

PHYSICAL CAPABILITIES NECESSARY TO PERFORM ESSENTIAL JOB FUNCTIONS

POSITION TITLE - _____

Companion

	Seldom 0-1 hours	Occasionally 1-3 hours	Often 3-6 hours	Frequent - Over 6 hours	Constant
LIFTING:					
0 - 20 pounds			X		
20 - 50 pounds	X				
50 - 100 pounds	X				
Over 100 pounds	X				

REACHING		X			
STANDING		X			
WALKING		X			
SITTING		X			
CLIMBING	X				
BENDING/STOOPING	X				

MOVING/PUSHING/PULLING:					
0 - 20 pounds		X			
20 - 50 pounds		X			
50 - 100 pounds	X				
Over 100 pounds	X				

GRASPING/HOLDING WITH HANDS		X			
USING FEET FOR REPETITIVE MOVEMENT	X				
EXTREMES of HEAT	X				
EXTREMES of COLD	X				
DRIVING		X			