

Winning Wheels

Physical Demands Analysis Rehabilitation Aide

Sitting	Standing	Walking	Driving
1 Hour/day	5 Hours/day	2 Hours/day	0 Hours/day
<1 hour at a time	<1 Hour at a time	<1 Hour at a time	0 Hours at a time

Lift/Carry Requirements	Never	Occasionally (0-33%) 1-3 Hrs.	Frequently (34-66%) 4-6 Hrs.	Constantly (67-100%) 6-8 Hrs.
1-10 Lbs.			X	
11-20 Lbs.		X		
21-50 Lbs.		X		
51-100 Lbs.		X		
Over 100 Lbs.		X		

Push/Pull Requirements	Never	Occasionally (0-33%) 1-3 Hrs.	Frequently (34-66%) 4-6 Hrs.	Constantly (67-100%) 6-8 Hrs.
1-10 Lbs.		X		
11-20 Lbs.		X		
21-50 Lbs.		X		
51-100 Lbs.	X			
Over 100 Lbs.	X			

The following must be performed: N=Never, O=Occasionally, F=Frequently, C=Constantly

Climbing	N	Crouching	F	Grasping	C
Balancing	F	Crawling	N	Overhead Lifting	N
Bending	C	Reaching	C	Work On Ladders	N
Stooping	F	Handling	C	Feeling	O
Kneeling	O	Fine Manipulation	C	Keying	O

Repetitive Use Required of the:	Yes	No
Right Foot	X	
Left Foot	X	
Right Hand	X	
Left Hand	X	

Any other environmental conditions that may be a problem:

- Combative Residents
- Lifting Residents/Using Mechanical Lifts
- Transferring Residents
- Using Rehab. Equipment

Winning Wheels

Physical Demands Analysis Speech Therapist

Sitting	Standing	Walking	Driving
7 ½ Hours/day	0 Hours/day	1 Hours/day	0 Hours/day
1-2 hours at a time	<1 Hour at a time	<1 Hour at a time	0 Hours at a time

Lift/Carry Requirements	Never	Occasionally (0-33%) 1-3 Hrs.	Frequently (34-66%) 4-6 Hrs.	Constantly (67-100%) 6-8 Hrs.
1-10 Lbs.		X		
11-20 Lbs.	X			
21-50 Lbs.	X			
51-100 Lbs.	X			
Over 100 Lbs.	X			

Push/Pull Requirements	Never	Occasionally (0-33%) 1-3 Hrs.	Frequently (34-66%) 4-6 Hrs.	Constantly (67-100%) 6-8 Hrs.
1-10 Lbs.		X		
11-20 Lbs.	X			
21-50 Lbs.	X			
51-100 Lbs.	X			
Over 100 Lbs.	X			

The following must be performed: N=Never, O=Occasionally, F=Frequently, C=Constantly

Climbing	N	Crouching	O	Grasping	O
Balancing	N	Crawling	N	Overhead Lifting	N
Bending	O	Reaching	N	Work On Ladders	N
Stooping	O	Handling	N	Feeling	F
Kneeling	O	Fine Manipulation	O	Keying	F

Repetitive Use Required of the:	Yes	No
Right Foot		X
Left Foot		X
Right Hand		X
Left Hand		X

Any other environmental conditions that may be a problem:

- Combative Residents

Winning Wheels

Physical Demands Analysis

Woodshop Supervisor

Sitting	Standing	Walking	Driving
4 Hours/day	4 Hours/day	2 Hours/day	0 Hours/day
<1 hour at a time	<1 Hour at a time	<1 Hour at a time	0 Hours at a time

Lift/Carry Requirements	Never	Occasionally (0-33%) 1-3 Hrs.	Frequently (34-66%) 4-6 Hrs.	Constantly (67-100%) 6-8 Hrs.
1-10 Lbs.			X	
11-20 Lbs.		X		
21-50 Lbs.		X		
51-100 Lbs.	X			
Over 100 Lbs.	X			

Push/Pull Requirements	Never	Occasionally (0-33%) 1-3 Hrs.	Frequently (34-66%) 4-6 Hrs.	Constantly (67-100%) 6-8 Hrs.
1-10 Lbs.			X	
11-20 Lbs.		X		
21-50 Lbs.		X		
51-100 Lbs.	X			
Over 100 Lbs.	X			

The following must be performed: N=Never, O=Occasionally, F=Frequently, C=Constantly

Climbing	N	Crouching	O	Grasping	F
Balancing	N	Crawling	N	Overhead Lifting	O
Bending	F	Reaching	C	Work On Ladders	N
Stooping	F	Handling	F	Feeling	N
Kneeling	F	Fine Manipulation	O	Keying	N

Repetitive Use Required of the:	Yes	No
Right Foot		X
Left Foot		X
Right Hand		X
Left Hand		X

Any other environmental conditions that may be a problem:

- Excessive
- Dust

Winning Wheels

Physical Demands Analysis

C.N.A.

Sitting	Standing	Walking	Driving
3 Hour/day	5 Hours/day	5 Hours/day	0 Hours/day
1 hour at a time	1/2 Hours at a time	<1 Hours at a time	0 Hours at a time

Lift/Carry Requirements	Never	Occasionally (0-33%) 1-3 Hrs.	Frequently (34-66%) 4-6 Hrs.	Constantly (67-100%) 6-8 Hrs.
1-10 Lbs.		X		
11-20 Lbs.		X		
21-50 Lbs.		X		
51-100 Lbs.		X		
Over 100 Lbs.	X			

Push/Pull Requirements	Never	Occasionally (0-33%) 1-3 Hrs.	Frequently (34-66%) 4-6 Hrs.	Constantly (67-100%) 6-8 Hrs.
1-10 Lbs.		X		
11-20 Lbs.		X		
21-50 Lbs.		X		
51-100 Lbs.		X		
Over 100 Lbs.		X		

The following must be performed: N=Never, O=Occasionally, F=Frequently, C=Constantly

Climbing	N	Crouching	O	Grasping	F
Balancing	F	Crawling	N	Overhead Lifting	N
Bending	F	Reaching	F	Work On Ladders	N
Stooping	F	Handling	F	Feeling	C
Kneeling	O	Fine Manipulation	F	Keying	N

Repetitive Use Required of the:	Yes	No
Right Foot	X	
Left Foot	X	
Right Hand	X	
Left Hand	X	

Any other environmental conditions that may be a problem:

- Combative Residents
- Lifts
- Hot Showers

Winning Wheels

Physical Demands Analysis

Cook

Sitting	Standing	Walking	Driving
<1 Hour/day	8 Hours/day	2 Hours/day	0 Hours/day
<1 hour at a time	5 Hours at a time	<1 Hours at a time	0 Hours at a time

Lift/Carry Requirements	Never	Occasionally (0-33%) 1-3 Hrs.	Frequently (34-66%) 4-6 Hrs.	Constantly (67-100%) 6-8 Hrs.
1-10 Lbs.			X	
11-20 Lbs.			X	
21-50 Lbs.		X		
51-100 Lbs.	X			
Over 100 Lbs.	X			

Push/Pull Requirements	Never	Occasionally (0-33%) 1-3 Hrs.	Frequently (34-66%) 4-6 Hrs.	Constantly (67-100%) 6-8 Hrs.
1-10 Lbs.			X	
11-20 Lbs.			X	
21-50 Lbs.		X		
51-100 Lbs.	X			
Over 100 Lbs.	X			

The following must be performed: N=Never, O=Occasionally, F=Frequently, C=Constantly

Climbing	O	Crouching	O	Grasping	F
Balancing	F	Crawling	N	Overhead Lifting	O
Bending	F	Reaching	F	Work On Ladders	N
Stooping	F	Handling	F	Feeling	F
Kneeling	O	Fine Manipulation	O	Keying	N

Repetitive Use Required of the:	Yes	No
Right Foot		X
Left Foot		X
Right Hand		X
Left Hand		X

Any other environmental conditions that may be a problem:

- Excessively hot and cold temperatures
- Working with knives and other hazardous kitchen equipment
- Cleaning chemicals

Winning Wheels

Physical Demands Analysis Dietary Aide

Sitting	Standing	Walking	Driving
<1 Hour/day	8 Hours/day	2 Hours/day	0 Hours/day
<1 hour at a time	5 Hours at a time	<1 Hours at a time	0 Hours at a time

Lift/Carry Requirements	Never	Occasionally (0-33%) 1-3 Hrs.	Frequently (34-66%) 4-6 Hrs.	Constantly (67-100%) 6-8 Hrs.
1-10 Lbs.		X		
11-20 Lbs.		X		
21-50 Lbs.		X		
51-100 Lbs.	X			
Over 100 Lbs.	X			

Push/Pull Requirements	Never	Occasionally (0-33%) 1-3 Hrs.	Frequently (34-66%) 4-6 Hrs.	Constantly (67-100%) 6-8 Hrs.
1-10 Lbs.			X	
11-20 Lbs.			X	
21-50 Lbs.				
51-100 Lbs.		X		
Over 100 Lbs.		X		

The following must be performed: N=Never, O=Occasionally, F=Frequently, C=Constantly

Climbing	O	Crouching	O	Grasping	F
Balancing	F	Crawling	N	Overhead Lifting	O
Bending	F	Reaching	F	Work On Ladders	N
Stooping	F	Handling	F	Feeling	F
Kneeling	O	Fine Manipulation	O	Keying	N

Repetitive Use Required of the:	Yes	No
Right Foot		X
Left Foot		X
Right Hand		X
Left Hand		X

Any other environmental conditions that may be a problem:

- Excessively hot and cold temperatures
- Working with knives and other hazardous kitchen equipment
- Cleaning chemicals

Winning Wheels

Physical Demands Analysis

Front Office/Administrative Assistant

Sitting	Standing	Walking	Driving
4 Hours/day	1 Hours/day	3 Hours/day	0 Hours/day
3 Hours at a time	<1 Hour at a time	<1 Hour at a time	0 Hours at a time

Lift/Carry Requirements	Never	Occasionally (0-33%) 1-3 Hrs.	Frequently (34-66%) 4-6 Hrs.	Constantly (67-100%) 6-8 Hrs.
1-10 Lbs.		X		
11-20 Lbs.		X		
21-50 Lbs.	X			
51-100 Lbs.	X			
Over 100 Lbs.	X			

Push/Pull Requirements	Never	Occasionally (0-33%) 1-3 Hrs.	Frequently (34-66%) 4-6 Hrs.	Constantly (67-100%) 6-8 Hrs.
1-10 Lbs.		X		
11-20 Lbs.	X			
21-50 Lbs.	X			
51-100 Lbs.	X			
Over 100 Lbs.	X			

The following must be performed: N=Never, O=Occasionally, F=Frequently, C=Constantly

Climbing	N	Crouching	F	Grasping	C
Balancing	N	Crawling	N	Overhead Lifting	N
Bending	F	Reaching	C	Work On Ladders	N
Stooping	F	Handling	C	Feeling	C
Kneeling	F	Fine Manipulation	C	Keying	C

Repetitive Use Required of the:	Yes	No
Right Foot		X
Left Foot		X
Right Hand	X	
Left Hand	X	

Any other environmental conditions that may be a problem:

- None

Winning Wheels

Physical Demands Analysis Housekeeping Aide

Sitting	Standing	Walking	Driving
1 Hour/day	7 Hours/day	7 Hours/day	0 Hours/day
½ hour at a time	3 Hours at a time	3 Hours at a time	0 Hours at a time

Lift/Carry Requirements	Never	Occasionally (0-33%) 1-3 Hrs.	Frequently (34-66%) 4-6 Hrs.	Constantly (67-100%) 6-8 Hrs.
1-10 Lbs.				X
11-20 Lbs.				X
21-50 Lbs.			X	
51-100 Lbs.		X		
Over 100 Lbs.		X		

Push/Pull Requirements	Never	Occasionally (0-33%) 1-3 Hrs.	Frequently (34-66%) 4-6 Hrs.	Constantly (67-100%) 6-8 Hrs.
1-10 Lbs.			X	
11-20 Lbs.			X	
21-50 Lbs.		X		
51-100 Lbs.		X		
Over 100 Lbs.		X		

The following must be performed: N=Never, O=Occasionally, F=Frequently, C=Constantly

Climbing	O	Crouching	F	Grasping	F
Balancing	O	Crawling	O	Overhead Lifting	O
Bending	F	Reaching	F	Work On Ladders	O
Stooping	F	Handling	C	Feeling	C
Kneeling	F	Fine Manipulation	O	Keying	O

Repetitive Use Required of the:	Yes	No
Right Foot		X
Left Foot		X
Right Hand	X	
Left Hand	X	

Any other environmental conditions that may be a problem:

- Chemical handling
- Warm Temperatures

Winning Wheels

Physical Demands Analysis

Inventory Specialist

Sitting	Standing	Walking	Driving
3 Hours/day	2 ½ Hours/day	2 ½ Hours/day	0 Hours/day
1 hour at a time	1 Hour at a time	1 Hour at a time	0 Hours at a time

Lift/Carry Requirements*	Never	Occasionally (0-33%) 1-3 Hrs.	Frequently (34-66%) 4-6 Hrs.	Constantly (67-100%) 6-8 Hrs.
1-10 Lbs.			X	
11-20 Lbs.			X	
21-50 Lbs.		X		
51-100 Lbs.	X			
Over 100 Lbs.	X			

