

**PHYSICAL DEMAND CHARACTERISTICS OF WORK**

LEVEL	WEIGHT LIFTED	FREQUENCY OF LIFT	WALKING/CARRYING	TYPICAL ENERGY REQUIRED
SEDENTARY	10 LBS. OR LESS	INFREQUENTLY	NONE	1.5 METS
SEDENTARY-LIGHT	15 LBS. 10 LBS. OR LESS	INFREQUENTLY FREQUENTLY	INTERMITTENT SELF-PACED, NO LOAD	2.0 METS
LIGHT*	20 LBS. 10 LBS. OR LESS	INFREQUENTLY FREQUENTLY	2.5 MPH. NO GRADE OR SLOWER SPEED WITH 10 LBS. OR LESS	2.5 METS
LIGHT-MEDIUM	35 LBS. 20- LBS. OR LESS	INFREQUENTLY FREQUENTLY	3.0 MPH. NO GRADE OR SLOWER SPEED WITH 20 LBS. OR LESS	3.0 METS
MEDIUM	50 LBS. 25 LBS. OR LESS	INFREQUENTLY FREQUENTLY	3.5 MPH. NO GRADE OR SLOWER SPEED WITH 25 LBS. OR LESS	3.5 METS
MEDIUM-HEAVY	75 LBS. 35 LBS. OR LESS	INFREQUENTLY FREQUENTLY	3.5 MPH. NO GRADE WITH 35 LBS. LOAD OR 115 LBS. WHEELBARROW 2.5 MPH. NO GRADE	4.5 METS
HEAVY	100 LBS. 50 LBS. OR LESS	INFREQUENTLY FREQUENTLY	3.5 MPH. WITH 50 LBS. OR LESS LOAD	6.0 METS
VERY HEAVY	IN EXCESS OF 100 LBS. 50 LBS. TO 100 LBS.	INFREQUENTLY FREQUENTLY	3.5 MPH. WITH 50 LBS. OR MORE LOAD	7.5 - 12.0 METS

\* EVEN THOUGH THE WEIGHT LIFTED MAY BE NEGLIGIBLE, A JOB IS CONSIDERED "LIGHT" IF IT REQUIRES A SIGNIFICANT AMOUNT OF WALKING OR STANDING OR FREQUENT USE OF ARM AND/OR LEG CONTROLS.

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PHYSICAL DEMAND LEVEL	OCCASIONAL 0 - 33% of the workday	FREQUENT 34 - 66% of the workday	CONSTANT 67 - 100% of the workday	Typical Energy Required
SEDENTARY	10 lbs.	Negligible	Negligible	1.5 - 2.1 METS
LIGHT	20 lbs.	10 lbs. and/or Walk/Stand/Push/Pull of Arm/Leg controls	Negligible and/or Push/Pull of Arm/Lcg controls while seated	2.2 - 3.5 METS
MEDIUM	50 lbs.	20 lbs.	10 lbs.	3.6 - 6.3 METS
HEAVY	100 lbs.	50 lbs.	20 lbs.	6.4 - 7.5 METS
VERY HEAVY	Over 100 lbs.	Over 50 lbs.	Over 20 lbs.	Over 7.5 METS

*Editor's note: In each issue of the IRQ, we will pose a clinical question to our readers. Answers, submitted by our readers or an expert in the field, will be published in the subsequent issue.*

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\* PATENT #4882677