

**PHYSICIAN'S STATEMENT  
PRIOR TO RETURN TO ACTIVE DUTY FROM ABSENCE  
FOR REASON OF PERSONAL ILLNESS, INJURY, OR MATERNITY**

**FOR MEDICAL CLEARANCE**

*Rev. 7/08*

**Hand Deliver to:**

**Central Offices, Health Services, Rm. 104**

Employee is requested to deliver this form to Health Office before returning to work. **Please call ahead if you have any work limitations.**

(435-4147 or 435-4146) (FAX – 435-4859)

This is to certify that I have examined \_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_, \_\_\_\_\_  
*Name (first) (maiden) (last) Job Title*

\_\_\_\_\_ on \_\_\_\_\_  
*(School/Department) (Date) (Employee ID#)*

\_\_\_\_\_ Yes \_\_\_\_\_ No \_\_\_\_\_  
*(Home Phone) (Cell Phone) (Workers Compensation) (Claim #)*

for \_\_\_\_\_, and find that, in my opinion:  
*(Diagnosis/Treatment)*

Onset of Absence \_\_\_\_\_  
*(Date)*

**CHECK ONE ONLY:**

He/She may return to work with **no limitations** on: \_\_\_\_\_.

**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 back side of this sheet for 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.

**LIMITATIONS (please detail ONLY if employee has specific limits)**

In an 8 hour workday the above employee:

	May Not	No Limitations
Sitting	_____	_____
Standing	_____	_____
Pushing	_____	_____
Pulling	_____	_____
Squatting	_____	_____
Bending	_____	_____
Driving	_____	_____
Work w/ Chemicals	_____	_____

Work Restrictions Effective Until: \_\_\_\_\_.

If this was **maternity** leave of absence, please give birth date of baby: \_\_\_\_\_ Normal Delivery  
*(Date)* C-Section

\_\_\_\_\_  
*(Provider Signature)*

\_\_\_\_\_  
*(Date)*

\_\_\_\_\_  
*(Print Name)*

\_\_\_\_\_  
*( Phone #)*

\_\_\_\_\_  
*(Director Health Services Review)*

# Syracuse City School District Position Analyzer of Duties and Responsibilities

## 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:

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%.

## Teacher: Recreational aides, teacher 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.