

NEWSLETTER

COMMONLY USED VOCATIONAL TERMS AND MEANINGS

JOB STRENGTH FACTOR CLASIFICATION			
DESCRIPTION	CODE	MAXIMUM WEIGHT LIFTED	WEIGHT FREQUENTLY LIFTED AND CARRIED
Sedentary	S	10 pounds	Negligible amount
Light	L	20 pounds	Up to 10 pounds
Medium	M	50 pounds	Up to 25 pounds
Heavy	H	100 pounds	Up to 50 pounds
Very Heavy	V	100 pounds or more	Over 50 pounds

FREQUENCY DEFINITIONS

N = Never

O = Occasional represents 1% to 33% of an 8 hour work day.

F = Frequently represents 34% to 66% of an 8 hour work day.

C = Continuously represents 67% to 100% of an 8 hour work day.

MANUAL DEXTERITY DEFINITIONS

Manual Dexterity is usually referred in the following ways: reaching, handling and fingering.

Reaching typically occurs at the over head, shoulder level and waist level.

Handling typically refers to such activities as opening doors, assembling small objects, etc.

Fingering typically refers to keyboarding, performing electronics assembly, wiring/soldering.

CAREER DEVELOPMENT, INC. is centrally located in the city of Orange, California. We provide Vocational Assessments services primarily in Orange, Los Angeles, Riverside, San Bernardino and San Diego Counties.

Our services encompass: Personal Injury, Employment Law, Family Law and Workers' Compensation matters.

In Family Law matters we conduct Spousal Employability/Earning Capacity Assessments and recommend training programs.

In Personal Injury Cases we conduct Pre and Post Incident Earning Capacity Evaluations as well as developing retraining programs.

Joseph H. Torres, M.Ed.
2230 W. Chapman Avenue, Suite 150
Orange, CA 92868
Phone #: 714-385-2815 Fax #: 714-460-2214
careerdev@pacbell.net
www.careerdevelopmentinc.net