


Welcome

SVP 4 Physical Demands




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Overview

Vocational Factors To Be Considered In Each Hypothetical Question:

- Physical Exertion 404.1567 (Per Grids)
 - Sedentary, Light, Medium, Heavy, Very Heavy
- Age - 404.1563
 - Younger Person: Under Age 50
 - Person Closely Approaching Advanced Age: Age 50-54
 - Person Of Advanced Age: Age 55-59
 - Person Closely Approaching Retirement Age: 60 See § 404.1568(d)(4)
- Education - 404.1564
 - Illiterate
 - Marginal Education: 6th Grade Level Or Below
 - Limited Education: 7th Through 11th Grade Level
 - High School Education Or Above
 - Inability To Communicate In English




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Overview Cont'd

Vocational Factors To Be Considered In Each Hypothetical Question:

- Work Experience 404.1565 - 15 Year Rule
- Skill Requirements 404.1568
 - Unskilled, Semi-skilled, Skilled



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Physical Demands

- The exact definition of physical demands must be adhered to. For example a VE can never opt to change the definition of sedentary work or the definitions of occasional, frequent, constant.
- The O*NET has not been accepted as a source of information by the SSA. A new occupational information system is expected to take the place of the dot and selected characteristics of occupations.



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Occurrence of a Worker Trait Both Physical and Mental Never, Occasionally, Frequently, and Constant

- Never – The condition is never required by the occupation.
- Occasional – Occasional is up to 1/3 of an 8-hour-workday.
- Frequent – Frequent is more than 1/3 up to 2/3 of the 8-hour-workday.
- Constant- Greater than 2/3 of the 8-hour-workday.



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Physical Demands - SSA Definitions

SEDENTARY

- **SSR 83-10** Sedentary work. The regulations define sedentary work as involving lifting no more than 10 pounds at a time and occasionally lifting or carrying articles like docket files, ledgers, and small tools. Although sitting is involved, a certain amount of walking and standing is often necessary in carrying out job duties. Jobs are sedentary if walking and standing are required occasionally and other sedentary criteria are met. By its very nature, work performed primarily in a seated position entails no significant stooping. Most unskilled sedentary jobs require good use of the hands and fingers for repetitive hand-finger actions.



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Physical Demands - SSA

SEDENTARY Cont'd Definitions

- "Occasionally" means occurring from very little up to one-third of the time. Since being on one's feet is required "occasionally" at the sedentary level of exertion, periods of standing or walking should generally total no more than about 2 hours of an 8-hour workday, and sitting should generally total approximately 6 hours of an 8-hour workday. Work processes in specific jobs will dictate how often and how long a person will need to be on his or her feet to obtain or return small articles.
- Sedentary Work involves exerting up to 10 pounds of force occasionally or a negligible amount of force frequently 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 may be defined as Sedentary when walking and standing are required only occasionally and all other Sedentary criteria are met.

Physical Demands – SSA

LIGHT Definitions

SSR 83-10 The regulations define light work as lifting no more than 20 pounds at a time with frequent lifting or carrying of objects weighing up to 10 pounds. Even though the weight lifted in a particular light job may be very little, a job is in this category when it requires a good deal of walking or standing -- the primary difference between sedentary and most light jobs. A job is also in this category when it involves sitting most of the time but with some pushing and pulling of arm-hand or leg-foot controls, which require greater exertion than in sedentary work; e.g., mattress sewing machine operator, motor-grader operator, and road-roller operator (skilled and semiskilled jobs in these particular instances). Relatively few unskilled light jobs are performed in a seated position.



Physical Demands – SSA

LIGHT Cont'd Definitions

- "Frequent" means occurring from one-third to two-thirds of the time. Since frequent lifting or carrying requires being on one's feet up to two-thirds of a workday, the full range of light work requires standing or walking, off and on, for a total of approximately 6 hours of an 8-hour workday. Sitting may occur intermittently during the remaining time. The lifting requirement for the majority of light jobs can be accomplished with occasional, rather than frequent, stooping. Many unskilled light jobs are performed primarily in one location, with the ability to stand being more critical than the ability to walk. They require use of arms and hands to grasp and to hold and turn objects, and they generally do not require use of the fingers for fine activities to the extent required in much sedentary work.



Physical Demands - SSA

Definitions

LIGHT Cont'd

- **SCO** Light Work involves exerting up to 20 pounds of force occasionally, or up to 10 pounds of force frequently, or a negligible amount of force constantly to move objects. Physical demand requirements are in excess of those for Sedentary Work. Even though the weight lifted may be only a negligible amount, a job/occupation is rated Light Work when it requires: (1) walking or standing to a significant degree; (2) sitting most of the time while pushing or pulling arm or leg controls; or (3) working at a production rate pace while constantly pushing or pulling materials even though the weight of the materials is negligible. (The constant stress and strain of maintaining a production rate pace, especially in an industrial setting, can be and is physically demanding of a worker even though the amount of force exerted is negligible.)



