

PHYSICAL DEMANDS ANALYSIS WORKSHEET
 For use of this form, AR 611-1; the proponent agency is DCSPER

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MOS	CMF	DATE COMPLETED (YYMMDD)
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SECTION I - DUTIES

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SECTION II - TASK SUMMARY

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SECTION III - CRITICAL TASK ELEMENT

SECTION IV - CRITICAL PERFORMANCE MEASURE

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SECTION V - ANALYSIS

FACTOR <i>a</i>	WEIGHT/ LOAD <i>b</i>	HORIZ- DISTANCE <i>c</i>	VERTICAL DISTANCE <i>d</i>	WORK RATE/PERFORMANCE STANDARD <i>e</i>	MOS FREQ <i>f</i>			
					NP	O	F	C
1. LIFT/LOWER								
2. CARRY								
3. PUSH								
4. PULL								
5. LOAD BEAR								
6. WALK/MARCH								
7. CLIMB/DESCEND								
8. RUN/RUSH								
9. SWIM/DIVE								
10. DIG								
11. CRAWL								
12. THROW								

FACTOR <i>a</i>	WEIGHT/ LOAD <i>b</i>	HORIZ- DISTANCE <i>c</i>	VERTICAL DISTANCE <i>d</i>	WORK RATE/PERFORMANCE STANDARD <i>e</i>	MOS FREQ <i>f</i>			
					NP	O	F	C
13. HANDLE								
14 FINGER								
15 HAMMER/POUND								
16. SIT								
17 RECLINE								
18 REACH								
19. STAND								
20. STOOP								
21 KNEEL								
22. CROUCH								

SECTION VI - EXPLANATION/COMMENT - PHYSICAL DEMAND FACTORS

SECTION VII- (PHYSICAL DEMANDS RATING) FOR USE BY APPROVING AUTHORITY

LIGHT
 MEDIUM
 MOD. HEAVY
 HEAVY
 VERY HEAVY

EXPLANATION AND SPECIFIC INSTRUCTIONS FOR COMPLETION OF WORKSHEET ARE CONTAINED IN WOMEN IN THE ARMY POLICY REVIEW, ODCSPER, DA 12 NOV 82.