



Physical Demands Definitions

Lifting	Raising or lowering an object from one level to another (including upward pulling).
Carrying	Transporting an object, usually holding it in the hands, arms or on the shoulder.
Pushing	Exerting force on an object so that the object moves away from the force (including jerking).
Climbing	Ascending or descending ladders, stairs, scaffolding, ramps, poles, and the like, using the feet and legs or hands and arms.
Bending or Stooping	Bending the body downward and forward by bending the spine at the waist.
Kneeling	Bending the legs at the knees to come to rest on the knee or knees.
Crouching or Squatting	Bending the body downward and forward by bending the legs and spine.
Crawling	Moving about on the hands and knees or hands and feet.
Reaching	Extending the hands and arms in any direction.
Handling	Seizing, holding, grasping, turning, or otherwise working with the fingers primarily (rather than with the whole hand or arms, as in handling).
Feeling	Perceiving such attributes of objects and materials as size, shape, temperature, texture by means of receptors in the skin, particularly the finger tips.
Talking	Expressing or exchanging ideas by means of the spoken word.
Hearing	Perceiving the nature of sounds by the ear.
Seeing	Obtaining impressions through the eyes of the shape, size, distance, motion, color, or other characteristics of objects; the major visual functions are 1.) Acuity - far and near, 2.) depth perception, 3.) field of vision, 4.) accommodation, and 5) color vision; the functions are defined as follows: <ol style="list-style-type: none"> 1. Acuity, far -clarity of vision at 20 feet or more Acuity, near –clarity of vision at 20 inches or less 2. Depth perception—three-dimensional vision; the ability to judge distance and space relationships so as to see objects where and as they actually are. 3. Field of vision—the area that can be seen up and down or to the right or left while the eyes are fixed on a given point. 4. Accommodation—adjustment of the lens of the eye to bring an object into sharp focus; this item is especially important when doing near-point work at varying distances from the eye. 5. Color vision—the ability to identify and distinguish colors.