ALTERNATE FORMAT AVAILABLE

## SHORT FORM FOR PRE-EMPLOYMENT PHYSICALS

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PHYSICAL DEMAND	HRS PER SHIFT	PHYSICAL DEMAND	HRS PER SHIFT
Standing	30 – 2 hours	Reaching knee-waist	5 min – 4 hours
Walking 🗵 uneven terrain	1 – 4 hours	Reaching floor-knee	5 min – 4 hours
Sitting	4 – 7 hours	Lifting/Carrying 1-10#	1 – 7 hours
Climbing stairs	30 min – 1 hour	Lifting/Carrying 11-20#	30 min – 6 hours
Climbing <u>ladder</u>	30 min – 1 hour	Lifting/Carrying 21-50#	30 min – 6 hours
Balancing	5 – 30 minutes	Lifting/Carrying 51-100#	0 – 4 hours
Bending/Stooping	1 – 4 hours	Lifting/Carrying 100+#	0 – 15 minutes
Kneeling	0 – 30 minutes	Handling	4 – 7 hours
Crouching	25 min – 1 hour	Hand Controls	30 min – 4 hours
Crawling	0	Fingering 🗵 keyboarding	30 min – 6 hours
Foot controls	30 min – 6 hours	Vision to assure safety of others	30 min – 4 hours
Reaching above shoulders	5 min – 4 hours	Hearing to assure safety of others	30 min – 4 hours
Reaching waist-shoulder	3 – 7 hours	Other	

I have reviewed the following Job Analysis for the above-named employee.

Physician's Signature

Date