

Chapter 10

Section B

Enlisted physical demands categories

10-2-1. General

This chapter provides the occupational physical assessment test (OPAT), allows the Army to screen applicants for their ability to succeed in their assigned specialty prior to entering active duty or active duty for training. Local commander are responsible for ensuring the OPAT is administered prior to approval of the soldier's reclassification, or branch transfer when applicable.

10-2-2. Specifications for enlisted physical demands

This chapter contains physical demands for each enlisted specialty. The chapter is organized by each specialty and defined as 10-XXX-1 where XXX represents the enlisted specialty. For example the physical demands for 13B, Cannoneer Crewmember are located in section 10-13B-1. Additionally, a consolidate listing of the all enlisted categories is located in figure 10-2-1.

10-2-1. Enlisted OPAT Physical Demands Categories

The occupational physical assessment test (OPAT), allows the Army to screen applicants for their ability to succeed in their assigned specialty prior to entering active duty or Nominative CSMs at the Division Level and higher, not specifically listed for a Physical Demand Category are classified as Moderate (gold) unless otherwise directed by the SMA.

The OPAT categories for each enlisted specialty are:

MOS	TITLE	PHYSICAL DEMANDS CATEGORY
00Z	Sergeant Major Nominative	MODERATE
09B	Trainee Unassigned	MODERATE
09C	Trainee Language	MODERATE
09D	College Trainee	MODERATE
09E	Trainee Language	MODERATE
09J	GED Completion Program	MODERATE
09N	Nurse Corps Candidate	MODERATE
09Q	Army Legal Immigrant Healthcare Professional Officer Candidate	MODERATE
09R	Simultaneous Member Program	MODERATE
09S	Commissioned Officer Candidate	MODERATE
09T	College Student Army National Guard Officer Program	MODERATE
09U	Unqualified In Authorized Army MOS	MODERATE
09W	Warrant Officer Candidate	MODERATE
11B	Infantryman	HEAVY
11C	Indirect Fire Infantryman	HEAVY
11X	Infantry Recruit	HEAVY
11Z	Infantry Senior Sergeant	MODERATE
12A	Engineer Senior Sergeant	MODERATE
12B	Combat Engineer	HEAVY
12C	Bridge Crewmember	HEAVY
12D	Diver	HEAVY
12G	Quarrying Specialist (RC)	SIGNIFICANT
12H	Construction Engineering Supervisor	MODERATE
12K	Plumber	MODERATE
12M	Firefighter	HEAVY
12N	Horizontal Construction Engineer	MODERATE
12P	Prime Power Production Specialist	MODERATE
12Q	Power Line Distribution Specialist (RC)	MODERATE
12R	Interior Electrician	MODERATE
12T	Technical Engineer	MODERATE
12W	Carpentry & Masonry Specialist	MODERATE
12X	General Engineering Supervisor	MODERATE
12Y	Geospatial Engineer	MODERATE
12Z	Combat Engineering Senior Sergeant	MODERATE
13B	Cannon Crewmember	HEAVY
13F	Joint Fire Support Specialist	HEAVY
13J	Fire Control Specialist	HEAVY
13M	Multiple Launch Rocket System (MLRS)/High Mobility Artillery Rocket Syst Em (HIMARS) Crewmember	HEAVY
13R	Field Artillery Firefinder Radar Operator	HEAVY
13X	Field Artillery Computer Systems Specialist	MODERATE
13Z	Field Artillery Senior Sergeant	MODERATE
14E	Patriot Fire Control Enhanced Operator/Maintainer	MODERATE
14G	Air Defense Battle Management System Operator	MODERATE
14H	Air Defense Enhanced Early Warning Operator	MODERATE
14P	Air & Missile Defense (AMD) Crewmember	SIGNIFICANT
14S	Avenger Crewmember (Rescind 202510)	SIGNIFICANT
14T	Patriot Launching Station Enhanced Operator/Maintainer	MODERATE
14X	Space and Missile Defense Operations	MODERATE
14Z	Air Defense Artillery Senior Sergeant	MODERATE
15B	Aircraft Powerplant Repairer	MODERATE
15C	MQ-1 Operator	MODERATE
15D	Aircraft Powertrain Repairer	MODERATE
15E	RQ-7 Repairer	MODERATE
15F	Aircraft Electrician	MODERATE
15G	Aircraft Structural Repairer	MODERATE
15H	Aircraft Pneudraulics Repairer	MODERATE
15K	Aircraft Components Repair Supervisor	MODERATE
15L	Armament/Electrical/Avionics Repair Supervisor (Arm/Elect/Avionics Rep Supv)	MODERATE
15M	MQ-1 Repairer	MODERATE
15N	Avionic Mechanic	MODERATE
15P	Aviation Operations Specialist	MODERATE
15Q	Air Traffic Control Operator	MODERATE

