

Name _____ Approved by (office use only) _____

Date of Accident _____ Time of Accident _____ am pm

Name of Employer at Time of Accident _____

Employer Address _____

City _____ State _____ Zip _____ Phone Number _____

Occupation _____

In terms of an 8 hour workday I: (choose number of hours for each activity)

Sit 1 2 3 4 5 6 7 8 hours

Stand 1 2 3 4 5 6 7 8 hours

Walk 1 2 3 4 5 6 7 8 hours

On the job, I perform the following activities: (check as many as apply)

Bend/Stoop Squat Crawl Reach above shoulders Crouch Kneel Push/Pull Maintain awkward posture

On the job, I regularly lift between:

1-10 lbs 11-24 lbs 25-34 lbs 35-50 lbs 51-74 lbs 75-100 lbs

Are you required to bend over while lifting? yes no

Do you use your hands for repetitive movements such as: (check as many as apply)

Simple grasping (left hand) Firm grasping (left hand) Fine manipulating (left hand)

Simple grasping (right hand) Firm grasping (right hand) Fine manipulating (right hand)

Prior to this accident were you experiencing any similar physical complaints? yes no if yes please explain:

In your own words please describe the accident: