

SCHOOL BOARD OF ST. LUCIE COUNTY  
PHYSICAL DEMAND CLASSES

In order to Insure compliance with the Americans with Disabilities Act, each support staff (non-instructional) position has been classified into one of the “industry standard” physical demand classes. Below is a definition of each class and the abbreviation we have used to classify each job.

Infrequent:	Less than one hour per day	Frequent:	Three to five hours per day
Occasional:	One to three hours per day	Continuous:	Five to eight hours per day

**Sedentary (S)** - Infrequent lifting and carrying of objects weighing 10 pounds or less. Infrequent walking and/or standing may be required.

**Sedentary Light (SL)** - Occasional lifting and carrying of objects weighing 10 pounds or less. Infrequent lifting and carrying of objects weighing 11-20 pounds. Occasional walking and/or standing may be required.

**Light (L)** - Frequent lifting and carrying of objects weighing 10 pounds or less. Infrequent lifting and carrying of objects weighing 11-35 pounds. Frequent walking and/or standing is required to carry out duties.

**Light-Medium (LM)** - Frequent lifting and carrying of objects weighing 20 pounds or less. Infrequent lifting and carrying of objects weighing 21-50 pounds. Frequent walking and/or standing is required to carry out duties.

**Medium (M)** - Frequent lifting and carrying of objects weighing 25 pounds or less. Infrequent lifting and carrying of objects weighing 26-50 pounds. Continuous walking and/or standing is required to carry out duties.

**Medium Heavy (MH)** - Frequent lifting and carrying of objects weighing 35 pounds or less. Infrequent lifting and carrying of objects weighing 35-70 pounds. Continuous walking and/or standing is required to carry out duties. Infrequent walking at fast pace and/or running may be required.

**Heavy (H)** - Frequent lifting and carrying of objects weighing 25-50 pounds. Infrequent lifting and carrying of objects weighing 51-100 pounds. Continuous standing and/or walking is required to carry out duties. Occasional walking at a fast pace and/or running may he required.

**Very Heavy (VH)** - Frequent lifting and carrying of objects weighing 50-100 pounds. Infrequent lifting and carrying of objects weighing in excess of 100 pounds. Continuous standing and/or walking is required to carry out duties. Occasional 'walking at a fast pace and/or running may be required.