MOS	TITLE	PHYSICAL DEMANDS CATEGORY
15R	AH-64 Attack Helicopter Repairer	MODERATE
15T	UH-60 Helicopter Repairer	MODERATE
15U	CH-47 Helicopter Repairer	MODERATE
15W	RQ-7 Operator	MODERATE
15Y	AH-64D Armament/Electrical/Avionic Systems Repairer	MODERATE
15Z	Aircraft Senior Sergeant	MODERATE
17C	Cyber Operations Specialist	MODERATE
17E	Electronic Warfare Specialist	MODERATE
17Z	CEMA Senior Sergeant	MODERATE
18B	Special Forces Weapons Sergeant	HEAVY
18C	Special Forces Engineer Sergeant	HEAVY
18D	Special Forces Medical Sergeant	HEAVY
18E	Special Forces Communications Sergeant	HEAVY
18F	Special Forces Assistant Operations & Intelligence Sergeant	HEAVY
18X	Special Forces Recruit	HEAVY
18Z	Special Forces Senior Sergeant	HEAVY
19D	Cavalry Scout	HEAVY
19K	M1 Armor Crewman	HEAVY
19Z	Armor Senior Sergeant	MODERATE
25B	Information Technology Specialist	MODERATE
25D	Cyber Network Defender	MODERATE
25E	Electromagnetic Spectrum Manager	MODERATE
25S	Satellite Communication Systems Operator- Maintainer	MODERATE
25U	Signal Operations Support Specialist	MODERATE
25X	Chief Signal NCO (Rescind 202510)	MODERATE
25Z	Senior Signal Sergeant (Effective 202510)	MODERATE
27D	Paralegal Specialist	MODERATE
31B	Military Police	SIGNIFICANT
31D	CID Special Agent	MODERATE
31E	Internment/Resettlement Specialist	MODERATE
31K	Military Working Dog (MWD) Handler	SIGNIFICANT
31Z	Senior Military Police Sergeant	MODERATE
35F	Intelligence Analyst	MODERATE
35G	Geospatial Intelligence Imagery Analyst	MODERATE
35L	Counter Intelligence Agent	MODERATE
35M	Human Intelligence Collector	MODERATE
35N	Signals Intelligence Analyst	MODERATE
35P	Cryptologic Linguist	MODERATE
35S	Signals Collector/Analyst	MODERATE
35T	Military Intelligence Systems Maintainer/Integrator	MODERATE
35Z	Intelligence Sergeant Major	MODERATE
36B	Financial Management Technician	MODERATE
37F	Psychological Operations Specialist	SIGNIFICANT
38B	Civil Affairs Specialist	SIGNIFICANT
38R	Civil Reconnaissance Sergeant (Effective 202310)	SIGNIFICANT
38W	Civil Affairs Medical Sergeant (Effective 202310)	SIGNIFICANT
38Z	Civil Affairs Senior Sergeant (Effective 202310)	SIGNIFICANT
42A	Human Resources Specialist	MODERATE
42R	Musician	MODERATE
42S	Special Band Musician	MODERATE
46Q	Public Affairs Specialist	MODERATE
46R	Public Affairs Broadcast Specialist	MODERATE
46S	Public Affairs Mass Communications Specialist	MODERATE
46T	Visual Information Equipment Operator-Maintainer	MODERATE
46V	Visual Information Specialist	MODERATE
46Y	Visual Information Operations Chief	MODERATE
46Z	Chief Public Affairs NCO	MODERATE
51C	Acquisition, Logistics & Technology (AI&T) Contracting NCO	MODERATE
56M	Religious Affairs Specialist	MODERATE
68A	Biomedical Equipment Specialist	MODERATE
68B	Orthopedic Specialist	MODERATE
68C	Practical Nursing Specialist	MODERATE
68D	Operating Room Specialist	MODERATE
68E	Dental Specialist	MODERATE
68F	Physical Therapy Specialist	MODERATE
68G	Patient Administration Specialist	MODERATE

MOS	TITLE	PHYSICAL DEMANDS CATEGORY
68H	Optical Laboratory Specialist	MODERATE
68J	Medical Logistics Specialist	MODERATE
68K	Medical Laboratory Specialist	MODERATE
68L	Occupational Therapy Specialist	MODERATE
68M	Nutrition Care Specialist	MODERATE
68P	Radiology Specialist	MODERATE
68Q	Pharmacy Specialist	MODERATE
68R	Veterinary Food Inspection Specialist	MODERATE
68S	Preventive Medicine Specialist	MODERATE
68T	Animal Care Specialist	MODERATE
68V	Respiratory Specialist	MODERATE
68W	Combat Medic Specialist	SIGNIFICANT
68X	Behavioral Health Specialist	MODERATE
68Y	Eye Specialist	MODERATE
68Z	Chief Medical NCO	MODERATE
74D	Chemical, Biological, Radiological & Nuclear (CBRN) Specialist	MODERATE
79R	Recruiter	MODERATE
79S	Career Counselor	MODERATE
79T	Recruiting & retention NCO (Army National Guard of the United States)	MODERATE
79V	Retention & Transition NCO, USAR	MODERATE
88H	Cargo Specialist	HEAVY
88K	Watercraft Operator	HEAVY
88L	Watercraft Engineer	SIGNIFICANT
88M	Motor Transport Operator	HEAVY
88N	Transportation Management Coordinator	SIGNIFICANT
88U	Railway Specialist (RC)	MODERATE
88Z	Transportation Senior Sergeant	MODERATE
89A	Ammunition Stock Control & Accounting Specialist	MODERATE
89B	Ammunition Specialist	SIGNIFICANT
89D	Explosive Ordnance Disposal Specialist	SIGNIFICANT
91A	M1 Abrams Tank System Maintainer	MODERATE
91B	Wheeled Vehicle Mechanic	MODERATE
91C	Utilities Equipment Repairer	MODERATE
91D	Tactical Power Generation Specialist	MODERATE
91E	Allied Trades Specialist	MODERATE
91F	Small Arms/Towed Artillery Repairer	MODERATE
91G	Fire Control Repairer	MODERATE
91H	Track Vehicle Repairer	MODERATE
91J	Quartermaster & Chemical Equipment Repairer	MODERATE
91L	Construction Equipment Repairer	MODERATE
91M	Bradley Fighting Vehicle System Maintainer	MODERATE
91P	Artillery Mechanic	MODERATE
91S	Stryker Systems Maintainer	MODERATE
91X	Maintenance Supervisor	MODERATE
91Z	Mechanical Maintenance Supervisor	MODERATE
92A	Automated Logistical Specialist	SIGNIFICANT
92F	Petroleum Supply Specialist	SIGNIFICANT
92G	Culinary Specialist	SIGNIFICANT
92L	Petroleum Laboratory Specialist	MODERATE
92M	Mortuary Affairs Specialist	HEAVY
92R	Parachute Rigger	SIGNIFICANT
92S	Shower & Laundry Specialist (S&L SPC)	SIGNIFICANT
92W	Water Treatment Specialist	SIGNIFICANT
92Y	Unit Supply Specialist	MODERATE
92Z	Senior Noncommissioned Logistician	MODERATE
94A	Land Combat Electronic Missile System Repairer	MODERATE
94D	Air Traffic Control Equipment Repairer	MODERATE
94E	Radio Equipment Repairer	MODERATE
94F	Computer Detection Systems Repairer	MODERATE
94H	Test, Measurement, & Diagnostic Equipment (TMDE) Maintenance Support Specialist	MODERATE
94M	Radar Repairer	MODERATE
94P	Multiple Launch Rocket System Repairer	MODERATE
94R	Avionic & Survivability Equipment Repairer	MODERATE
94S	Patriot System Repairer	MODERATE
94T	Short Range Air Defense System Repairer	MODERATE
94W	Electronic Maintenance Supervisor	MODERATE

