



Essential job functions & associated functional task elements			
Task	Job essential functions	Job task elements	Equipment/tools used
6			
7			
8			
9			
10			



Summary of Physical Job Demand

Job title					
Job essential functions	Task 6	Task 7	Task 8	Task 9	Task 10
Maximal time/shift (min)					
Lift & carry demands	Weight-frequency	Weight-frequency	Weight-frequency	Weight-frequency	Weight-frequency
Floor lift (0-17")					
Knee lift (18-29")					
Waist lift (30-36")					
Chest lift (37-48")					
Shoulder lift (49-60")					
Overhead (>60")					
Pushing					
Pulling					
2-Handed carry					
1-Hand carry					
Physical aptitudes	Body side indicator	Body side indicator	Body side indicator	Body side indicator	Body side indicator
Grasping/handling R/L/B					
Forceful grip R/L/B					
Forceful pinch R/L/B					
Fingering/dexterity R/L/B					
Wrist flex/extension R/L/B					
Keyboarding R/L/B					
Operate foot controls R/L/B					
Position abilities	Frequency	Frequency	Frequency	Frequency	Frequency
Sitting					
Standing					
Overhead reaching					
Front/lateral reaching					
Bending sitting/standing					
Stooping					
Squatting					
Kneeling					
Supine-lying					
Crawling-distance in feet-freq.					
Standing & twisting					
Sitting & twisting					
Sitting					
Endurance	Frequency	Frequency	Frequency	Frequency	Frequency
Walking-distance in feet-freq.					
Stair climbing number/flight					
Step ladder height in feet					
Balancing/stepping coordination					
Frequency Scale	N: Never	S: Seldom	O: Occasionally	F: Frequently	C: Constant
Hours	0	0-1 hour	1-3 hours	3-6 hours	6-8 hours
Percent of task	0% of task	1% or less of task	1-33% of task	34-66% of task	67-100% of task
Reps/hour	0 reps/hour	1 or less reps/hour	3-12 reps/hour	13-30 reps/hour	31-60 reps/hour
Reps/day	0 reps/day	1 or less reps/day	21-100 reps/day	101-245 reps/day	246-490 reps/day
PDL	S = Sedentary	L = Light	M = Medium	H = Heavy	VH = Very heavy
Pounds	0-10 pounds	0-20 pounds	0-50 pounds	0-100 pounds	>100 pounds