



Bock Consulting



## Available Light-Duty Work Tasks

Worker \_\_\_\_\_ Claim Number \_\_\_\_\_

### **FOR PHYSICIAN'S USE ONLY**

The Port of Seattle is dedicated to providing meaningful and productive return to work options for employees that are injured on the job. Please review the following light-duty tasks, indicate the tasks the worker is capable of performing, and provide your signature below. There is considerable flexibility within the tasks. Each position can and will be modified to conform to outlined medical restrictions. Thank you!

General Comments/Restrictions:

\_\_\_\_\_  
\_\_\_\_\_

Physician's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Task: Light Administrative Tasks.** Worker released to this task? ☐ Yes. ☐ No.

*If no, please provide the objective medical findings to support inability to perform this job task.*

Filing, photocopying, and other administrative tasks.

Notes: Tasks would strictly conform to any documented medical restrictions.

Comments/restrictions: \_\_\_\_\_

**Task: Data Entry.** Worker released to this task? ☐ Yes. ☐ No.

*If no, please provide the objective medical findings to support inability to perform this job task.*

Enter data into Excel spreadsheets.

Notes: Work is performed while seated at a desk using a computer keyboard. This work can be performed with one hand.

Comments/restrictions: \_\_\_\_\_

**Task: Document Shredding.** Worker released to this task? ☐ Yes. ☐ No.

*If no, please provide the objective medical findings to support inability to perform this job task.*

Insert pieces of paper into a document shredder.

Notes: Work can be performed sitting or standing. Lifting can be limited as necessary. This work can be performed with one hand/arm.

Comments/restrictions: \_\_\_\_\_



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**Task: Data Download.** Worker released to this task? ☐ Yes. ☐ No.

*If no, please provide the objective medical findings to support inability to perform this job task.*

Extract data from a handheld device to be entered into Excel spreadsheets.

Notes: Device can be held in one hand, and the buttons on the device can be pushed with the fingers on the other hand.

Comments/restrictions: \_\_\_\_\_

**Task: Bus Data Collection.** Worker released to this task? ☐ Yes. ☐ No.

*If no, please provide the objective medical findings to support inability to perform this job task.*

Count bus ridership and count passengers boarding at specific boarding locations.

Notes: This work is outdoors with shelter available, and may require riding a bus as a passenger, to different locations. Standing, walking and sitting are required.

Comments/restrictions: \_\_\_\_\_

**Task: Answering Questions at Walk-Up Window.** Worker released to this task? ☐ Yes. ☐ No.

*If no, please provide the objective medical findings to support inability to perform this job task.*

Working in an office environment answering questions from people who arrive at the Parking Services walk-up window. May assist with reissue of parking passes.

Notes: The work will be mostly seated, and may include frequent breaks as needed. In addition, a temporary parking location close to the work area can be provided if necessary.

Comments/restrictions: \_\_\_\_\_

**Task: Parking Garage Vehicle Count.** Worker released to this task? ☐ Yes. ☐ No.

*If no, please provide the objective medical findings to support inability to perform this job task.*

Manually count the number of parking spaces available on the 8th floor of the employee parking area.

Notes: This work is outdoors with walking and writing. Walking can be limited as needed.

Comments/restrictions: \_\_\_\_\_

**Task: Labeling Chemical Containers.** Worker released to this task? ☐ Yes. ☐ No.

*If no, please provide the objective medical findings to support inability to perform this job task.*

Applying Material Safety Data Sheet ("MSDS") document numbers to chemical containers. Document numbers would be written on small paper labels and applied to the chemical containers.

Notes: Worker would need to legibly write a few letters and a number on the label based on the MSDS document reference list. For any containers weighing over 2 pounds, other personnel could lift and move the containers as needed.

Comments/restrictions: \_\_\_\_\_



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**Task: Compactor Site Attendant.** Worker released to this task? ☐ Yes. ☐ No.

*If no, please provide the objective medical findings to support inability to perform this job task.*

Monitor and train vendors and employees to properly dispose of garbage to include training on how to use the compactor.

**Notes:** Worker would need to walk/stand frequently to constant while visually monitoring the disposal of garbage as well as verbally instructing proper disposal of garbage. Employee will be required to demonstrate how the compactor is operated.

Comments/restrictions: \_\_\_\_\_

**Task: Ticket Counter Luggage Monitor.** Worker released to this task? ☐ Yes. ☐ No.

*If no, please provide the objective medical findings to support inability to perform this job task.*

Visually monitor luggage accepted by airlines at the ticket counter. Help Ticket Agents identify items that need to be addressed to ensure the luggage flows smoothly through the baggage system (e.g., handles are retracted, tags and straps are removed/tucked in, soft/irregular shaped bags are placed in tub, gaps are kept between bags, and golf clubs are kept out of the system). Write in issue tracking log. Create signs on computer as needed.

**Notes:** Worker does not lift or move luggage. Worker can sit or stand while working. Worker may lift and carry clipboard and pen.

Comments/restrictions: \_\_\_\_\_

**Task: Manually Scanning Luggage.** Worker released to this task? ☐ Yes. ☐ No.

*If no, please provide the objective medical findings to support inability to perform this job task.*

**\*\*\* May require up to 50 pound push/pull/lift.**

Outbound luggage at Sea-Tac Airport is routed by automated luggage handling systems. The systems rely on tags with bar codes to route the luggage. Periodically, a bar code cannot be read by the system scanners (bar code may be hidden or only partially visible). When this occurs, the piece of luggage is routed to a scanning station where a worker locates the tag on the bag, and uses a handheld scanning gun to scan the bar code on the tag. Once scanned, the bag is routed back to the main luggage system.

**Notes:** The scanning station is located between two conveyor belts that deliver luggage to the scanning station. The worker must move between the two belts to scan luggage (approx.. 3 feet apart). The conveyor belts are located at waist level, and scanning is performed while standing. The handheld scanner weighs less than 1 pound, and is connected to a computer with a touchscreen (the touchscreen is located at approximately chest level). If a tag needs to be located, or brought within reach of the handheld scanner, the worker may reach and pull the piece of luggage to scan the tag (typically 15 to 20 pounds of force to move bag). During busy periods, bags may arrive frequently on both conveyor belts. During slow periods, there may be 5 to 10 minute gaps between bags that need scanning. During slow periods, the worker can sit in a chair available just outside the scanning station. On very rare occasions, two pieces of luggage may arrive at the same time on one of the belts. The worker must separate the two pieces of luggage by pushing/pulling/lifting (up to 50 pounds) the items to create space between the two pieces of luggage for the system to work properly.

Comments/restrictions: \_\_\_\_\_

Claimant

Claim #

Date

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