

37.02 U.S. Department of Labor Physical Demand Characteristics of Work

Overview:

The Physical Demand Characteristics of Work chart of the U.S. Department of Labor lists the occupational requirements for physical exertion.

Parameters:

- amount of weight moved at work
- relative frequency that activity occurs during workday (occasional frequent or constant)

Physical demand level	Occasional (0-33% of the workday)	Frequent (34-66% of the workday)	Constant (67-100% of the workday)	Typical energy required
sedentary	10 lbs (4.5 kilos)	negligible	negligible	1.5-2.1 METS
light	20 lbs (9.0 kilos)	10 lbs and/or walk and/or stand with operation of controls	negligible and/or operate controls while seated	2.2-3.5 METS
medium	20-50 lbs (9-22.7 kilos)	10-25 lbs. (4.5 – 11.4 kilos)	10 lbs (4.5 kilos)	3.6-6.3 METS
heavy	50-100 lbs (22.7 – 45.4 kilos)	25-50 lbs (11.4 – 22.7 kilos)	10-20 lbs (4.5 – 9.0 kilos)	6.4-7.5 METS
very heavy	> 100 lbs (45.4 kilos)	> 50 lbs (> 22.7 kilos)	> 20 lbs (> 9 kilos)	> 7.5 METS

Where:

- operation of controls includes pushing and/or pulling of arm and/or leg controls
- operating controls while seated includes pushing and/or pulling of arm and/or leg controls

References:

Matheson LN. Chapter 18: Functional Capacity Evaluation. pages 168-188. IN: Demeter SL Andersson GBJ Smith GM. Disability Evaluation. Mosby. American Medical Association. 1996.