Push/Pull Requirements	Never	Occasionally (0-33%) 1-3 Hrs.	Frequently (34-66%) 4-6 Hrs.	Constantly (67-100%) 6-8 Hrs.
1-10 Lbs.		X		
11-20 Lbs.		X		
21-50 Lbs.		X		
51-100 Lbs.		X		
Over 100 Lbs.		X		

The following must be performed: N=Never, O=Occasionally, F=Frequently, C=Constantly

Climbing	F	Crouching	F	Grasping	F
Balancing	O	Crawling	N	Overhead Lifting	F
Bending	F	Reaching	F	Work On Ladders	F
Stooping	F	Handling	F	Feeling	F
Kneeling	O	Fine Manipulation	F	Keying	F

Repetitive Use Required of the:	Yes	No
Right Foot	X	
Left Foot	X	
Right Hand	X	
Left Hand	X	

Any other environmental conditions that may be a problem:

- None

Winning Wheels

Physical Demands Analysis

L.P.N./R.N.

Sitting	Standing	Walking	Driving
3 Hour/day	5 Hours/day	5 Hours/day	0 Hours/day
1 hour at a time	2 Hours at a time	<1 Hours at a time	0 Hours at a time

Lift/Carry Requirements	Never	Occasionally (0-33%) 1-3 Hrs.	Frequently (34-66%) 4-6 Hrs.	Constantly (67-100%) 6-8 Hrs.
1-10 Lbs.		X		
11-20 Lbs.		X		
21-50 Lbs.		X		
51-100 Lbs.		X		
Over 100 Lbs.			X	

Push/Pull Requirements	Never	Occasionally (0-33%) 1-3 Hrs.	Frequently (34-66%) 4-6 Hrs.	Constantly (67-100%) 6-8 Hrs.
1-10 Lbs.		X		
11-20 Lbs.		X		
21-50 Lbs.			X	
51-100 Lbs.		X		
Over 100 Lbs.		X		

The following must be performed: N=Never, O=Occasionally, F=Frequently, C=Constantly

Climbing	N	Crouching	O	Grasping	F
Balancing	F	Crawling	N	Overhead Lifting	N
Bending	O	Reaching	O	Work On Ladders	N
Stooping	O	Handling	O	Feeling	F
Kneeling	O	Fine Manipulation	O	Keying	O

Repetitive Use Required of the:	Yes	No
Right Foot	X	
Left Foot	X	
Right Hand	X	
Left Hand	X	

Any other environmental conditions that may be a problem:

- Combative Residents

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Physical Demands Analysis Laundry Aide

Sitting	Standing	Walking	Driving
1 Hour/day	7 Hours/day	7 Hours/day	0 Hours/day
½ hour at a time	3 Hours at a time	3 Hours at a time	0 Hours at a time

Lift/Carry Requirements	Never	Occasionally (0-33%) 1-3 Hrs.	Frequently (34-66%) 4-6 Hrs.	Constantly (67-100%) 6-8 Hrs.
1-10 Lbs.				X
11-20 Lbs.				X
21-50 Lbs.		X		
51-100 Lbs.		X		
Over 100 Lbs.	X			

Push/Pull Requirements	Never	Occasionally (0-33%) 1-3 Hrs.	Frequently (34-66%) 4-6 Hrs.	Constantly (67-100%) 6-8 Hrs.
1-10 Lbs.				X
11-20 Lbs.				X
21-50 Lbs.				X
51-100 Lbs.		X		
Over 100 Lbs.	X			

The following must be performed: N=Never, O=Occasionally, F=Frequently, C=Constantly

Climbing	O	Crouching	O	Grasping	C
Balancing	O	Crawling	O	Overhead Lifting	O
Bending	F	Reaching	F	Work On Ladders	N
Stooping	O	Handling	C	Feeling	C
Kneeling	O	Fine Manipulation	O	Keying	O

Repetitive Use Required of the:	Yes	No
Right Foot		X
Left Foot		X
Right Hand	X	
Left Hand	X	

Any other environmental conditions that may be a problem:

- Chemical handling
- Warm Temperatures

Winning Wheels

Physical Demands Analysis

Maintenance

Sitting	Standing	Walking	Driving
<1 Hour/day	8 Hours/day	2 Hours/day	0 Hours/day
<1 hour at a time	5 Hours at a time	<1 Hours at a time	0 Hours at a time

Lift/Carry Requirements	Never	Occasionally (0-33%) 1-3 Hrs.	Frequently (34-66%) 4-6 Hrs.	Constantly (67-100%) 6-8 Hrs.
1-10 Lbs.		X	X	
11-20 Lbs.		X	X	
21-50 Lbs.		X	X	
51-100 Lbs.		X		
Over 100 Lbs.				

