Heavy work. Lifting 50 lbs. frequently with occasional lifting and/or carrying objects weighing up to 100 lbs.

Medium–heavy work. Lifting 40 lbs. frequently with occasional lifting and/or carrying of objects weighing up to 75 lbs.

Medium work. Lifting 25 lbs. frequently with occasional lifting and/or carrying objects weighing up to 50 lbs.

Light–medium work. Lifting 20 lbs. frequently with occasional lifting and/or carrying objects weighing up to 30 lbs.

Light work. Lifting 10 lbs. frequently with occasional lifting and/or carrying objects weighing up to 20 lbs. Even though the weight lifted may be a negligible amount, this category would include a job that requires walking or standing to a significant degree or involves sitting most of the time with a degree of pushing and pulling of arm and/or leg controls.

Sedentary work. Lifting 10 lbs. maximum and occasionally lifting and/or carrying such articles as files, light packages and small tools. Although a sedentary job is defined as one which involves sitting, a certain amount of walking and standing is often necessary. Jobs are sedentary if walking and standing are required only occasionally and other sedentary criteria are met.

This side to be completed by physician. Opposite side to be completed by employer. Date: