WHAT IS THE PHYSICAL ABILITIES EVALUATION?
The Physical Abilities Evaluation is an evaluation performed by a medical professional that assesses the ability to perform physically demanding work. The evaluation is based on the physical requirements of the job, which are listed on the job brief.

The content of the Physical Abilities Evaluation includes:
- Physical evaluation
- Demonstration of strength and lifting of weight required for the job

The specific tests are administered by the medical professional conducting the evaluation. The evaluation includes assessment of lower abdominal strength, upper abdominal strength, upper back muscles, and lower back muscles, as well as the ability to lift the weight required for the job. Results of the evaluation include a determination of the capacity to perform essential job functions.

You will be asked to perform the following four exercises:

**Lower Abdominal Strength:** You will lie on your back, lifting both legs and holding this position unassisted for 10 seconds.

**Abdominal Muscle Strength:** You will be asked to perform 14 sit-ups within a 60-second time period.

**Upper Back Muscle Strength:** You will be asked to lie on a pillow with your hands behind your head and then asked to raise your chest and hold that position for 10 seconds.

**Lower Back Muscle Strength:** You will be asked to lie on a pillow and lift your legs with the knees straight and hold that position for 10 seconds.

WHAT CAN I DO TO PREPARE FOR THE EVALUATION?
When you are scheduled for the Physical Abilities Evaluation, you will be given a specific time to report to the clinic. Try to arrive at the location at least 15 minutes before your scheduled time to give yourself time to relax before the evaluation begins. You should wear clothing appropriate for physical testing, such as comfortable slacks, sweatpants or shorts, a short sleeved shirt, and sneakers or flat-soled shoes. Remember to bring corrective eyewear, hearing aids, etc., if applicable.
PROPER LIFTING TECHNIQUES
The following information is a reminder of proper and safe lifting techniques. It does not necessarily reflect the type of weight that you will be asked to lift.

- Begin with one foot slightly ahead of the other.
- Point toes outward.
- Place feet shoulder width apart.
- Have feet firmly planted. This gives you stability during the lift.
- Next, squat down close to the object, keeping your back straight.
- Keep your elbows positioned between your knees, with your chin tucked toward your chest.
- Now test the weight of the object by lifting it.
- If the object is not too heavy, grasp the object firmly.
- Keep the object close to your body and lift by straightening the knees. This allows you to maintain balance and use the power of your lower body to lift the object.

EXPIRATION AND EVALUATION INTERVALS
A qualified status on the Physical Abilities Evaluation is valid for one year. If you are not placed on a job within one year of qualification on the Physical Abilities Evaluation, you will need to be re-evaluated. If it should happen that you do not qualify on the Physical Abilities Evaluation, you may be re-evaluated after 6 months. Physical Abilities Evaluation standards are periodically updated. Therefore, it may be necessary to meet new Physical Abilities Evaluation standards should they be introduced prior to your placement on the job.