

## OCCUPATIONAL REQUIREMENT CHECKLIST

Claimant Name:

Claim No:

**IN A REGULAR 8 HOUR WORK DAY, THE EMPLOYEE WILL:** (please check as appropriate)

	<b>Repetitive (6-8 hrs.)</b>	<b>Frequently (3-6 hrs.)</b>	<b>Occasionally (1-3 hrs.)</b>	<b>Not At All (0 hrs.)</b>
Drive:				
Car	( )	( )	( )	( )
Small Truck	( )	( )	( )	( )
Large Truck	( )	( )	( )	( )
Automatic Transmission	( )	( )	( )	( )
Standard Transmission	( )	( )	( )	( )
Heavy Equipment	( )	( )	( )	( )
Public Transportation	( )	( )	( )	( )
Sit	( )	( )	( )	( )
Stand	( )	( )	( )	( )
Walk	( )	( )	( )	( )
Bend	( )	( )	( )	( )
Climb (_____)	( )	( )	( )	( )
Crawl	( )	( )	( )	( )
Squat	( )	( )	( )	( )
Reach (_____)	( )	( )	( )	( )
Twist	( )	( )	( )	( )

EMPLOYEE WILL LIFT/CARRY:	<b>Repetitive (6-8 hrs.)</b>		<b>Frequently (3-6 hrs.)</b>		<b>Occasionally (1-3 hrs.)</b>		<b>Not At All (0 hrs.)</b>	
	Lift	Carry	Lift	Carry	Lift	Carry	Lift	Carry
100+ lb.	( )	( )	( )	( )	( )	( )	( )	( )
51 - 100 lb.	( )	( )	( )	( )	( )	( )	( )	( )
26 - 50 lb.	( )	( )	( )	( )	( )	( )	( )	( )
11 - 25 lb.	( )	( )	( )	( )	( )	( )	( )	( )
0 - 10 lb.	( )	( )	( )	( )	( )	( )	( )	( )

**EMPLOYEE WILL USE HAND FOR REPETITIVE:** (please check as appropriate)

	<b><u>Simple Grasping</u></b>	<b><u>Fine Manipulation</u></b>	<b><u>Pushing and Pulling</u></b>
Right	( ) YES ( ) NO	( ) YES ( ) NO	( ) YES ( ) NO
Left	( ) YES ( ) NO	( ) YES ( ) NO	( ) YES ( ) NO

**EMPLOYEE WILL USE FEET FOR REPETITIVE MOVEMENT SUCH AS FOOT CONTROLS:** (please check as appropriate)

Right ( ) YES ( ) NO      Left ( ) YES ( ) NO

**AS DEFINED BY THE U.S. DEPARTMENT OF LABOR, THE ABOVE JOB WOULD BE CLASSIFIED:** (please check as appropriate)

( ) Full Time **Very Heavy Work** - lifting objects over 100 lbs. & frequent lifting/carrying of 50 lbs. or more, frequent standing/walking

( ) Full Time **Heavy Work** - 100 lbs. maximum lifting with frequent lifting/carrying of up to 50 lbs., frequent standing/walking

( ) Full Time **Medium Work** - 50 lbs. maximum lifting with frequent lifting/carrying of up to 25 lbs., frequent standing/walking

( ) Full Time **Light Work** - 20 lbs. maximum lifting/carrying 10 lb. articles frequently, most jobs involving sitting with a degree of pushing and pulling.

( ) Full Time **Sedentary Work** - 10 lbs. maximum lifting and/or carrying articles, walking/standing on occasion

Signature \_\_\_\_\_  
Date \_\_\_\_\_