MOS	TITLE	PHYSICAL DEMANDS CATEGORY
94Y	Integrated Family of Test Equipment (IFTE) Operator & Maintainer	MODERATE
94Z	Senior Electronic Maintenance Supervisor	MODERATE

Table 10-11B-1
Physical requirements for MOS 11B

Skill level	Task numbers	Tasks
1	1,2,3,4,5,6,7,8,9,10,11,12,13,14,15, ,	1. Constantly performs all other tasks while wearing/carrying a minimum of 80 pounds (uniform and combat equipment), evenly distributed over entire body.
2	1,2,3,4,5,6,7,8,9,10,11,12,13,14,15	2. Occasionally drags 268-pound person 15 meters while wearing ~80 pounds of uniform and combat equipment.
3	1,2,3,4,5,6,7,8,9,10,11,12,	3. Frequently digs, lifts, and shovels 11-pound scoops of dirt in bent, stooped or kneeling position while wearing ~70 pounds of uniform and combat equipment.
4	1,2,3,4,5,6,7,8,9,10,11,12,	<p>4. Frequently walks, runs, crawls, and climbs over varying terrain and altitude changes for a distance of 20 kilometers during a 24-hour period while wearing/carrying 103 pounds of uniform and combat equipment evenly distributed over the entire body, after which Soldier must retain the ability to perform all other physical requirements.</p> <p>5. Frequently sprints 100 meters (in 3 to 5 second rushes) rising from a prone or kneeling position while wearing/carrying ~80 pounds of uniform and combat equipment.</p> <p>6. Occasionally, lifts 207-pound person 1 meter as member of a 3 Soldier team (prorated to 69 pounds) while wearing ~70 pounds of uniform and combat equipment.</p> <p>7. Frequently lifts, carries for up to 10 meters, and emplaces 30-40 pound sandbags at waist to shoulder height while wearing ~80 pounds of uniform and combat equipment.</p> <p>8. Frequently throws 1-pound grenade distance of 35 meters while wearing ~80 pounds of uniform and combat equipment.</p> <p>9. Frequently scales 2-meter vertical obstacles with assistance while wearing ~80 pounds of uniform and combat equipment.</p> <p>10. Occasionally lifts 107 pounds (weight of a 25mm Barrel) and carries 5 feet as a member of a 2 Soldier team (prorated to 53.5 pounds) while wearing ~70 pounds of uniform and combat equipment.</p> <p>11. Occasionally lifts, lowers, and moves laterally 59 pounds (weight of feeder assembly) and 1 meter, seated while wearing ~20 pounds of uniform and combat equipment.</p> <p>12. Frequently lifts 45pounds (weight of ammo can), carries 15 meters at waist height while wearing ~80 pounds of uniform and combat equipment.</p> <p>13. Occasionally lifts 65 pounds (weight of TOW 2B Missile) vertically 1 meter and carries 2 meters at shoulder height while wearing ~70 pounds of uniform and combat equipment.</p> <p>14. Frequently lifts 65 pounds (weight of TOW 2B Missile) 1 meter and carries 15 meters while wearing ~80 pounds of uniform and combat equipment.</p> <p>15. Occasionally lifts 153 pounds (prorated to 76.5 pounds) and carries 10 meters while wearing ~80 pounds of uniform and combat equipment (153 pounds represents weight of M2 HMG).</p>