Push/Pull Requirements	Never	Occasionally (0-33%) 1-3 Hrs.	Frequently (34-66%) 4-6 Hrs.	Constantly (67-100%) 6-8 Hrs.
1-10 Lbs.		X		
11-20 Lbs.		X		
21-50 Lbs.		X		
51-100 Lbs.		X		
Over 100 Lbs.		X		

The following must be performed: N=Never, O=Occasionally, F=Frequently, C=Constantly

Climbing	O	Crouching	F	Grasping	F
Balancing	F	Crawling	O	Overhead Lifting	O
Bending	F	Reaching	C	Work On Ladders	O
Stooping	F	Handling	C	Feeling	C
Kneeling	F	Fine Manipulation	F	Keying	C

Repetitive Use Required of the:	Yes	No
Right Foot	X	
Left Foot	X	
Right Hand	X	
Left Hand	X	

Any other environmental conditions that may be a problem:

- Working in the elements
- Extreme temperatures
- Working with various pieces of equipment and tools

Winning Wheels

Physical Demands Analysis

Trans-disciplinary Therapist

Sitting	Standing	Walking	Driving
6 Hours/day	1 Hours/day	1 Hours/day	0 Hours/day
6 hours at a time	<1 Hour at a time	<1 Hour at a time	0 Hours at a time

Lift/Carry Requirements	Never	Occasionally (0-33%) 1-3 Hrs.	Frequently (34-66%) 4-6 Hrs.	Constantly (67-100%) 6-8 Hrs.
1-10 Lbs.			X	
11-20 Lbs.		X		
21-50 Lbs.		X		
51-100 Lbs.		X		
Over 100 Lbs.	X			

Push/Pull Requirements	Never	Occasionally (0-33%) 1-3 Hrs.	Frequently (34-66%) 4-6 Hrs.	Constantly (67-100%) 6-8 Hrs.
1-10 Lbs.			X	
11-20 Lbs.		X		
21-50 Lbs.		X		
51-100 Lbs.		X		
Over 100 Lbs.	X			

The following must be performed: N=Never, O=Occasionally, F=Frequently, C=Constantly

Climbing	N	Crouching	O	Grasping	O
Balancing	O	Crawling	N	Overhead Lifting	N
Bending	O	Reaching	O	Work On Ladders	N
Stooping	O	Handling	O	Feeling	N
Kneeling	O	Fine Manipulation	F	Keying	F/C

Repetitive Use Required of the:	Yes	No
Right Foot		X
Left Foot		X
Right Hand	X	
Left Hand	X	

Any other environmental conditions that may be a problem:

- None

Winning Wheels

Physical Demands Analysis

Trans-disciplinary Therapist

Sitting	Standing	Walking	Driving
4 Hours/day	1 Hours/day	1 Hours/day	2 Hours/day
1 hour at a time	<1 Hour at a time	<1 Hour at a time	2 Hours at a time

Lift/Carry Requirements	Never	Occasionally (0-33%) 1-3 Hrs.	Frequently (34-66%) 4-6 Hrs.	Constantly (67-100%) 6-8 Hrs.
1-10 Lbs.		X		
11-20 Lbs.		X		
21-50 Lbs.	X			
51-100 Lbs.	X			
Over 100 Lbs.	X			

Push/Pull Requirements	Never	Occasionally (0-33%) 1-3 Hrs.	Frequently (34-66%) 4-6 Hrs.	Constantly (67-100%) 6-8 Hrs.
1-10 Lbs.		X		
11-20 Lbs.	X			
21-50 Lbs.	X			
51-100 Lbs.	X			
Over 100 Lbs.		X		

The following must be performed: N=Never, O=Occasionally, F=Frequently, C=Constantly

Climbing	O	Crouching	O	Grasping	C
Balancing	O	Crawling	N	Overhead Lifting	O
Bending	O	Reaching	F	Work On Ladders	N
Stooping	O	Handling	F	Feeling	N
Kneeling	O	Fine Manipulation	O	Keying	C

Repetitive Use Required of the:	Yes	No
Right Foot	X	
Left Foot		X
Right Hand	X	
Left Hand	X	

Any other environmental conditions that may be a problem:

- Combative Residents