


Name										Age		Hgt		Wgt		SBP		DBP		RHR		EPIC Lift Capacity Test						
Impairment / Diagnosis										Injury Date																		
Lifting Restrictions										© 2011 EpicRehab, LLC										FREQUENT MALE								
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	52	24				58	147	58	26					58	147	52	24		
58	113	138	95	43.2				59	150	53	24				59	150	60	27					59	150	53	24		
56	115	139	90	40.9				60	152	55	25				60	152	62	28					60	152	55	25		
54	116	141	85	38.6				61	155	56	25				61	155	63	29					61	155	56	25		
52	118	143	80	36.4				62	157	58	26				62	157	65	30					62	157	58	26		
50	119	144	75	34.1				63	160	59	27				63	160	66	30					63	160	59	27		
48	120	146	70	31.8				64	163	60	27				64	163	68	31					64	163	60	27		
46	122	148	65	29.5				65	165	61	28				65	165	70	32					65	165	61	28		
44	123	150	60	27.3				66	168	62	28				66	168	71	32					66	168	62	28		
42	125	151	55	25.0				67	170	65	30				67	170	73	33					67	170	65	30		
40	126	153	50	22.7				68	173	67	30				68	173	75	34					68	173	67	30		
38	127	155	45	20.5				69	175	68	31				69	175	77	35					69	175	68	31		
36	129	156	40	18.2				70	178	70	32				70	178	79	36					70	178	70	32		
34	130	158	35	15.9				71	180	72	33				71	180	81	37					71	180	72	33		
32	132	160	30	13.6				72	183	74	34				72	183	83	38					72	183	74	34		
30	133	162	25	11.4				73	185	76	35				73	185	86	39					73	185	76	35		
28	134	163	20	9.1				74	188	78	35				74	188	88	40					74	188	78	35		
26	136	165	15	6.8				75	191	80	36				75	191	90	41					75	191	80	36		
24	137	167	10	4.5				76	193	82	37				76	193	92	42					76	193	82	37		
22	139	168	5	2.3				77	196	84	38				77	196	94	43					77	196	84	38		
20	140	170	Record Symptoms on Reverse		+ / -								+ / -								+ / -							
18	141	172																										
					Evaluator										Certificate #						Date							