

REGULAR JOB DESCRIPTION

Employer: _____

Worker: _____

Address: _____

Address: _____

Phone No.: _____

Phone No.: _____

Worker Job Title: _____

Claim No.: _____

Job Duties (attach narrative description if available, complete physical requirements below):

PHYSICAL REQUIREMENTS:

LIFT:	Never	Inter. <1 hr.	Occas. 1-3 hrs.	Freq. 3-5 hrs.	Cont. 6+ hrs.
1-10 lbs.					
11-20 lbs.					
21-50 lbs.					
51-75 lbs.					
76-100 lbs.					

CARRY:	Never	Inter. <1 hr.	Occas. 1-3 hrs.	Freq. 3-5 hrs.	Cont. 6+ hrs.
1-10 lbs.					
11-20 lbs.					
21-50 lbs.					
51-75 lbs.					
76-100 lbs.					

PUSH:	Never	Inter. <1 hr.	Occas. 1-3 hrs.	Freq. 3-5 hrs.	Cont. 6+ hrs.
1-10 lbs.					
11-20 lbs.					
21-50 lbs.					
51-75 lbs.					
76-100 lbs.					

PULL:	Never	Inter. <1 hr.	Occas. 1-3 hrs.	Freq. 3-5 hrs.	Cont. 6+ hrs.
1-10 lbs.					
11-20 lbs.					
21-50 lbs.					
51-75 lbs.					
76-100 lbs.					

	Never	Inter. <1 hr.	Occas. 1-3 hrs.	Freq. 3-5 hrs.	Cont. 6+ hrs.
Bend					
Twist					
Crouch					
Kneel					
Crawl					
Walk-level surface					
Walk-uneven surface					
Climb stairs					
Climb ladder					
Reach above shoulder					
Use of arms					
Use of wrist					
Use of hands:					
(a) Grasping					
(b) Squeezing					
Operate foot control					

ENVIRONMENT

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