



REQUIREMENTS TO PERFORM ESSENTIAL FUNCTIONS

A. PHYSICAL ACTIVITY ASSESSMENT	Frequently	Occasionally	Not At All
CLIMBING: Ascending or descending ladders, stairs, scaffolding, ramps, poles and the like, using feet and legs and/or hands and arms. Body agility is emphasized. This factor is important if the amount and kind of climbing required exceeds that required for ordinary locomotion.	✓		
BALANCING: Maintaining body equilibrium to prevent falling when walking, standing, or crouching on narrow, slippery or erratically moving surfaces. This factor is important if the amount and kind of balancing exceeds that needed for ordinary locomotion and maintenance of body equilibrium.		✓	
STOOPING: Bending body downward and forward by bending spine at the waist. This factor is important if it occurs to a considerable degree and requires full use of lower extremities and back muscles.		✓	
KNEELING: Bending legs at knee to come to a rest on knee or knees.		✓	
CROUCHING: Bending the body downward and forward by bending legs and spine.		✓	
CRAWLING: Moving about on hands and knees or hands and feet.		✓	
REACHING: Extending hand (s) and arm (s) in any direction.		✓	
STANDING: Particularly for sustained periods of time.	✓		
SITTING: Particularly for sustained periods of time.	✓		
WALKING: Moving about on foot to accomplish tasks, particularly for long distances.	✓		
PUSHING: Using upper extremities to press against something with steady force in order to thrust forward, downward, or outward.		✓	
PULLING: Using upper extremities to exert force in order to draw, drag, haul or tug objects in a sustained motion.		✓	
LIFTING: Raising objects from a lower to a higher position or moving objects horizontally from position-to-position. This factor is important if it occurs to a considerable degree and requires the substantial use of the upper extremities and back muscles.		✓	
FINGERING: Picking, pinching, typing or otherwise working primarily with fingers rather than with the whole hand or arm as in handling.		✓	
GRASPING: Applying pressure to an object with the fingers and palm.		✓	
FEELING: Perceiving attributes of objects, such as size, shape, temperature or texture by touching with skin, particularly that of fingertips.		✓	
TALKING: Expressing or exchanging ideas by means of the spoken word. Those activities in which they must convey detailed or important spoken instructions to other workers accurately, loudly, or quickly.	✓		
HEARING: Perceiving the nature of sounds with no less than a 40db loss @ 500 Hz, 1,000 Hz and 2,000 Hz with or without correction. Ability to receive detailed information through oral communication, and to make fine discrimination in sound, such as when making fine adjustments on machined parts.	✓		
REPETITIVE MOTIONS: Substantial movements (motions) of the arms, wrists, hands, and/or fingers.		✓	



B. PHYSICAL REQUIREMENTS ASSESSMENTS	Applies
<p>SEDENTARY WORK: Exerting up to 10 pounds of force occasionally and/or a negligible amount of force frequently or constantly to lift, carry, push, pull or otherwise move objects, including the human body. This type of work involves sitting most of the time. Jobs are sedentary if walking and standing are required only occasionally and all other sedentary criteria are met.</p>	
<p>LIGHT WORK: Exerting up to 20 pounds of force occasionally, and/or up to 10 pounds of force frequently, and/or a negligible amount of force constantly to move objects. If the use of arm and /or leg controls requires exertion of forces greater than that for Sedentary Work and the worker sits most of the time, the job is rated for Light Work.</p>	
<p>MEDIUM WORK: Exerting up to 50 pounds of force occasionally, and/or up to 20 pounds of force frequently, and/or up to 10 pounds of force constantly to move objects.</p>	✓
<p>HEAVY WORK: Exerting up to 100 pounds of force occasionally, and/or up to 50 pounds of force frequently, and/or up to 20 pounds of force constantly to move objects.</p>	
<p>VERY HEAVY WORK: Exerting in excess of 100 pounds of force occasionally, and/or in excess of 50 pounds of force frequently, and/or in excess of 20 pounds of force constantly to move objects.</p>	

C. ENVIRONMENTAL REQUIREMENTS ASSESSMENT	Applies
<p>THE EMPLOYEE IS SUBJECT TO NOISE: There is sufficient noise to cause the worker to shout in order to be heard above the ambient noise level.</p>	✓
<p>THE EMPLOYEE IS SUBJECT TO VIBRATION: Exposure to oscillating movements of the extremities or whole body.</p>	
<p>THE EMPLOYEE IS SUBJECT TO HAZARDS: Includes a variety of physical conditions, such as proximity to moving mechanical parts, electrical current, working on scaffolding and high places, exposure to high heat or exposure to chemicals.</p>	✓
<p>THE EMPLOYEE IS SUBJECT TO ATMOSPHERIC CONDITIONS: One or more of the following conditions that affect the respiratory system of the skin: fumes, odors, dust, mists, gases, or poor ventilation.</p>	✓
<p>THE EMPLOYEE IS REQUIRED TO WEAR A RESPIRATOR:</p>	
<p>NONE: The employee is not substantially exposed to adverse environmental conditions (such as in typical office or administrative work).</p>	