Table 10-11C-1
Physical requirements for MOS 11C

Skill level	Task numbers	Tasks
1	1,2,3,4,5,6,7,8,9,10,11,12,13	1. Constantly performs all other tasks while wearing/carrying a minimum of 80 pounds (uniform and combat equipment), evenly distributed over entire body.
2	1,2,3,4,5,6,7,8,9,10,11,12,13	2. Occasionally drags 268-pound person 15 meters while wearing ~80 pounds of uniform and combat equipment.
3	1,2,3,4,5,6,7,8,9,10,11,13	3. Frequently digs, lifts, and shovels 11-pound scoops of dirt in bent, stooped or kneeling position while wearing ~70 pounds of uniform and combat equipment.
4	1,2,3,4,5,6,7,8,9,10,11,13	4. Occasionally walks, runs, crawls, and climbs over varying terrain and altitude changes for a distance of 20 kilometers during a 24-hour period while wearing/carrying 103 pounds of uniform and combat equipment evenly distributed over the entire body, after which Soldier must retain the ability to perform all other physical requirements.
		5. Frequently sprints 100 meters (in 3 to 5 second rushes) rising from a prone or kneeling position while wearing/carrying ~80 pounds of uniform and combat equipment.
		6. Frequently lifts, carries for up to 10 meters, and emplaces 30-40 pound sandbags at waist to shoulder height while wearing ~80 pounds of uniform and combat equipment.
		7. Occasionally throws 1-pound grenade distance of 35 meters while wearing ~80 pounds of uniform and combat equipment.
		8. Occasionally scales 2-meter vertical obstacles with assistance while wearing ~80 pounds of uniform and combat equipment.
		9. Occasionally lifts 136 pounds (prorated to 68 pounds) and carries 25 meters at waist height while wearing ~70 pounds of uniform and combat equipment (136 pounds represents weight of 120 mm base plate).
		10. Frequently raises, carries, or lifts 110 pounds (prorated to 55 pounds) 1.5 meters on a pivot point while wearing ~70 pounds of uniform and combat equipment (110 pounds represents weight of 120 mm mortar barrel).
		11. Occasionally lifts 183 pounds (represents weight of 120 mm bipod) 6 inches and moves laterally 1 meter and lowers as part of a 2 Soldier team (prorated to 91.5 pounds) while wearing ~70 pounds of uniform and combat equipment.
		12. Frequently lifts 29 pounds (represents weight of 120 mm mortar) a vertical distance of 2 meters and holds up to 10 seconds before placing it in the end of the mortar tube while wearing ~70 pounds of uniform and combat equipment.
		13. Occasionally, lifts 207-pound person 1 meter as member of a 3 Soldier team (prorated to 69 pounds) while wearing ~70 pounds of uniform and combat equipment.

Table 10-11Z-1
Physical requirements for MOS 11Z

Skill level	Task numbers	Tasks
5	1,2,3,4,5,6,	<ol style="list-style-type: none"> 1. Constantly performs all other tasks while wearing/carrying a minimum of 80 pounds (uniform and combat equipment), evenly distributed over entire body. 2. Occasionally drags 268-pound person 15 meters while wearing ~80 pounds of uniform and combat equipment. 3. Frequently walks, runs, crawls, and climbs over varying terrain and altitude changes for a distance of 20 kilometers during a 24-hour period while wearing/carrying 103 pounds of uniform and equipment evenly distributed over the entire body, after which Soldier must retain the ability to perform all other physical requirements. 4. Frequently sprints 100 meters (in 3 to 5 second rushes) rising from a prone or kneeling position while wearing/carrying a minimum of 80 pounds. 5. Frequently throws 1-pound grenade distance of 35 meters while wearing ~80 pounds of uniform and combat equipment. 6. Frequently scales 2-meter vertical obstacles with assistance while wearing ~80 pounds of uniform and combat equipment.
6	1,2,3,4,5,6,	

Table 10-12A-1
Physical requirements for MOS 12A

Skill level	Task numbers	Tasks
6		

Table 10-12B-1**Physical requirements for MOS 12B**

Skill level	Task numbers	Tasks
1	1,2,3,4,5,6,7,8	1. Frequently conducts 12-mile foot march over varying terrain, which must be completed within 5 hours, while wearing/carrying ~80 pounds of uniform and combat equipment.
2	1,2,3,4,5,6,7,8	2. Occasionally throws 1-pound grenade a distance of 25-35 meters from the standing, kneeling, or prone positions, while wearing/carrying ~40 pounds of uniform and combat equipment.
3	1,2,3,4,5,6,7,8	3. Frequently digs, lifts, and shovels 11 pound scoops of dirt a vertical distance of .75 meters in the bent, stooped or kneeling position while wearing/carrying ~40 pounds of uniform and combat equipment.
4	1,2,3,4,5,6,7,8	4. Frequently lifts and carries 30-40 pound sandbags a vertical distance of 1 to 1.5 meters and a horizontal distance of 10 meters, must emplace 16 sandbags within 5 minutes while wearing/carrying ~40 pounds of uniform and combat equipment. 5. Occasionally drags ~210 pound person (<i>drag a casualty to safety, dismounted</i>) a vertical distance of .5-2 meters and a horizontal distance of 15 meters within 3 minutes, while wearing/carrying ~40 pounds of uniform and combat equipment. 6. Occasionally lifts, lowers, and carries 207-pound person (<i>remove a casualty from a vehicle, mounted</i>), prorated to 69 pounds, a vertical distance of 1 meter and a horizontal distance of 2 meters as a member of a 3 soldier team within 2 minutes, while wearing/carrying ~40 pounds of uniform and combat equipment. 7. Occasionally lifts and carries 40 pounds (<i>Cratering Charge</i>) a vertical distance of 1-1.5 meters and a horizontal distance of 100 meters, Soldier must move 5 each H6 Cratering Charge within 15 minutes, while wearing/carrying ~40 pounds of uniform and combat equipment. 8. Frequently lifts, lowers, and carries 206 pounds (<i>rocking roller on Bailey Bridge</i>), prorated at 103 pounds, a vertical distance of 1 meter and a horizontal distance of 50 meters within 15 minutes, as part of a 2 soldier team while wearing/carrying ~40 pounds of uniform and combat equipment.

