

## **SAMPLE**

Company Name: ABC Paint Company

**Job:** *Painter* **Date:** *1/1/06* 

Injury: Rotator Cuff Tear

## **Job/Task Accommodations**

**Directions:** Please detail individual tasks of a particular job. The goal is to specific tasks which may be accomplished for an injured person with restrictions. For each task, identify the physical demands. Once identified, determine if tasks could be completed per the doctor's restrictions. Often, assisting others with tasks or taking on part of a job can be a great asset.

Tasks by Job Category  JOB: PAINTER	Amt of Time-	Lift <10 lbs.	Lift 10- 20	Lift 20-35 lbs.	Lift >35 lbs.	Stand ing	Sitting	Walking	Bending	Push	Pull	Reach	One Handed- Can be done
Go to the paint store for supplies	2	X				X		X					X
Set up and prepare floors with drop cloth	2	X				X		X				X	X
Mix paint	1	X				X							X
Tape walls for edging	2					X							X
Prepare walls- remove nails, putty holes	2	X				X							Х
Paint trim and edge walls	4	X				X							X
Use roller to roll walls	8	X				Х							X
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