


Name										Age		Hgt		Wgt		SBP		DBP		RHR		EPIC Lift Capacity Test						
Impairment / Diagnosis										Injury Date																		
Lifting Restrictions										© 2011 EpicRehab, LLC										OCCASIONAL FEMALE								
HR Limits			Load		Knuckle > Shoulder Target																			Floor > Knuckle 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	54	25				58	147	60	27				58	147	54	25			
58	113	138	95	43.2				59	150	56	25				59	150	62	28				59	150	56	25			
56	115	139	90	40.9				60	152	58	26				60	152	64	29				60	152	58	26			
54	116	141	85	38.6				61	155	60	27				61	155	66	30				61	155	60	27			
52	118	143	80	36.4				62	157	62	28				62	157	67	30				62	157	62	28			
50	119	144	75	34.1				63	160	63	29				63	160	69	31				63	160	63	29			
48	120	146	70	31.8				64	163	64	29				64	163	71	32				64	163	64	29			
46	122	148	65	29.5				65	165	66	30				65	165	73	33				65	165	66	30			
44	123	150	60	27.3				66	168	68	31				66	168	75	34				66	168	68	31			
42	125	151	55	25.0				67	170	70	32				67	170	77	35				67	170	70	32			
40	126	153	50	22.7				68	173	73	33				68	173	80	36				68	173	73	33			
38	127	155	45	20.5				69	175	74	34				69	175	82	37				69	175	74	34			
36	129	156	40	18.2				70	178	77	35				70	178	85	39				70	178	77	35			
34	130	158	35	15.9				71	180	80	36				71	180	88	40				71	180	80	36			
32	132	160	30	13.6				72	183	82	37				72	183	90	41				72	183	82	37			
30	133	162	25	11.4				73	185	85	39				73	185	94	43				73	185	85	39			
28	134	163	20	9.1				74	188	87	40				74	188	96	44				74	188	87	40			
26	136	165	15	6.8				75	191	89	40				75	191	98	45				75	191	89	40			
24	137	167	10	4.5				76	193	91	41				76	193	100	45				76	193	91	41			
22	139	168	5	2.3				77	196	93	42				77	196	102	46				77	196	93	42			
20	140	170	Record Symptoms on Reverse		+ / -								+ / -								+ / -							
18	141	172																										
			Evaluator										Certificate #						Date									