Table 10-12C-1
Physical requirements for MOS 12C

Skill level	Task numbers	Tasks
1	1,2,3,4,5,6,7,8	1. Frequently conducts 12-mile foot march over varying terrain, while wearing/carrying ~80 pounds of uniform and combat equipment. Task must be completed within 5 hours.
2	1,2,3,4,5,6,7,8	2. Occasionally throws 1-pound grenade a distance of 25-35 meters from the standing, kneeling, or prone positions, while wearing/carrying ~40 pounds of uniform and combat equipment.
3	1,2,3,4,5,6,7,8	3. Frequently digs, lifts, lowers, and shovels 11-pound scoops of dirt a vertical distance of .75meters in the bent, stooped, or kneeling position, while wearing/carrying ~40 pounds of uniform and combat equipment. 4. Frequently lifts, lowers, and carries 30-40 pound sandbags a vertical distance of 1 to 1.5 meters and a horizontal distance of 10 meters, wearing/carrying ~40 pounds of uniform and combat equipment. Standard is to emplace 16 sandbags within 5 minutes.
4	1,2,3,4,5,6,7,8	5. Occasionally lifts and drags ~210 pound casualty (<i>drag a casualty to safety, dismounted</i>) a vertical distance of .5-2 meters and a horizontal distance of 15 meters, while wearing/carrying ~40 pounds of uniform and combat equipment. Task must be performed within 3 minutes. 6. Occasionally lifts, lowers, and carries 207-pound casualty (<i>remove a casualty from a vehicle, mounted</i>), prorated to 69 pounds, per 3 soldier team, a vertical distance of 1 meter and a horizontal distance of 2 meters, while wearing/carrying ~40 pounds of uniform and combat equipment. Task must be performed within 2 minutes. 7. Occasionally lifts, lowers, and carries 40 pounds (<i>Cratering Charge</i>) a vertical distance of 1-1.5 meters and a horizontal distance of 100 meters, while wearing/carrying ~40 pounds of uniform and combat equipment. Standard is to move 5 each H6 Cratering Charges within 15 minutes. 8. Frequently lifts, lowers, and carries 206 pounds (<i>rocking roller on Bailey Bridge</i>), prorated at 103 pounds, per 2 soldier team, a vertical distance of 1 meter and a horizontal distance of 50 meters, while wearing/carrying ~40 pounds of uniform and combat equipment. Task must be completed within 15 minutes.

Table 10-12D-1**Physical requirements for MOS 12D**

Skill level	Task numbers	Tasks
1	1,2,3,4	1. Frequently lift/lower 114 pounds (<i>SCUBA diving uniform</i>) .75 meters and carry 64 meters.
2	1,2,3,4	2. Frequently lifts/lowers 122 pounds of (<i>surface supplied diving equipment</i>) 64 meters through
3	1,2,3,4	water, while wearing/carrying 114 pounds of <i>SCUBA diving uniform</i> and combat equipment.
4	1,2,3,4	3. Frequently climb/descend 12 meter (ladder), while wearing/carrying 114 pounds of <i>SCUBA diving uniform</i> and combat equipment.
5	1,2,3,4	4. Frequently swim/dive 33 meters, while wearing/carrying 114 pounds of <i>SCUBA diving uniform</i> and combat equipment.

Table 10-12G-1**Physical requirements for MOS 12G**

Skill level	Task numbers	Tasks
1	1,2,3	1. Occasionally lift/lower 156 pounds (<i>rolled conveyor belt</i>) prorated at 39 pounds per four soldier team .75 meters and carry 17 meters, while wearing/carrying ~40 pounds of uniform and combat equipment.
2	1,2,3	2. Frequently lifts/lower 45 pounds (engine battery).75 meters and carry 17 meters, while wearing/carrying ~40 pounds of uniform and combat equipment.
3	1,2,3	3. Frequently climbs/descend 5 meters on and off (<i>150TPH rock crushing plant</i>), while wearing/carrying ~40 pounds of uniform and combat equipment.

Table 10-12H-1

Physical requirements for MOS 12H

Skill level	Task numbers	Tasks
3	1	1. Occasionally lift/lower 130 pounds (<i>generator</i>)
4	1	<i>Prorated at 32.5 pounds per four soldier team .75 meters and carry 13 meters, while wearing/carrying ~40 pounds of uniform and combat equipment.</i>

Table 10-12K-1

Physical requirements for MOS 12K

Skill level	Task numbers	Tasks
1	1	1. Occasionally lift/lower 104 pounds (<i>water closet with tank</i>) <i>Prorated at 52 pounds</i> per two soldier team .75 meters and carry 6 meters, while wearing/carrying ~40 pounds of uniform and combat equipment.
2	1	

Table 10-12M-1**Physical requirements for MOS 12M**

Skill level	Task numbers	Tasks
1	1,2,3,4	1. Occasionally lift/lower 215 pounds (<i>incapacitated individual</i>) prorated at 107.5 pounds per two soldier team .75 meters and carry 65 meters, while wearing/carrying ~50 pounds of firefighting uniform and equipment.
2	1,2,3,4	2. Frequently lift/lower 65 pound firefighting tool kit .75 meters, and carry 65 meters, while wearing/carrying ~50 pounds of firefighting uniform and equipment.
3	1,2,3,4	3. Occasionally crawl 300 meters, while wearing/carrying ~50 pounds of firefighting uniform and equipment.
4	1,2,3,4	4. Occasionally climb/descends 12 meter (<i>ladder</i>), while wearing/carrying ~50 pounds of firefighting uniform and equipment.

