

Transitional work warehouse—Manufacturing industry

Job or task	Light-duty	Moderate intensity
Electrical and plastics		
Adjusting calipers	X	
Answering phones	X	
Assembling		X
Assembling (light)	X	
Attending buyers' fairs	X	
Banding	X	
Calculating estimates	X	
Calling (sales)	X	
Changing light bulbs		X
Checking safety equipment (fire extinguishers, smoke detectors and first-aid kits)	X	
Cleaning bathrooms, lunchroom and windows	X	
Cleaning filters and magnets	X	
Cleaning molds	X	
Cleaning up H site		X
Clipping and sanding parts	X	
Conducting site, building, vehicle or other safety inspections/surveys	X	
Counting inventory	X	
Cutting and labeling color samples	X	
Cutting up and banding scrap metal		X
Delivering mail and items to internal departments	X	
Delivering packages and products (short routes)		X
Delivering parts	X	
Driving forklift		X
Filing, typing and copying	X	
Filling molds		X
Grinding	X	
Guiding wire	X	
Inspecting machines and tools	X	
Inspecting products	X	
Installing cable		X
Installing safety and warning signs	X	
Labeling parts	X	
Opening mail	X	
Organizing maintenance and warehouse areas	X	
Painting (light)		X

Job or task	Light-duty	Moderate intensity
Performing blow downs	X	
Performing safety walk throughs and inspections	X	
Performing special projects	X	
Pre-assembling parts	X	
Preparing parts		X
Proofing production paperwork	X	
Pulling wires		X
Reading blue prints	X	
Reviewing safety videos, manuals and MSD sheets	X	
Screwing fixtures	X	
Servicing customers	X	
Shipping and receiving materials	X	
Shredding documents	X	
Soldering		X
Soldering (light)	X	
Sorting and packaging	X	
Stocking		X
Stuffing envelopes	X	
Supervising employees	X	
Sweeping	X	
Torqueing parts		X
Updating job descriptions	X	
Working on safety committee projects	X	
Machine shops		
Adjusting calipers	X	
Adjusting tongue guards on bench grinders		X
Assembly (light)	X	
Assisting laborers		X
Calling (sales)	X	
Calling suppliers or customers	X	
Changing light bulbs		X
Checking and repairing safety equipment (fire extinguishers, smoke detectors and first-aid kits)	X	
Cleaning break room	X	
Cleaning shop		X
Cleaning, sorting and labeling parts (light)	X	
Cleaning sorting and labeling parts (moderate)		X
Clearing 3 feet in front of all electrical panels	X	
Conducting site, building, vehicle or other safety inspections/surveys	X	
Copying and filing	X	
Counting inventory (light)	X	
Counting inventory (moderate)		X
Driving forklift		X

Job or task	Light-duty	Moderate intensity
Greasing parts	X	
Grinding and sanding		X
Inspecting eye wash stations and antibacterial solutions	X	
Inspecting overhead cranes and chain hoists	X	
Inspecting site	X	
Installing safety warnings		X
Maintaining machines		X
Overseeing new employees	X	
Painting and light janitorial work	X	
Performing core dipping, filing, etc		X
Performing quality control tasks	X	
Reading and reviewing blue prints	X	
Removing slags		X
Restocking bathrooms	X	
Shredding documents	X	
Sorting and delivering mail	X	
Sweeping	X	
Torquing of parts	X	
Updating job descriptions	X	
Updating safety manual and MSD sheets	X	
Working on the computer	X	