

Southwestern Community College PTA Program  
Physical Demands for the program

Physical Demands

Activity	Parameters	Examples
Sitting	2-10 hours daily	Driving distances reported
Standing	1-2 hours daily	Complete paperwork while standing, do not sit during screening
Walking	1-2 hours daily	Report
Frequently lift	10 pounds	Lift 10 pounds X 4 in 20 seconds
Occasionally lift	50 pounds	Lift 50 pounds X 1 from knuckle height
Carry	25 pounds while walking up to 50 feet	Carry 25 pounds X 30 feet
Frequently push/pull	75 pounds of force for up to 50 feet	Push a wheel chair with 150 pounds X 30 feet
Occasionally push/pull forces	200 pounds of force	Push a wheelchair with 200 pounds X 15 feet
Frequently	bend, stoop, and squat	Repetitive bend X 10, 3 sets; repetitive squat X 10, 3 sets
Occasionally	crawl, reach above shoulder level, climb stairs and kneel	60 second crawl on all fours, reach X 10, climb 2 flights of stairs, kneel X 60 seconds
Continuously use hands	repetitive with firm grasp and manual dexterity	Turn dials, hold goniometer in one hand while moving body part with the other

Adopted from Department of Labor: *Dictionary of Occupational Titles*. Retrieved from the DOT Web site: <http://www.occupationalinfo.org/07/076224010.html>