



Ontario County Humane Society

Physical Capacities Assessment Form

In order to plan for job placement it will be necessary for us to identify any limitations you may have. We would appreciate it if you would take the time to complete the following.

A. In an 8-hour day can you:

Number of Hours 6-8 4-6 1-4 None

Stand/Walk

Sit

Drive

B. Please check the frequency you could:

Frequently Occasionally Never

Bend

Reach

Pull

C. Please check the maximum limit you can lift/carry

Frequently Never Often Never

Lift 1-10lbs

Carry 1-10 lbs

Lift 11-20 lbs

Carry 11-20 lbs

Lift 21-50 lbs

Carry 21-50 lbs

Lift 51-100 lbs

Carry 51-100 lbs