NEBRASKA
Good Life. Great Service.
DEPT. OF ADMINISTRATIVE SERVICES

Workability Form

Associate Name (Last, First): _____ DOB: _____

Employer: _____ Claim Number: _____

Diagnosis/Condition: _____ Date of Injury: _____ Date of Visit: _____

Check One: ☐ Initial Visit ☐ Follow-Up ☐ Discharge from Care

Current Treatment Plan:

_____

Completed copies of this report must be sent back to XXXX with the associate:

Work Status (choose one):

☐ **Full Duty:** Associate may return to work on (_____/_____/_____) with no restriction or limitations

☐ **No Duty / Temporary:** Associate is physically unable to return to work as of (_____/_____/_____)

Anticipated Return to Work date (_____/_____/_____) to ☐ **Temporary transitional Duty** ☐ **Full Duty**

NDCS Employees Only:

Direct Inmate Contact: ☐ Yes ☐ No

Indirect Inmate Contact: ☐ Yes ☐ No

Temporary transitional Duty /Temporary

Associate may return to work on (_____/_____/_____) with the follow limitations (measured in hours)

Stand/Walk	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	☐ 11	☐ 12	☐ 16
Sit	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	☐ 11	☐ 12	☐ 16
Drive	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	☐ 11	☐ 12	☐ 16
Bend/Stoop	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	☐ 11	☐ 12	☐ 16
Twist	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	☐ 11	☐ 12	☐ 16
Squat/Crouch	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	☐ 11	☐ 12	☐ 16
Climb	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	☐ 11	☐ 12	☐ 16
Kneel/Crawl	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	☐ 11	☐ 12	☐ 16
Overhead Work	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	☐ 11	☐ 12	☐ 16
Lifting and Carrying														
0 – 10 lbs.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	☐ 11	☐ 12	☐ 16
10 – 20 lbs.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	☐ 11	☐ 12	☐ 16
20 – 30 lbs.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	☐ 11	☐ 12	☐ 16
30 – 50 lbs.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	☐ 11	☐ 12	☐ 16
50 – 75 lbs.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	☐ 11	☐ 12	☐ 16
75 – 100 lbs.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	☐ 11	☐ 12	☐ 16
Hands:	☐ Left		☐ Right		☐ Both									
Grasping	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	☐ 11	☐ 12	☐ 16
Pinching	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	☐ 11	☐ 12	☐ 16
Pulling/Pushing	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	☐ 11	☐ 12	☐ 16
Fine Manipulation	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	☐ 11	☐ 12	☐ 16
Keyboarding/typing	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	☐ 11	☐ 12	☐ 16
Feet:	☐ Left		☐ Right		☐ Both									
Foot Controls/Pedal	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	☐ 11	☐ 12	☐ 16

If the associate is on medication, will the medication restrict the associate's ability to drive or work safely? ☐Yes ☐No

These restrictions are TEMPORARY and will be reassessed on: (____/____/____)

Patient is expected to resume full duty within ☐ 24 hrs ☐ 48 hrs ☐ 30 days ☐ 60 days ☐ 90 days ☐ 120 days ☐ 180 days ☐ 180+ days

Resume work No Restrictions? Yes ☐ No ☐ Was patient referred to a specialist? ☐ Yes ☐ No

Is this a permanent restriction? Yes ☐ No ☐

Next office visit date: (_____/_____/_____) If yes, who?_____

Print Doctor's Name: _____ Doctor's Signature: _____

Telephone Number: _____ Employee's Signature: _____

I understand that by submitting this form, I am agreeing to furnish a copy to my work location and to provide an updated Workability form within 30 days from my last Workability form to my work location."