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Physical Demands - SSA

Definitions

- **SCO** - Medium Work involves exerting 20 to 50 pounds of force occasionally, or 10 to 25 pounds of force frequently, or an amount greater than negligible and up to 10 pounds constantly to move objects. Physical demand requirements are in excess of those for Light Work.
- 404.1568 Medium work involves lifting no more than 50 pounds at a time with frequent lifting or carrying of objects weighing up to 25 pounds. If someone can do medium work, we determine that he or she can also do sedentary and light work.



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Physical Demands - SSA

Definitions

MEDIUM - SSR 83-10

- *Medium work.* The regulations define medium work as lifting no more than 50 pounds at a time with frequent lifting or carrying of objects weighing up to 25 pounds. A full range of medium work requires standing or walking, off and on, for a total of approximately 6 hours in an 8-hour workday in order to meet the requirements of frequent lifting or carrying objects weighing up to 25 pounds. As in light work, sitting may occur intermittently during the remaining time. Use of the arms and hands is necessary to grasp, hold, and turn objects, as opposed to the finer activities in much sedentary work, which require precision use of the fingers as well as use of the hands and arms.



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Physical Demands - SSA

MEDIUM - SSR 83-10 Cont'd

Definitions

- The considerable lifting required for this range of medium work usually requires frequent bending-stooping. (Stooping is a type of bending in which a person bends his or her body downward and forward by bending the spine at the waist.) Flexibility of the knees as well as the torso is important for this activity. (Crouching is bending both the legs and spine in order to bend the body downward and forward.) However, there are relatively few occupations in the national economy which require exertion in terms of weights that must be lifted at time (or involve equivalent exertion in pushing and pulling), but are performed primarily in a sitting position, e.g., taxi driver, bus driver, and tank-truck driver (semi-skilled jobs). In most medium jobs, being on one's feet for most of the workday is critical. Being able to do frequent lifting or carrying of objects weighing up to 25 pounds is often more critical than being able to lift up to 50 pounds at a time.



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Physical Demands - SSA

HEAVY - Not Defined in SSA

Definitions

- 20 CFR 404.1567 Heavy work involves lifting no more than 100 pounds at a time with frequent lifting or carrying of objects weighing up to 50 pounds. If someone can do heavy work, we determine that he or she can also do medium, light, and sedentary work.
- SCO Heavy Work involves exerting 50 to 100 pounds of force occasionally, or 25 to 50 pounds of force frequently, or 10 to 20 pounds of force constantly to move objects.



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Physical Demands - SSA

VERY HEAVY - Not Defined in SSA

Definitions

- 20 CFR 404.1567 Very heavy work involves lifting objects weighing more than 100 pounds at a time with frequent lifting or carrying of objects weighing 50 pounds or more. If someone can do very heavy work, we determine that he or she can also do heavy, medium, light and sedentary work.
- SCO Very Heavy Work involves exerting in excess of 100 pounds of force occasionally, or in excess of 50 pounds of force frequently, or in excess of 20 pounds of force constantly to move objects. Physical demand requirements are in excess of those for Heavy Work.



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Other Physical Demands – Often Referred To As Postural Activities (Taken From The SCO)

- **CL - Climbing** - Ascending or descending ladders, stairs, scaffold, ramps, poles, and the like, using feet and legs or hands and arms. body agility is emphasized.
- **BA - Balancing** - Maintaining body equilibrium to prevent falling when walking, standing, crouching, or running on narrow, slippery, or erratically moving surfaces; or maintaining body equilibrium when performing gymnastic feats.
- **ST - Stooping** - Bending body downward and forward by bending spine at the waist, requiring full use of the lower extremities and back muscles.
- **KN - Kneeling** - Bending legs at knees to come to rest on knee or knees.



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Other Physical Demands – Often Referred to as Postural Activities

- **CR - Crouching** - Bending body downward and forward by bending legs and spine (squatting).
- **CW - Crawling** - Moving about on hands and knees or hands and feet.



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Other Physical Demands – Often Referred to as Upper Extremity Abilities

- **RE - Reaching** - Extending hands and arms in any direction.
- **HA - Handling** - Seizing, holding, grasping, turning, or otherwise working with hand or hands. Fingers are involved only to the extent that they are an extension of the hand, such as to turn a switch or shift automobile gears.



