

Figure 1. Frequent and Critical Physical Tasks

- Walking
- Running short and long distances
- Running up and down stairs
- Running over uneven terrain
- Light, medium, and heavy lifting and carrying
- Jumping over obstacles
- Vaulting over obstacles
- Climbing fences
- Climbing stairs
- Dodging around obstacles
- Crawling under or through obstacles
- Dragging objects
- Extracting and dragging victims
- Pushing heavy objects such as cars
- Bending and reaching
- Using restraining devices
- Using hand and feet in self-defense
- Short- and long-term use of force