

21-50 lbs. 51-75 lbs. 76-100 lbs.

## **REGULAR JOB DESCRIPTION**

Employer:  Address:  Phone No.:  Worker Job Title:						Worker:  Address:  Phone No.:  Claim No.:																	
															· 	narrative d	escription if	available, complete physical	requirem	ents below	<b>'</b> ):		
												PHYSICA	L REQU	Inter.	Occas.	Freq.	Cont.		Never	Inter.	Occas.	Freq.	Cont.
												LIFT:	INCVCI	<1 hr.	1-3 hrs.	3-5 hrs.	6+ hrs.		140001	<1 hr.	1-3 hrs.	3-5 hrs.	6+ hrs
1-10 lbs.						Bend																	
11-20 lbs.						Twist																	
21-50 lbs.						Crouch																	
51-75 lbs.						Kneel																	
76-100 lbs.						Crawl																	
						Walk-level surface																	
	Never	Inter.	Occas.	Freq.	Cont.	Walk-uneven surface																	
CARRY:		<1 hr.	1-3 hrs.	3-5 hrs.	6+ hrs.	Climb stairs																	
1-10 lbs.						Climb ladder																	
11-20 lbs.						Reach above shoulder																	
21-50 lbs.						Use of arms																	
51-75 lbs.						Use of wrist																	
76-100 lbs.						Use of hands:																	
	1	1		_		(a) Grasping																	
PUSH:	Never	Inter. <1 hr.	Occas. 1-3 hrs.	Freq. 3-5 hrs.	Cont. 6+ hrs.	(b) Squeezing																	
1-10 lbs.		×1111.	1 0 1113.	0 0 1113.	0± 1113.	Operate foot control																	
11-20 lbs.																							
21-50 lbs.																							
51-75 lbs.																							
76-100 lbs.						ENVIRONMENT																	
100 105.						ENVIRONMENT																	
	Never	Inter.	Occas.	Freq.	Cont.		Never	Inter.	Occas.	Freq.	Cont.												
PULL:		<1 hr.	1-3 hrs.	3-5 hrs.	6+ hrs.			<1 hr.	1-3 hrs.	3-5 hrs.	6+ hrs												
1-10 lbs.						Inside																	

	Never	Inter. <1 hr.	Occas. 1-3 hrs.	Freq. 3-5 hrs.	Cont. 6+ hrs.
Inside					
Outside					
Heat					
Cold					
Dusty					
Noisy					
Other:					