

| PHYSICAL DEMANDS ANALYSIS WORKSHEET For use of this form, AR 611-1; the proponent agency is DCSPER | | | | | PAGE OF PAGES | | | |
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| MOS | | CMF | | | DATE COMPLETED (YYMMDD) | | | |
| SECTION I - DUTIES | | | | | | | | |
| | | | | | | | | |
| SECTION II - TASK SUMMARY | | | | | | | | |
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| FACTOR <i>a</i> | WEIGHT/ LOAD <i>b</i> | HORIZ- DISTANCE <i>c</i> | VERTICAL DISTANCE <i>d</i> | WORK RATE/PERFORMANCE STANDARD <i>e</i> | MOS FREQ <i>f</i> | | | |
| | | | | | NP | O | F | C |
| 1. LIFT/LOWER | | | | | | | | |
| 2. CARRY | | | | | | | | |
| 3. PUSH | | | | | | | | |
| 4. PULL | | | | | | | | |
| 5. LOAD BEAR | | | | | | | | |
| 6 WALK/MARCH | | | | | | | | |
| 7. CLIMB/DESCEND | | | | | | | | |
| 8. RUN/RUSH | | | | | | | | |
| 9 SWIM/DIVE | | | | | | | | |
| 10. DIG | | | | | | | | |
| 11 CRAWL | | | | | | | | |
| 12. THROW | | | | | | | | |

| FACTOR <i>a</i> | WEIGHT/ LOAD <i>b</i> | HORIZ- DISTANCE <i>c</i> | VERTICAL DISTANCE <i>d</i> | WORK RATE/PERFORMANCE STANDARD <i>e</i> | MOS FREQ <i>f</i> | | | |
|--------------------|-----------------------------|--------------------------------|----------------------------------|---|----------------------|---|---|---|
| | | | | | NP | O | F | C |
| 13. HANDLE | | | | | | | | |
| 14 FINGER | | | | | | | | |
| 15 HAMMER/POUND | | | | | | | | |
| 16. SIT | | | | | | | | |
| 17 RECLINE | | | | | | | | |
| 18 REACH | | | | | | | | |
| 19. STAND | | | | | | | | |
| 20. STOOP | | | | | | | | |
| 21 KNEEL | | | | | | | | |
| 22. CROUCH | | | | | | | | |

SECTION VI - EXPLANATION/COMMENT - PHYSICAL DEMAND FACTORS

SECTION VII- (PHYSICAL DEMANDS RATING) FOR USE BY APPROVING AUTHORITY

___ LIGHT ___ MEDIUM ___ MOD. HEAVY ___ HEAVY ___ VERY HEAVY

EXPLANATION AND SPECIFIC INSTRUCTIONS FOR COMPLETION OF WORKSHEET ARE CONTAINED IN WOMEN IN THE ARMY POLICY REVIEW, ODCSPER, DA 12 NOV 82.