



Work Performance Test Lake Owasso Residence

Job Position: GRW

Name: _____

Date: _____

Age: _____

Handedness: R L

Essential Job Task	Perceived Exertion (1-10)	Description of Test & Comments	Met	Not Met?
Lifting Miscellaneous items handled throughout the day (salt bags, furniture, appliances, gas cans, propane tanks for grills, tools, etc.). Larger & heavier items completed with 2 people.		Lift box from floor to waist height <ul style="list-style-type: none"> 25 lbs., 5 reps 50 lbs., 5 reps 62 lbs., 5 reps 75 lbs., 1 rep. 2 person lift/carry of 100 lbs. from floor for 25 ft. and return.	Met	Not Met
Lifting Salt bags (40 lbs.) are poured into the softener (48") on a regular basis.		Lift 40 lbs. bag from floor to 48" height and simulate dumping into softener. Repeat for 4 sets during testing.	Met	Not Met
Climbing stairs to/from the basements of each house facility.		Climb up/down 1 flight of stairs. Task completed for 4 sets during testing.	Met	Not Met
Pushing/Pulling carts or wheelbarrow of material doing construction/remodel and outdoor landscaping jobs.		Fill wheelbarrow with 100 lbs. of product and move 100 ft. Return/unload at original location.	Met	Not Met
Prolonged bending position while welding, grounds work, painting, etc.		Work in a trunk flexed position doing hand coordination tasks for 3 min., take a break and complete again for 3 min.	Met	Not Met
Climbing/ladder work: Carry various length ladders throughout the buildings. Ladders are set-up and work is completed off of the ladder for prolonged periods (wall repair, electrical tasks, changing light bulbs/fixtures, roof repair, painting, tree trimming, etc.).		Carry an 8 ft. step ladder for 200 ft. Set up ladder and climb up 5 rungs. Lift 26 lb. light fixture overhead to ceiling height. Work, while on ladder, overhead completing hand coordination activity for 2 reps of 2 minutes (30 second break between). Climb down and move ladder to another location. Repeat process. Return ladder to original position.	Met	Not Met
Low level work/confined spaces working at floor level to repair plumbing or electrical issues, installing flooring, also when planting/working outdoors.		Work in a full kneel or 1/2 kneel or crouched position, moving/crawling every 60 seconds to new location for 5 minutes while completing a wrenching/nut/ bolt activity. Positional changes allowed.	Met	Not Met
Shoveling completing snow removal from walkways, stairs, landscape work, etc.		Place 10# weight on shovel and simulate snow shoveling/digging motion for 20 repetitions.	Met	Not Met
3 gallon gas cans filled for small engine equipment		Candidate will carry 25 lbs. for 50 ft. distance. 2 sets completed.	Met	Not Met
Performing paint roller/brush positions for painting tasks.		The candidate will then use a 12 foot extension roller and roll walls above shoulder height for 3 minutes. Candidate will use a paint brush and perform edging positions from ceiling (on ladder) to floor levels (kneeling/bending/crawling) for 3 minutes.	Met	Not Met
Performing plumbing duties in tight spaces while on the back and working overhead.		Candidate will lie on their back while completing an overhead task for 5 minutes.	Met	Not Met



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Check	Employment Test Result
	Physical abilities Do / Do Not match the functional requirements of the job description.
	Modifications of the job or changes in the applicant's physical abilities Would / Would Not be necessary in order to perform these tasks.
	<p>If job modifications or changes in applicant's physical abilities are needed a MOH physician or PA should review these test results</p> <p>Reviewed by MOH Physician or Physician Assistant: YES NO</p> <p>Name of PHYSICIAN: _____ Date: _____</p>

Comments: _____

Name of Evaluator: _____

Date: _____

Lake Owasso Residence will make the final determination based on if they are able to provide reasonable accommodations.

Send these 2 sheets to employer



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NAME: _____ DATE: _____ AGE: _____

Flexibility

Normal Tight Very Tight
 1 2 3 4 5

Strength

Normal Good Fair Poor
 5 4 3 2

NECK

	<u>RIGHT</u>	<u>LEFT</u>
Rotation	_____	_____
Side Bend	_____	_____
Flexion	_____	_____
Extension	_____	_____

	<u>RIGHT</u>	<u>LEFT</u>
	_____	_____
	_____	_____
	_____	_____
	_____	_____

SHOULDER

	<u>RIGHT</u>	<u>LEFT</u>
Abduction	_____	_____
Adduction	_____	_____
Flexion	_____	_____
Extension	_____	_____
Int. Rotation	_____	_____
Ext. Rotation	_____	_____
H-adduction	_____	_____
H-abduction	_____	_____
Scratch test – IR	_____	_____
Scratch test – ER	_____	_____

	<u>RIGHT</u>	<u>LEFT</u>
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____

ELBOW

	<u>RIGHT</u>	<u>LEFT</u>
Flexion	_____	_____
Extension	_____	_____
Pronation	_____	_____
Supination	_____	_____

	<u>RIGHT</u>	<u>LEFT</u>
	_____	_____
	_____	_____
	_____	_____
	_____	_____

WRIST

	<u>RIGHT</u>	<u>LEFT</u>
<u>HAND</u>	_____	_____

Grip strength average _____ lbs. _____ lbs.
 Low/High range _____ lbs. _____ lbs.

TRUNK/BACK

	<u>RIGHT</u>	<u>LEFT</u>
Rotation	_____	_____
Side Bend	_____	_____
Flexion	_____	_____
Extension	_____	_____

	<u>RIGHT</u>	<u>LEFT</u>
	_____	_____
	_____	_____
	_____	_____
	_____	_____

LOWER EXTREMITIES

	<u>RIGHT</u>	<u>LEFT</u>
Quadriceps	_____	_____
Hamstrings	_____	_____
Hip Flexion	_____	_____
Hip Adduction	_____	_____
Hip Abduction	_____	_____
Dorsiflexion	_____	_____
Plantarflexion	_____	_____

	<u>RIGHT</u>	<u>LEFT</u>
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____

Comments: _____