



# Return-to-Work Program Sample Job Description

<b>Job Title:</b>	
<b>Department:</b>	
<b>Supervisor Title:</b>	
<b>Date:</b>	
<b>Purpose of Job:</b>	
<b>Education and Work Experience:</b>	
<b>Skill Requirements:</b>	
<b>Essential Functions:</b>	

## Physical Requirements:

Percentage of time per day: Sitting \_\_\_\_\_ Standing \_\_\_\_\_ Walking \_\_\_\_\_

Indicate **C**, **F**, or **O** in front of each item below:

(Continuously = 67–100% of workday; Frequently = 34–66% of workday; and Occasionally = 1–33% of workday.)

Activity		Environmental Conditions		Dexterity	
	Bend		Vibration		Eye/hand coordination
	Stoop		Noise		Feet (foot pedals)
	Kneel		Extreme Heat		Fingering (picking, pinching)
	Crawl		Extreme Cold		Handling (holding, grasping)
	Climb stairs		Wet/humid		
	Climb ladders		Moving parts		<b>Weight Lifting/Carrying</b>
	Driving		Chemicals		0-10 lbs. (Sedentary)
	Twisting		Electricity		11-25 lbs. (Light)
	Reach above shoulder		Radiation		26-50 lbs. (Medium)
	Reach below shoulder				51-74 lbs. (Heavy)
	Work at low position				75-100 lbs. (Heavy)
	Push/pull				
	Work on elevated surfaces				
	Wrist motion (repetitive, flex)				

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