## PHYSICAL DEMANDS FORM - OFFICE

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Note: In terms of an 8 hour workday, "Occasionally" equals 1% to 33%; "Frequently", 34% to 65%; "Continuously", 67% to 100%.

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- 1. In an 8 hour workday, employee must: (Circle full capacity of each activity)
  - a. Sit No. 1 2 3 3 5 2 7 b. Stand No. 1 6 c. Walk 2 7 1 No.
- 2. Employee's job requires:
  - a. Bend/Stoop
  - b. Squat
  - c. Crawl
  - d. Climb stairs
  - e. Reach above shoulder level
  - f. Crouch
  - g. Kneel
  - h. Balance
  - i. Push/Pull

Not at all	Occasionally	Frequently	Continuously
	X		
	X		
	X		
	X	X	
		X	
		X	
	X		
	X		
	X		

- 3. Employee's Job requires he/she carry:
  - a. Up to 10 lbs.
  - b. 11-24 lbs.
  - c. 25-34 lbs.
  - d. 35-50 lbs.
  - e. 51-74 lbs.
  - with assistance
  - f. 75-100 lbs.

Never	Occasionally	Frequently	Continuously
			X
			X
		X	
	X		
	X		
X			

## PHYSICAL DEMANDS FORM CONTINUED

4. Employee's Job requires he/she lift:

	Never	Occasionally	Frequently	Continuously
a. Up to 10 lbs.				X
b. 11-24 lbs.				X
c. 25-34 lbs.			X	
d. 35-50 lbs.		X		
e. 51-74 lbs.		X		
f. 75-100 lbs.	X			

	Right		Left		Е	Both	
_	Yes No	Yes		No	Yes	X	_ No
6.	Job requires employee use hands for	repetit	ive action	ns such as:			
	Simple Grasping	Firm Grasping		Fine Manipulating			
	Right X Yes No	X	Yes	No	X	Yes	No
	Right X Yes No Left X Yes No	X	Yes	No	X	Yes	No.
7.	Employee's job requires:						
	<ul><li>a. Working on unprotected heights</li><li>b. Being around moving machinery</li></ul>		Yes	No	(	Comme	nts
				X			
				<u>X</u>			
	c. Exposure to marked changes in						
temperature and humidity			X				
	d. Driving automotive equipment e. Exposure to dust, fumes and gases		X				
				<u>X</u>			