Definitions

Limitations – ny bodily or cognitive functions that a person cannot do
Restrictions/Precautions Q , - 2 + 7 8 , % 8 % 4) 6 7 3 2 ' % 2 (3 & 9 8 7 , 3 9 0 (2 3 8 (3 A 9 7 9 % 0 0 = &) 8 3 them or others

Repetitive Movements – asks 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 Q) * - 2) 7 ; 3 6 / % 7 2 3 2) 8 3 :) 6 = % 6 2 * 3 6) 5-9 2) ' 2 8) A 2 8 % 0 9 7)
Limit Q) * - 2) 7 ; 3 6 / % 7 3 ' ' % 7 - 3 2 % 0
Seldom – ot on a daily basis or <5% of a workday
Rare – 1-5% of a workday

Work Classi cations

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 c apability 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: Imp acted capability less than 50% of the time, some distress or disruption when performing routine