


Name										Age		Hgt		Wgt		SBP		DBP		RHR		<b>EPIC</b> Lift Capacity Test  <b>OCCASIONAL</b> <b>MALE</b>						
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	64	29				58	147	69	31					58	147	64	29		
58	113	138	95	43.2				59	150	66	30				59	150	71	32					59	150	66	30		
56	115	139	90	40.9				60	152	68	31				60	152	73	33					60	152	68	31		
54	116	141	85	38.6				61	155	70	32				61	155	76	35					61	155	70	32		
52	118	143	80	36.4				62	157	72	33				62	157	79	36					62	157	72	33		
50	119	144	75	34.1				63	160	73	33				63	160	81	37					63	160	73	33		
48	120	146	70	31.8				64	163	75	34				64	163	83	38					64	163	75	34		
46	122	148	65	29.5				65	165	76	35				65	165	85	39					65	165	76	35		
44	123	150	60	27.3				66	168	78	35				66	168	86	39					66	168	78	35		
42	125	151	55	25.0				67	170	81	37				67	170	89	40					67	170	81	37		
40	126	153	50	22.7				68	173	83	38				68	173	92	42					68	173	83	38		
38	127	155	45	20.5				69	175	85	39				69	175	94	43					69	175	85	39		
36	129	156	40	18.2				70	178	88	40				70	178	96	44					70	178	88	40		
34	130	158	35	15.9				71	180	90	41				71	180	99	45					71	180	90	41		
32	132	160	30	13.6				72	183	92	42				72	183	102	46					72	183	92	42		
30	133	162	25	11.4				73	185	95	43				73	185	104	47					73	185	95	43		
28	134	163	20	9.1				74	188	97	44				74	188	107	49					74	188	97	44		
26	136	165	15	6.8				75	191	100	45				75	191	110	50					75	191	100	45		
24	137	167	10	4.5				76	193	102	46				76	193	113	51					76	193	102	46		
22	139	168	5	2.3				77	196	105	48				77	196	115	52					77	196	105	48		
20	140	170	Record Symptoms on Reverse		+ / -								+ / -								+ / -							
18	141	172																										
					Evaluator										Certificate #				Date									