

TRANSITIONAL DUTY WITH RESTRICTIONS

1. Can injured employee work an 8 hour day? Yes No

If no, how many hours? _____

Please circle hours per day:

2. In an 8 hour workday, injured employee may work:	1-3	3-5	5-8	Never
a. sitting	1-3	3-5	5-8	Never
b. standing	1-3	3-5	5-8	Never
c. walking	1-3	3-5	5-8	Never
d. driving	1-3	3-5	5-8	Never

3. Injured employee may:

a.	lifting/carrying (move by)	1-3	3-5	5-8	Never
	sedentary- up to 10 lbs.	1-3	3-5	5-8	Never
	light- 10 to 15 lbs.	1-3	3-5	5-8	Never
	medium- 15 to 35 lbs.	1-3	3-5	5-8	Never
	heavy- 35 to 50 lbs.	1-3	3-5	5-8	Never
	very heavy- 50+ lbs. (assisted)	1-3	3-5	5-8	Never
b.	bending	1-3	3-5	5-8	Never
c.	stooping	1-3	3-5	5-8	Never
d.	pushing/pulling (move by)	1-3	3-5	5-8	Never
e.	twisting	1-3	3-5	5-8	Never
f.	climbing	1-3	3-5	5-8	Never
g.	balancing	1-3	3-5	5-8	Never
h.	squatting	1-3	3-5	5-8	Never
i.	kneeling	1-3	3-5	5-8	Never
j.	crawling	1-3	3-5	5-8	Never
k.	reaching- left	1-3	3-5	5-8	Never
l.	reaching- right	1-3	3-5	5-8	Never
m.	grasping- left	1-3	3-5	5-8	Never
n.	grasping-right	1-3	3-5	5-8	Never
o.	performs repetitive- left	1-3	3-5	5-8	Never
	movement with hands				
p.	performs repetitive- right	1-3	3-5	5-8	Never
	movement with hands				
q.	performs repetitive- left	1-3	3-5	5-8	Never
	movement with feet				
r.	performs repetitive- right	1-3	3-5	5-8	Never
	movement with feet				

4. Specify required assistive devices, braces or implements needed:

5. Estimated length of restrictions 0-2 weeks 3-4 weeks 2 months

Permanent Other _____

Comments:
