

Transitional work warehouse—Healthcare industry

Job or task	Light-duty	Moderate intensity
Answering call lights	X	
Answering phones in reception	X	
Assisting physical therapists		X
Bathing residents		X
Being an activity aid for residents	X	
Caring for residents' feet	X	
Charting	X	
Checking fire extinguishers and other safety equipment	X	
Checking medication expiration dates	X	
Cleaning (lightly), in home healthcare settings	X	
Cleaning break room	X	
Cleaning dentures or cups	X	
Cleaning glasses	X	
Cleaning wheelchairs, commodes and other equipment	X	
Conducting site, building, vehicle or other safety inspections/surveys	X	
Feeding residents	X	
Filing, purging drawers and other clerical work	X	
Folding laundry	X	
Greeting family members	X	
Helping residents with shaving and other hygiene-related tasks	X	
Helping with ROM exercises	X	
Interacting with residents one-on-one	X	
Labeling clothing	X	
Lifting and transferring residents (2-person lifts)		X
Lifting and transferring residents (Hoyer lift)		X
Making beds	X	
Monitoring dining room	X	
Opening mail	X	
Orienting new admissions to the floor	X	
Passing out medications	X	
Passing out water and other nourishments	X	
Passing trays	X	
Performing bed baths	X	
Performing tub baths for more independent residents	X	
Pushing wheelchairs		X
Putting away kitchen utensils	X	
Reading to residents	X	

Job or task	Light-duty	Moderate intensity
Setting up trays	X	
Shredding documents	X	
Sorting silverware	X	
Stocking linen carts	X	
Straightening drawers and shelves	X	
Taking vital signs	X	
Trimming nails	X	
Updating job descriptions	X	
Walking residents	X	
Washing tables	X	
Watching safety videos	X	
Wiping and cleaning surfaces to prevent the spread of flu viruses	X	