

## Clarification Request to Great-West Life Attention GOA LTDI Group 50007, Fax #: 1-780-425-0744

Activity	HR Req.	GWL Capable** (indicate any limitations)	Activity	HR Req.	GWL Capable** (indicate any limitations)
Sitting Standing			Vision/Hearing/Speech Thinking/Reasoning		
Walking			Concentration		
Lifting			Memory		
Carrying			Critical decision-making		
Push/Pull			Interpersonal contact		
Climbing	Ш	L	Alertness	П	
Stairs	П		*Other (specify)	П	
Ladders	П		Environmental		
Scaffolding			Heat/Cold		П
Crouching	П		Dust/Fumes/Odours		Π
Crawling	П		Handling Chemicals		
Kneeling	П		Handling Food		
Bending/Twisting/Turning			*Other (specify)		
Repetitive activity			Miscellaneous		
Stationary posture	П		Shift/attendance duration	П	П
Gripping			Consecutive shift attendance		
Reaching			Day shift		
Fine dexterity			Night shift		
Balance			Overtime		
Personal Protective Equip.			Operate vehicle		
			Work at heights		
			*Other (specify)		

Please expand	(when applicable) on limitations that were indicated:
2	honed on the weak closeification determines in fit for
This employee	, based on the work classification determiners, is fit for
	work
Request made	e by:
	, Human Resources Consultant
Ministry:	
Phone:	Fax:
E-mail:	Date:

## "Work" Classification Determiners

As determined from classifications found in the National Occupational Classifications

**SEDENTARY WORK** - Exerting up to 10 pounds (4.54 kg.) of force occasionally and/or a negligible amount of force frequently or constantly to lift, carry, push, pull or otherwise move objects, including the human body. Sedentary work involves sitting most of the time, but may involve walking or standing for brief periods of time. Jobs are sedentary if walking and standing are required only occasionally and all other sedentary criteria are met.

**LIGHT WORK** - Exerting up to 20 pounds (9.07 kg.) of force occasionally and/or up to 10 pounds (4.54 kg.) of force frequently, and/or negligible amount of force constantly to move objects. Physical demand requirements are in excess of those for sedentary work. Light work usually requires walking or standing to a significant degree. However, if the use of the arm and/or leg controls requires exertion of forces greater than that for sedentary work, and the worker sits most of the time, the job is rated light work.

**MEDIUM WORK** - Exerting up to 50 pounds (22.68 kg.) of force occasionally, and/or up to 20 pounds (9.07 kg.) of force frequently, and/or up to 10 pounds (4.54 kg.) of force constantly to move objects.

**HEAVY WORK** - Exerting up to 100 pounds (45.36 kg.) of force occasionally, and/or up to 50 pounds (22.68 kg.) of force frequently, and/or up to 20 pounds (9.07 kg.) of force constantly to move objects.

**VERY HEAVY WORK** - Exerting in excess of 100 pounds (45.36 kg.) of force occasionally, and/or in excess of 50 pounds (22.68 kg.) of force frequently, and/or in excess of 20 pounds (9.07 kg.) of force constantly to move objects.

\*\*Great-West Life: