

PHYSICAL DEMAND CHARACTERISTICS OF WORK
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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	Negligible	Negligible	1.5 – 2.1 METS
LIGHT	20 lbs.	10 lbs. and/or Walk/Stand/Push/Pull of Arm/Leg controls	Negligible and/or Push/Pull of Arm/Leg controls while seated	2.2 – 3.5 METS
MEDIUM	20 to 50 lbs.	10 to 25 lbs.	10 lbs.	3.6 – 6.3 METS
HEAVY	50 to 100 lbs.	25 to 50 lbs.	10 to 20 lbs.	6.4 – 7.5 METS
VERY HEAVY	Over 100 lbs.	Over 50 lbs.	Over 20 lbs.	Over 7.5 METS