

Definitions

Limitations – any bodily or cognitive functions that a person cannot do

Restrictions/Precautions – tasks that require the use of special equipment, techniques, or procedures, or that require the use of special equipment, techniques, or procedures that are not normally used by the worker or others

Repetitive Movements – tasks with a cycle time of 30 seconds or less and completed for 60 minutes or longer or tasks that are completed for 50% of a work shift

Avoid – tasks that require the use of special equipment, techniques, or procedures that are not normally used by the worker or others

Limit – tasks that require the use of special equipment, techniques, or procedures that are not normally used by the worker or others

Seldom – not on a daily basis or <5% of a workday

Rare – 1-5% of a workday

Work Classifications

Sedentary – Exerting up to 10 lbs of force up to occasionally and negligible amount of force frequently /constantly

Light – Exerting up to 20 lbs of force up to occasionally, and/ or up to 10 lbs frequently; negligible amounts constantly

Medium – Exerting 20-50 lbs of force up to occasionally and /or up to 20 lbs of force up to occasionally and /or up to 10 lbs of force up to constantly

Heavy – Exerting 50-100 lbs of force up to occasionally and /or up to 50 lbs of force up to frequently and /or in excess of 20 lbs of force up to constantly

Very Heavy – Exerting in excess of 100 lbs of force up to occasionally, and/ or in excess of 50 lbs of force frequently and/or in excess of 20 lbs of force constantly

Measurement limitations in relation to work demands

- Mild: Impacted capability less than 25% of the time, minimal disruption to function, still able to perform routine activities with some additional precautions and/or a slight increase in the time required to complete a task
- Moderate: Impacted capability less than 50% of the time, some distress or disruption when performing routine