

**PHYSICIAN'S STATEMENT
PRIOR TO RETURN TO WORK FROM ABSENCE
DUE TO MEDICAL REASONS**

HAND DELIVER TO: Central Offices, Health Services, Rm. 104

Employee is **REQUIRED** to hand deliver this form to Health Office before returning to work.

This is to certify that I have examined _____ (_____) _____,

Name: First Maiden Last

_____/_____, _____, _____, _____, _____
Job Title School/Department Employee ID# Home Phone Cell Phone

Onset of Absence _____ Workers Compensation Yes No _____
Date Claim #

on _____ for _____, and find that, in my opinion:
Date Diagnosis/Treatment (REQUIRED)

CHECK ONE ONLY:

He/She may return to work with **NO limitations** on: _____
Date

OR

He/She may return to work on _____ and is capable of performing the grade of work checked below with the **following limitations:** (please refer to the physical demands of position)

GRADE (check only if employee has limitations)

Sedentary Work: Lifting 10 pounds maximum with occasional lifting of small articles or tools. Primarily sitting with occasional walking or standing.

Light Work: Lifting 20 pounds maximum with frequent lifting. Sitting and/or standing most of the time with a degree of pushing and pulling. No restrictions with mopping, sweeping, shoveling.

Medium Work-Heavy Work: Lifting 100 pounds maximum with frequent lifting or carrying of objects weighing up to 50 pounds.

Work Limitations Effective Until: _____.

If this was **MATERNITY** leave of absence, please give date of delivery: _____ Normal Delivery C/Section

Physician's Stamped Name

Date

Physician's Signature

Phone #

Medical Director's Signature

Date

Return to Work Approved Not Approved

The Board of Education, its officers and employees, shall not discriminate against any student, employee, or applicant on the basis of race, color, national origin, Native American ancestry/ethnicity, creed, religion, marital status, sex, age, or disability.

Rev. 08/2016

Syracuse City School District Position Analyzer of Duties and Responsibilities

Your patient has applied for the following position in our district. Please read the following descriptions to assist you in determining if your patient is medically stable and qualified to perform their duties to the best of their ability.

Clerical: including typists, administrative aides, clerks, data entry:

Emphasis of examination should be on upper extremity strength, carpal tunnel, epicondyles, biceps tendons, cervical strength, posture, mental abilities. Good range of motion in all extremities. Twisting >30% of the time from a stationary position. Communicating and hearing >90%. Repetitive motions >90%.

Attendants: including school bus attendants, hall and lunch monitors and school sentries:

Emphasis of examination should be focused on lumbar, thoracic, cervical stability, normal gait and strength, mental ability to work with students of all ages, healthy posture, any conditions which may interfere with the ability to control a student/s in a crisis situation. Balancing >90% of time. Stooping >40% of the time with bending downward and forward at the waist. Twisting >40% of the time from a stationary position. Kneeling <10%. Crouching 50%.

Custodial care: electrical, plumbing, painting, mechanic, laborer, mason, steamfitter, maintenance personnel:

Emphasis of examination should be on the ability to maintain a maximum capacity to lift, push, or pull 40 lb for a woman or 60 to 80 lb for a man. Good range of motion in all extremities, stooping 60-70% of the time with bending downward and forward at the waist, operation of motorized vehicles, hand tools, and power equipment, preventative maintenance of building and ground keeping, such as, but not limited to painting, mowing, raking, shoveling, washing windows, unloading and loading trucks, and general custodial work. Communicating and hearing >90%. Repetitive motions >60%.

Food service: cooks, kitchen staff, helpers:

Emphasis of examination should be on the ability to maintain a maximum capacity to lift, push, or pull 40 lb for a woman or 60 to 80 lb for a man, exerting approximately 50 pounds occasionally, 20 pounds frequently, and 10 pounds of force constantly. Good joint flexibility and posture. Stability of the lumbar, thoracic, and cervical spine. Carpal tunnel, epicondyles, and upper extremities should be free of impingement symptoms or neurologic weakness. Climbing of stairs, ramps, approximately 1 to 9% of the time with emphasis on body agility. Balancing >90% of time. Stooping 60-70% of the time with bending downward and forward at the waist. Twisting >80% of the time from a stationary position. Kneeling <10%. Crouching 50%. Reaching >90% in a sustained position. Standing in a dynamic position >80%. Walking 20% at a moderate speed. Communicating and hearing >90%. Repetitive motions >90%.

Teachers; Teaching Assistants:

Emphasis should be placed on mental ability to work with students, ability to read, communicate, understand directions, and assist students. This position requires the ability to maintain a maximum capacity to lift, push, or pull 40 lb for a woman or 60 to 80 lb for a man, with often lifting of students on and out of wheelchairs, from buses, cars/vans. Good joint flexibility and posture. Stability of the lumbar, thoracic, and cervical spine. Carpal tunnel, epicondyles, and upper extremities should be free of impingement symptoms or neurologic weakness. Stooping >80% of the time with bending downward and forward at the waist. Standing in a dynamic position >80%. Walking 30% at a moderate speed.

Recreational Aides; Lunch Aides:

Supervises students during lunch period in lunchroom, in gymnasiums, and on play fields during short recreation periods to maintain safety and order. Initiates student's participation in table games; gymnasium activities such as basketball or kickball; and, field games, such as softball. Issues and collects jump ropes, play balls, and table games. May operate film projector. May wipe off lunch tables between lunch periods. May escort injured students to the nurse's office.