

Identifying Worker Capabilities



Walking — How far can they walk?

Tolerance: Getting the mail, taking the dog out, walk in the park

Responses: Short distance, 15 minutes only, 30 minutes as tolerated, not on uneven ground, etc.



Standing — How long can they stand?

Tolerance: Washing dishes, food preparation, showering

Responses: Less than 15 minutes, less than 30 minutes, as tolerated



Driving — Are they driving? For how long?

Tolerance: Grocery shopping, going to a doctor appointment, travel to another city

Responses: Less than 30 minutes, less than 60 minutes, more than 60 minutes, driving restricted due to medications



Sitting — How long can they sit?

Tolerance: Driving, watching television, reading the newspaper

Responses: Less than 30 minutes, less than 1 hour, etc. before requiring a change in position



Hand use — Do they have any limitations in their ability to use their hands?

Tolerance: Holding objects, gripping objects, typing, writing

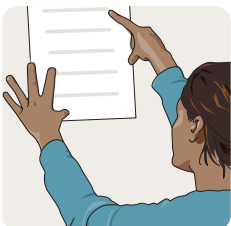
Responses: Type for less than 30 minutes



Climbing — Can they climb stairs?

Tolerance: Climbing stairs to enter their home or get to their bedroom (ask how many stairs they can climb)

Responses: Short distance, one story, multiple stories



Reaching — What are their above-shoulder abilities?

Tolerance: Putting dishes away, self-care activities such as washing and drying their hair, etc.

Responses: Reach above shoulders



Lifting — How much can they lift? Floor to waist?

Tolerance: Lifting grocery bags, taking milk out of the fridge, lifting an infant or a child

Responses: Less than 5 lb, less than 10 lb, greater than 10 lb, etc.