

LIGHT DUTY WORK REPORT

Date: _____

Physician's Name and Address: _____

Patient's Name: _____

Patient's Condition: _____

We would like to provide a LIGHT DUTY work program for the above named person who is unable to perform his/her work as a result of being injured on the job.

The plan will be individualized to suit the capabilities of the above named person. This job will be productive and valued work, performed safely without risk of re-injury or aggravating the injury.

Please see below a list and descriptions of the light duty jobs that we can offer and indicate by a check which jobs would be suitable.

| LIGHT DUTY | DESCRIPTION | PHYSICIANS APPROVAL |
|---------------------------------------|--|---------------------|
| Flagging | Traffic control / ensuring that pedestrians and traffic are safe. Physical aspects would consist of standing, holding traffic signs, waving traffic through, etc. Depending on the job being done, flagging can vary from brief time periods (5 – 30 minutes) or can last longer and may require the flagger to be standing for hours. If the flagger needed to sit down between shifts to rest, this could most likely be accommodated. | |
| Equipment Assistant (flagging) | Assisting with traffic control for the protection of other workers and the public. This would be less intense than straight flagging above. | |
| Spotting | Monitoring any work being performed above ground level to minimizing dangers for other workers and the public on ground level. Physical aspects include standing and looking up and around. This job could possibly be done sitting down depending of the situation. | |
| Equipment Loss Control | Inventories of all company equipment. Physical aspects could include walking around the site, possibly some bending or crouching to get serial numbers for identification purposes and recording information. | |
| Inspections | Overall site tours and reporting any unsafe conditions to supervisor. Physical aspects include walking around the site and taking notes. | |
| Inventory | Tagging all equipment belonging to company. Physical aspects could include walking around the site and some bending or crouching to tag equipment. | |
| Light Housekeeping | Light housekeeping of site office/lunch room and surroundings. Physical aspects could include some bending and picking up, sweeping, etc. | |
| Revising Safety Program | Workers can work from home if necessary, or from the site office to read and contribute their knowledge to revise the Safety Program. Physical aspects could include sitting for long periods, but freedom to move, stretch, etc. as necessary. | |

NOTE: All of the above light duty work can be adapted to suit the needs and capabilities of the worker so as not to put any undue stress on the injury.