

I \_\_\_\_\_ certify that I am able to meet the following physical profile requirements for my position.

(please print name)

**Measurement Criteria:**

**1. Lifting:**

- Light (must be able to lift 5-20 pounds).
- Moderate (must be able to lift 20-50 pounds).
- Heavy (must be able to lift weights in excess of 50 pounds).

**2. Pushing:**

- Light (must be able to push light objects such as an empty wheelchairs).
- Moderate (must be able to push objects such as an occupied wheelchair).
- Heavy ( must be able to push an occupied motorized wheelchair).

**3. Pulling:**

- Light (must be able to pull light objects such as an empty wheelchair).
- Moderate (must be able to pull objects such as an occupied wheelchair).
- Heavy (must be able to pull an occupied motorized wheelchair).

**4. Mobility:**

- No mobility required for this position.
- Moderate mobility.
- Continual mobility.

**5. Stair Climbing:**

- No climbing.
- Must be able to climb stairs.
- Must be able to climb ladders. Must be able to climb ramps.
- Must be able to climb ramps.

**6. Standing:**

- No standing required.
- Short duration (less than 10 minutes without a break).
- Moderate duration (10-30 minutes without a break).
- Continual (more than 30 minutes without a break).

**7. Sitting:**

- Intermittent sitting.
- Prolonged sitting.

**8. Squatting:**

- It is not necessary to be able to bend at the knees in order to perform this job.
- It is necessary to be able to bend at the knees in order to perform this job.

**9. Stooping:**

- Ability to bend at the waist is not necessary in order to perform this job.
- Ability to bend at the waist is necessary in order to perform this job.

**10. Reaching:**

- No reaching required.
- Must be able to reach above shoulder level.

**11. Fine motor skills:**

- It is not necessary to have use of fine motor skills in order to perform the job duties.
- It is necessary to have use of fine motor skills in order to perform the job duties.

**12. Sight:**

- It is not necessary to have vision in order to perform this job.
- It is necessary to have vision in order to perform this job.

**13. Communication:**

- Not required to communicate with all staff or the general public.
- Must be able to communicate effectively with staff and the public.

**14. Other:**

- Must be able to provide maximum assistance when transferring patients.
- Other physical specifications required to do this job.

By my signature I certify that I am able to perform the above physical requirements in order to perform my job duties.

Employee Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Witness Signature: \_\_\_\_\_

Date: \_\_\_\_\_