Table 10-12N-1**Physical requirements for MOS 12N**

Skill level	Task numbers	Tasks
1	1,2	1. Occasionally lift/lower 194 pounds (<i>621G wheel tractor scraper cutting edge</i>) Prorated at 97 pounds per two soldier team .75 meters and carry 33 meters, while wearing/carrying ~40 pounds of uniform and combat equipment. 2. Frequently climb/descend 4 meters on/off <i>621G wheel tractor scraper</i>), while wearing/carrying ~40 pounds of uniform and combat equipment.
2	1,2	
3	1,2	
4	1,2	

Table 10-12P-1**Physical requirements for MOS 12P (Effective 202310)**

Skill level	Task numbers	Tasks
1	1,2	1. Occasionally lifts/drags 188 pounds (rescue an electric shock victim) 6 meters, while wearing/carrying ~13.29 pounds of uniform and equipment. 2. Occasionally Lifts 54 pounds (60KW Power Distribution Panel) no higher than waist level, carries 30 meters and lowers to the ground, while wearing/carrying ~13.29 pounds of uniform and equipment.
2	1,2	
3	1,2	
4	1,2	

Table 10-12Q-1**Physical requirements for MOS 12Q**

Skill level	Task numbers	Tasks
1	1,2,3	1. Occasionally lift/lower 100 pounds (<i>utility pole</i>)
2	1,2,3	.75 meters and carry 5 meters, while wearing/carrying ~40 pounds of uniform and combat equipment
3	1,2,3	2. Occasionally push/pull 100 pound (<i>utility pole</i>) 5 meters, while wearing/carrying ~40 pounds of uniform and combat equipment.
4	1,2,3	3. Occasionally climb/descend 12 meters (<i>utility pole</i>) while, wearing/carrying ~40 pounds of uniform and combat equipment.

Table 10-12R-1

Physical requirements for MOS 12R

Skill level	Task numbers	Tasks
1	1,2	1. Occasionally lift/lower 130 pounds (<i>generator</i>) <i>Prorated at 32.5 pounds</i> per four soldier team .75 <i>meters</i> and carry <i>13 meters</i> , while wearing/carrying <i>~40 pounds</i> of uniform and combat equipment.
2	1,2	2. Occasionally climb/descend (ladder) 6 meters, while wearing/carrying <i>~40 pounds</i> of uniform and combat equipment.

Table 10-12T-1**Physical requirements for MOS 12T**

Skill level	Task numbers	Tasks
1	1	1. Occasionally lift/lower 92 pound (concrete blocks) prorated at 46 pounds per two soldier team .75 meters and carry 10 meters, while wearing/carrying ~40 pounds of uniform and combat equipment.
2	1	
3	1	
4	1	

Table 10-12W-1

Physical requirements for MOS 12W

Skill level	Task numbers	Tasks
1	1	1. Occasionally lift/lower 250 pounds (<i>Kipper tool kit</i>) prorated at 62 pounds per four soldier team .75 meters and carry 10 meters, while wearing/carrying ~40 pounds of uniform and combat equipment.
2	1	

Table 10-12X-1

Physical requirements for MOS 12X

Skill level	Task numbers	Tasks
5	1	1. Frequently climb/descend 4 meters on/off (<i>621G wheel tractor scraper</i>), while wearing/carrying ~40 pounds of uniform and combat equipment.

Table 10-12Y-1
Physical requirements for MOS 12Y

Skill level	Task numbers	Tasks
1	1	1. Occasionally lift, carry and lower 395 pounds (Prepare GIS Equipment for Operations/Movement) as part of a 6 Soldier team, prorated at 65 pounds per Soldier, a vertical distance of 1 meter and a horizontal distance of 20 meters, while wearing/carrying ~40 pounds of equipment.
2	1	
3	1	
4	1	
5	1	
6	1	

Table 10-12Z-1
Physical requirements for MOS 12Z

Skill level	Task numbers	Tasks
5		

Table 10-13B-1**Physical requirements for MOS 13B**

Skill level	Task numbers	Tasks
1	1	1. Frequently lifts/lowers 103 pounds (155MM M795 HE round) 1.5 meters vertically and carries a horizontal distance of 3 meters, 15 times within 15 minutes while wearing a 50-64 pound fighting load depending on the size of equipment the Soldier is issued.
2	1	
3	1	
4	1	

Table 10-13D-1**Physical requirements for MOS 13D**

Skill level	Tasks numbers	Tasks
1	1	1. Occasionally lifts/lowers an antenna group OE-254/GRC (42 pounds) 2 meters and carries 4.5 meters to an emplacement location while wearing 75-90 pounds depending on the size of fighting load the Soldier is issued.
2	1	
3	1	
4	1	

Table 10-13F-1
Physical requirements for MOS 13F

Skill level	Tasks numbers	Tasks
1	1,2,3,4	1. Frequently lifts and lowers 120 pounds (FS3 prorated 60 pound for a two Soldier team) 7 meters and carry 3 meters while wearing a 75-90 pound fighting load dependent on the size of equipment issued to the Soldier. . 2. Frequently lifts 107 pounds (25MM Barrel as a member of a two soldier team (prorated to 53.5 pounds) 2 meters and carries 25 meters while wearing a 75-90 pound fighting load. 3. Frequently walks, runs, crawls, and climbs over varying terrain and altitude changes for a distance of up to 20 kilometers during a 24 hour period while carrying 160-175 lbs. dependent on the size of equipment issued to the Soldier, combination of the fighting and sustainment load pounds evenly distributed over entire body, after which Soldier must retain the ability to perform all other physical requirements. 4. Occasionally drags 268 pound person 15 meters while wearing an 80 pound fighting load.
2	1,2,3,4	
3	1,2,3,4	
4	3	

Table 10-13J-1
Physical requirements for MOS 13J

Skill level	Tasks numbers	Tasks
1	1,2	1. 1. Occasionally Frequently lifts/lowers an antenna group OE-254/GRC (42 pounds) 2 meters and carries 4.5 meters to an emplacement location while wearing 75-90 pounds depending on the size of fighting load the Soldier is issued.
2	1,2	
3	1,2	
4	1	2. Occasionally drags 271 pound person 15 meters while wearing 75-90 pounds depending on the size of fighting load the Soldier is issued.