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Other Physical Demands – Often Referred to as Upper Extremity Abilities

- **FI - Fingering** - Picking, pinching, or otherwise working primarily with the fingers rather than with the whole hand or arm as in handling.
- **FE - Feeling** - Perceiving attributes of objects, such as size, shape, temperature, or texture, by touching with skin, particularly that of the fingertips.



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Other Physical Demands – Often Referred to as Ability of the Senses

- **TA Talking** - Expressing or exchanging ideas by means of the spoken word to impart oral information to clients or to the public and to convey detailed spoken instructions to other workers accurately, loudly, or quickly.
- **HE - Hearing** - Perceiving the nature of sounds by ear.
- **TS - Tasting/Smelling** - Distinguishing, with a degree of accuracy, differences or similarities in intensity or quality of flavors or odors, or recognizing particular flavors or odors, using tongue or nose.



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Other Physical Demands – Vision

- **NE - Near Acuity** - Clarity of vision at 18 inches or less.
- **FA - Far Acuity** - Clarity of vision at 20 feet or more.
- **DE - Depth Perception** - Three-dimensional vision. Ability to judge distances and spatial relationships so as to see objects where and as they actually are.
- **AC - Accommodation** - Adjustment of lens of eye to bring an object into sharp focus. This factor is required when doing near point work at varying distances from the eye.
- **CV - Color Vision** - Ability to identify and distinguish colors.
- **FV - Field of Vision** - Observing an area that can be seen up and down or to right or left while eyes are fixed on a given point.



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Other Physical Demands –

Environment

- **WE - Exposure to Weather** - Exposure to atmospheric conditions.
- **CO - Extreme Cold Exposure** - Exposure to non-weather-related cold temperatures.
- **HO - Extreme Heat Exposure** - Exposure to non-weather-related hot temperatures.
- **WT - Wet and/or Humid Contact** - Contact with water or other liquids or exposure to non-weather-related humid conditions.
- **NO - Noise Intensity Level** - 1 - 5 (VERY QUIET TO VERY LOUD) The noise intensity level to which the worker is exposed in the job environment. This factor is expressed by one of five levels.
- **VI - Vibration** - Exposure to a shaking object or surface.
- **AT - Atmospheric Conditions** - Exposure to such conditions as fumes, noxious odors, dusts, mists, gases, and poor ventilation, that affect the respiratory system, eyes, or the skin.
- **MV - Moving Mechanical Parts Hazard** - Exposure to possible bodily injury from moving mechanical parts of equipment, tools, or machinery.
- **EL - Electrical Shock Hazard** - Exposure to possible bodily injury from electrical shock.



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Other Physical Demands – Environment Cont'd

- **HI - High, Exposed Place Hazard** - Exposure to possible bodily injury from falling.
- **RA - Exposure To Radiation** - Exposure to possible bodily injury from radiation.
- **EX - Explosion Hazard** - Exposure to possible injury from explosions.
- **TX - Toxic/Caustic Chemical Hazard** - Exposure to possible bodily injury from toxic or caustic chemicals.
- **OT - Other Environmental Conditions** - Other Environmental Conditions, not defined above. These may include, but are not limited to, such settings as demolishing parts of buildings to reach and combat fires and rescue persons endangered by fire and smoke; mining ore or coal underground; patrolling assigned beat to prevent crime or disturbance of peace and being subjected to bodily injury or death from law violators; diving in ocean and being subjected to bends and other conditions associated with high water pressure and oxygen deprivation; patrolling ski slopes prior to allowing public use and being exposed to danger of avalanches.

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References

- Your Age as a Vocational Factor 20 CFR 404.1563
- Your education as a vocational factor 20 CFR 404.1564 -
- **Skill Requirements 20 CFR 404.1568**
- 20 CFR 404.1566
- Rules found in 20 CFR 404
- Rules found in 20 CFR 416.
- 20 CFR §404.1505
- 20 CFR §404.1520
- [SSR 85-28](#)
- [Kerner v. Flemming](#), 283 F.2d 916, 921 (2nd Cir.1960)
- <http://www.ssa.gov/history/ssa/lbjoper5.html>



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References cont'd

- GRIDS-SSR 82-47c
- SCO-SSR 96-9 *Capacity to do other work*
- Physical Exertional Requirement Definitions - 20 CFR 404.1567
- Non-exertional Requirement Definitions - 20 CFR 404.1569a
- SSA estimation of "unskilled" jobs
- 20 CFR Appendix 2 to Subpart P of Part 404, Medical Vocational Guidelines Sec. 200.00 (b)
- Work Experience 404.1565 - 15 Year Rule