

Well-being Consultants:

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Definitions

Limitations – ny bodily or cognitive functions that a person cannot do Restrictions/Precautions Q, -2+7 8, %8 % 4)6732 '%2 (3 &98 7,390(238 (3A 979%00 = &) 83 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

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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