


Name										Age		Hgt		Wgt		SBP		DBP		RHR		EPIC Lift Capacity Test FREQUENT FEMALE						
Impairment / Diagnosis										Injury Date																		
Lifting Restrictions										© 2011 EpicRehab, LLC																		
HR Limits			Load		Knuckle > Shoulder Target								Floor > Knuckle Target								Floor > Shoulder Target							
Age Yrs	Start Max	During Max			H	S	RPL	HR	Height		Load Guide		H	S	RPL	HR	Height		Load Guide		H	S	RPL	HR	Height		Load Guide	
			in	cm					lb	kg	in	cm					lb	kg	in	cm					lb	kg		
60	112	136	100	45.5				58	147	42	19				58	147	48	22					58	147	42	19		
58	113	138	95	43.2				59	150	44	20				59	150	50	23					59	150	44	20		
56	115	139	90	40.9				60	152	46	21				60	152	52	24					60	152	46	21		
54	116	141	85	38.6				61	155	48	22				61	155	54	25					61	155	48	22		
52	118	143	80	36.4				62	157	50	23				62	157	56	25					62	157	50	23		
50	119	144	75	34.1				63	160	51	23				63	160	57	26					63	160	51	23		
48	120	146	70	31.8				64	163	52	24				64	163	58	26					64	163	52	24		
46	122	148	65	29.5				65	165	53	24				65	165	60	27					65	165	53	24		
44	123	150	60	27.3				66	168	54	25				66	168	61	28					66	168	54	25		
42	125	151	55	25.0				67	170	56	25				67	170	63	29					67	170	56	25		
40	126	153	50	22.7				68	173	58	26				68	173	66	30					68	173	58	26		
38	127	155	45	20.5				69	175	59	27				69	175	67	30					69	175	59	27		
36	129	156	40	18.2				70	178	62	28				70	178	69	31					70	178	62	28		
34	130	158	35	15.9				71	180	64	29				71	180	72	33					71	180	64	29		
32	132	160	30	13.6				72	183	66	30				72	183	74	34					72	183	66	30		
30	133	162	25	11.4				73	185	68	31				73	185	76	35					73	185	68	31		
28	134	163	20	9.1				74	188	70	32				74	188	78	35					74	188	70	32		
26	136	165	15	6.8				75	191	71	32				75	191	80	36					75	191	71	32		
24	137	167	10	4.5				76	193	73	33				76	193	82	37					76	193	73	33		
22	139	168	5	2.3				77	196	74	34				77	196	84	38					77	196	74	34		
20	140	170	Record Symptoms on Reverse		+ / -								+ / -								+ / -							
18	141	172																										
					Evaluator										Certificate #						Date							