

Job Title: _____

Description: _____

Occasionally equals 1% to 33%; Frequently equals 34% to 66%; Continuously equals 67% to 100% (assuming an 8-hour workday).

Worker must be able to:

1. Sit ___ 1___ 2___ 3___ 4___ 5___ 6___ 7___ 8 Hours/Day

2. Stand ___ 1___ 2___ 3___ 4___ 5___ 6___ 7___ 8 Hours/Day

3. Walk ___ 1___ 2___ 3___ 4___ 5___ 6___ 7___ 8 Hours/Day

4. Drive ___ 1___ 2___ 3___ 4___ 5___ 6___ 7___ 8 Hours/Day

Worker must be able to lift:

	<u>Occasionally</u>	<u>Frequently</u>	<u>Continuously</u>	<u>Never</u>
1. 1 – 10 lbs. (Sedentary)	_____	_____	_____	_____
2. 11 – 20 lbs. (Light)	_____	_____	_____	_____
3. 21 – 50 lbs. (Medium)	_____	_____	_____	_____
4. 51 – 100 lbs. (Heavy)	_____	_____	_____	_____
5. Over 100 lbs. (Very Heavy)	_____	_____	_____	_____

Worker must be able to carry:

	<u>Occasionally</u>	<u>Frequently</u>	<u>Continuously</u>	<u>Never</u>
1. 1 – 10 lbs. (Sedentary)	_____	_____	_____	_____
2. 11 – 20 lbs. (Light)	_____	_____	_____	_____
3. 21 – 50 lbs. (Medium)	_____	_____	_____	_____
4. 51 – 100 lbs. (Heavy)	_____	_____	_____	_____
5. Over 100 lbs. (Very Heavy)	_____	_____	_____	_____

Worker must be able to:

	<u>Occasionally</u>	<u>Frequently</u>	<u>Continuously</u>	<u>Never</u>
1. Push/Pull	_____	_____	_____	_____
2. Climb/Balance	_____	_____	_____	_____
3. Stoop/Squat/Kneel/Crawl	_____	_____	_____	_____
4. Bend/Twist at Waist	_____	_____	_____	_____
5. Reach above shoulders	_____	_____	_____	_____
6. Grasp objects	_____	_____	_____	_____
7. Manipulate objects	_____	_____	_____	_____

Environmental Requirements:

	<u>Yes</u>	<u>No</u>	Description
1. Climb ladders/work above ground level	___ Yes ___ No	_____	
2. Operate machinery	___ Yes ___ No	_____	
3. Work in changing temperatures/outdoors	___ Yes ___ No	_____	
4. Work with fumes/chemicals	___ Yes ___ No	_____	

Worker must be able to use hands in repetitive movements ___ Yes ___ No _____

Worker must be able to use feet in repetitive movements ___ Yes ___ No _____

Signature of preparer: _____ Date: _____