																															
	Resistivity (laying/moving surveying lines)																															
	Resistivity (measuring variation in resistance)																															
	Resistivity (record readings on PC)																															