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Table 10-13M-1**Physical requirements for MOS 13M**

Skill level	Tasks numbers	Tasks
1	1,2,3,4,	1. Occasionally lifts/ lowers 74 pounds (UPNU prorated at 37 pounds per two soldier) 2 meters and carry 3 meters. Soldiers will be wearing a fighting load of 75-90 pounds depending on the size of equipment the Soldier is issued.
2	1,2,3,4,	2. Occasionally pushes and pulls 74 pounds (UPNU prorated at 37 pounds per two soldier)6 meters Soldiers will be wearing a fighting load of 75-90 pounds depending on the size of equipment the Soldier is issued.
3	1,2,3,4,	3. Occasionally drags a 271 pound Casualty 15 meter. Soldiers will be wearing a fighting load of 75-90 pounds depending on the size of equipment the Soldier is issued
4	1,2,3	4. Frequently guides a 5111 pound. rocket pod (suspended from a crane) with a 10k tiedown strap, using a pulling motion to properly position the rocket pod onto the ammunition truck or the ground, while wearing 75-90 pounds of uniform and combat equipment.

Table 10-13P-1**Physical requirements for MOS 13P**

Skill level	Tasks numbers	Tasks
1	1	1. Occasionally lifts/lowers an antenna group OE-254/GRC (42 pounds) 2 meters and carries 4.5 meters to an emplacement location while wearing 75-90 pounds depending on the size of fighting load the Soldier is issued.
2	1	
3	1	
4	1	

Table 10-13R-1**Physical requirements for MOS 13R**

Skill level	Tasks numbers	Tasks
1	1,2,3	1. Frequently lifts/ lowers 174 pounds (Q50
2	1,2,3	Transportation Case with equipment as part of a 2
3	1,2,3	soldier team prorated at 87 pounds per soldier) 1
4	1,2,3	meter and carries 20 meters wearing a 75-90
		pounds. fighting load dependent on the size of
		equipment issued.
		2. Frequently pushes and pulls 174 pounds (Q50
		Transportation Case with equipment as part of a 2
		soldier team prorated at 87 pounds per soldier) 2
		meters as part of a 2 soldier team wearing a 75-90
		pounds. fighting load dependent on the size of
		equipment issued.
		3. Occasionally drags 271 pound person 15
		meters while wearing 75-90 pounds depending on
		the size of fighting load the Soldier is issued.

Table 10-13Z-1

Physical requirements for MOS 13Z

Skill level	Task numbers	Tasks
5		* Indicates the most physically demanding tasks
6		Soldiers at this level will ever perform are Warrior Task and Battle Drills.

Table 10-14E-1**Physical requirements for MOS 14E**

Skill level	Task numbers	Tasks
1	1,2,3,4,5,6,7	1. Occasionally reaches 4 feet to grasp (<i>Prime Power Cable</i>), and pulls 45 lbs. of cable weight 60 feet, while wearing ~80 lbs. of uniform and combat equipment.
2	1,2,3,4,5,6,7	2. Occasionally lifts 30 lbs. (<i>Prime Power Cable</i>) overhead, turns (Cable Head) clockwise to seat while wearing ~80 lbs. of uniform and combat equipment.
3	1,2,3,4,5,6,7	3. Occasionally lifts/lowers 55 lbs. (<i>Walkway Panel</i>) prorated at 27.5 lbs. per two Soldier team, and holds overhead for 10 seconds, while wearing ~80 lbs. of uniform and combat equipment.
4	1,4,6	4. Occasionally climbs/descends (<i>Ladder</i>) 5.5 vertical feet, to gain access to lowered (<i>Walkway Panels</i>), while wearing ~80 lbs. of uniform and combat equipment. 5. Occasionally lift/lower a 15 lbs. (<i>Sledge Hammer</i>) 3.5 feet, and carries 30 feet, to hammer/pound (<i>Copper Grounding Rod</i>) 9 feet in depth, while wearing ~80 lbs. of uniform and combat equipment. 6. Occasionally pushes/pulls (cranks) 3 feet (<i>Cranking Mechanism</i>), while wearing ~80 lbs. of uniform and combat equipment. 7. Occasionally climbs/descends 10 feet, to push/pull 25 lbs. (<i>Corner Reflectors</i>) 3 feet, while wearing ~80 lbs. of uniform and combat equipment.

Table 10-14G-1**Physical requirements for MOS 14G**

Skill level	Task numbers	Tasks
1	1,2	1. Occasionally climb/descends 6 feet (<i>Antenna Trailer Group</i>), to push/pull (crank) (<i>Cranking Mechanism</i>) 3 feet, while wearing ~ 80 lbs. of uniform and combat equipment. 2. Occasionally lift/lower a 15 pound (<i>Sledge Hammer</i>) 3.5 vertical feet, and carry a distance of 120 feet, to hammer/pound (<i>Copper Grounding Rod</i>) 9 feet in depth, while wearing ~80 lbs. of uniform and combat equipment.
2	1,2	
3	1,2	
4	1	

Table 10-14H-1**Physical requirements for MOS 14H**

Skill level	Task numbers	Tasks
1	1,2,3,4	1. Occasionally lift/lower a 15 lbs. (<i>Sledge Hammer</i>)
2	1,2,3,4	3.5 feet, and carry 30 feet, to hammer/pound (<i>Copper Grounding Rod</i>) 9 feet in depth, while wearing ~80 lbs. of uniform and combat equipment.
3	1,2,3,4	2. Occasionally lifts/lowers 25 lbs. (<i>Leveling Jacks</i>) 3 feet, and carries 30 feet, while wearing ~80 lbs. of uniform and combat equipment.
4	3	3. Occasionally push/pull (<i>cranks</i>) 3 feet, while wearing ~80 lbs. of uniform and combat equipment. 4. Occasionally lift/lower 20 lbs. (<i>Power Cable</i>) 3 feet, and pulls 30 feet, while wearing ~80 lbs. of uniform and combat equipment.

