

Light Duty Work Restrictions

SR: Sedentary Restrictions is defined as a job which involves mostly sitting. In addition to sitting and limited walking and standing, sedentary work can include a slight amount of lifting, such as up to 10 pounds.

LR: Lifting Restrictions are broken down into several categories:

- Light work generally means lifting 20 pounds maximum with frequent lifting and/or carrying of objects weighing up to 10 pounds.
- Light medium work means lifting 30 pounds maximum with frequent lifting and/or carrying of objects weighing up to 20 pounds.
- Medium work means lifting 50 pounds maximum with frequent lifting and/or carrying of objects weighing up to 25 pounds.

OHR: One Handed Restrictions means the work intended to be performed by the injured worker involves the use of only one hand. The restrictions, in some cases, may allow light assist using the injured hand or arm.

Restrictions are specific to the injured worker. The treating physician will assess each claimant individually and provide restrictions specific to that injury.

SR	LR	OHR	
	X		Cleaning, sorting, sharpening tools
	X		Ordering and restoring supplies
X			Reviewing invoices
X		X	Shredding documents
	X		Power washing building, sidewalks, driveway
X	X		Mow lawn with a riding mower
X			Competitor research
X		X	Make sales calls
	X		Conduct safety audits
	X		Safety check electrical tools
	X		Maintain safety bulletin boards
	X		Perform vehicle detailing
X			Mentor and train new employees
X			Take fleet vehicles in for oil changes and light maintenance
X			Take vehicles through the car wash
X			Clean computer screens
X			Remove face plates from telephones and clean underneath
X			Tip keyboards upside down to remove debris that falls between the keys

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SR	LR	OHR	
X			Create or update safety manuals
X			Develop a written Early-Return-to-Work program
X			Review safety policies/procedures
X			Develop safety training program to present to staff
X			Create a disaster plan
X			Study the OSHA website to learn why the accident/ injury occurred and write up a safety paper to share with other workers
X			Attend training or programs
X			Paint the employer's name on all hand tools and equipment; this is an anti-theft measure
		X	Paint
	X	X	Light housekeeping/cleaning
	X		Fill soap dispensers in restrooms
	X		Wash and disinfect lunch room tables and lockers
	X	X	Clean windows
	X	X	Paint concrete car stops in the parking lot
	X	X	Scrape and paint metal handrails
	X	X	Paint contractor's equipment
	X		Yard cleanup and grounds work
	X	X	Spray weed killer on weeds that grow around the building
	X		Cut and trim bushes round the building
	X	X	Dust office furniture
	X		Record contractor's equipment serial numbers
	X		Inventory
	X		Update SDS binder
	X		Collect old/unused chemicals and dispose of properly
X			Time sheet preparation
X	X	X	Conduct a daily inventory of fleet keys (car dealership)