Table 10-14P-1

Physical requirements for MOS 14P

Skill level	Task numbers	Tasks
1	1,2,3,4,5,6,7	1. Frequently lifts/lowers 55 lbs. (<i>Remote Control Unit</i>), 4 feet, and carries 164 feet, while wearing ~80 lbs. of uniform and combat equipment.
2	1,2,3,4,5,6,7	2. Frequently lifts 93 lbs. (<i>Ammo Cans</i>), 3.5 feet as part of a 2 man team (prorated at 46.5 lbs.), and carries 10 feet, while wearing ~80 lbs. of uniform and combat equipment.
3	1,2,3,4,5,6,7	3. Frequently lifts 55 lbs. (<i>Remote Control Unit</i>) 6 inches, pulls 3 feet, and lowers 3.5 feet, while wearing ~80 lbs. of uniform and combat equipment.
4	7	4. Frequently lifts 36.1 lbs. (<i>Stinger Missile</i>) overhead, while wearing ~80 lbs. of uniform and combat equipment. 5. Frequently climbs 6.5 feet, operate (<i>Auto Lever</i>), while wearing ~24 lbs. of uniform and combat equipment. 6. Frequently lifts/lowers 39 lbs. (<i>20 mm Gun Barrel</i>), prorated at 19.5 lbs., 3 feet, while wearing ~24 lbs. of uniform and combat equipment. 7. Frequently climbs 6 feet (<i>Avenger Turret</i>), while wearing ~80 lbs. of uniform and combat equipment.

Table 10-14S-1**Physical requirements for MOS 14S (Rescind 202510)**

Skill level	Task numbers	Tasks
1	1,2,3,4	1. Frequently lifts/lowers 55 lbs. (<i>Remote Control Unit</i>), 4 feet, and carries 164 feet, while wearing ~80 lbs. of uniform and combat equipment.
2	1,2,3,4	2. Frequently lifts 55 lbs. (<i>Remote Control Unit</i>) 6 inches, pulls 3 feet, and lowers 3.5 feet, while wearing ~80 lbs. of uniform and combat equipment.
3	1,2,3,4	3. Frequently lifts 36.1 lbs. (<i>Stinger Missile</i>) overhead, while wearing ~80 lbs. of uniform and combat equipment.
4	4	4. Frequently climbs 6 feet (<i>Avenger Turret</i>) while wearing ~80 lbs. of uniform and combat equipment.

Table 10-14S-1**Physical requirements for MOS 14S**

Skill level	Task numbers	Tasks
1	1,2,3,4	1. Frequently lifts/lowers 55 lbs. (<i>Remote Control Unit</i>), 4 feet, and carries 164 feet, while wearing ~80 lbs. of uniform and combat equipment.
2	1,2,3,4	2. Frequently lifts 55 lbs. (<i>Remote Control Unit</i>) 6 inches, pulls 3 feet, and lowers 3.5 feet, while wearing ~80 lbs. of uniform and combat equipment.
3	1,2,3,4	3. Frequently lifts 36.1 lbs. (<i>Stinger Missile</i>) overhead, while wearing ~80 lbs. of uniform and combat equipment.
4	4	4. Frequently climbs 6 feet (<i>Avenger Turret</i>) while wearing ~80 lbs. of uniform and combat equipment.

Table 10-14T-1**Physical requirements for MOS 14T**

Skill level	Task numbers	Tasks
1	1,2,3,4,5	1. Occasionally climb/descend on (<i>Guided Missile Transport</i>)
2	1,2,3,4,5	14 feet, while wearing ~80 lbs. of uniform and combat equipment.
3	1,2,3,4,5	2. Occasionally guides a 1200 lbs. missile canister (<i>suspended from a crane</i>) to properly position onto (<i>Alignment Pins</i>), while wearing ~80 lbs. of uniform and combat equipment.
4	1	3. Occasionally lifts/lowers 20 lbs. (<i>Cable Head</i>) 3 feet, turns clockwise to seat, while wearing ~80 lbs. of uniform and combat equipment. 4. Occasionally lifts/lowers 98 lbs (<i>Cable Reel</i>) prorated at 49 lbs. per 2 Soldier team, 3 feet while wearing ~80 lbs. of uniform and combat equipment. 5. Occasionally pulls 35 pounds (<i>fiber optic cable</i>), 360 feet, while wearing ~80 lbs. of uniform and combat equipment.

Table 10-14Z-1

Physical requirements for MOS 14Z

Skill level	Task numbers	Tasks
5	1	1. Occasionally lifts and lowers 60 lbs. 4 feet to remove (<i>DRASH</i>), and carries 5 feet, while wearing ~80 lbs. of uniform and combat equipment.
6		

Table 10-15B-1**Physical requirements for MOS 15B**

Skill level	Task numbers	Tasks
1	1,2,3	1. Occasionally handles 225 lbs. (T-700 cold section module) utilizing engine stand, hangar hoist, and crane.
2	1,2,3	2. Occasionally pushes and pulls 1000 lbs. (engine, stands, and trailer) approx. 50 ft. using lifting devices and trailer as part of a four Soldier team (prorated at 250 lbs. per Soldier).
3	1,2,3	3. Occasionally climbs/descends 15 – 19 feet from ground to top of aircraft using steps and hand holds.

Table 10-15C-1**Physical requirements for MOS 15C (Effective 202010)**

Skill level	Task numbers	Tasks
1	1,	1. Occasionally Lift/Lower the Uninterruptible Power Supply (UPS) (weighing approx. 130 lbs.) waist high (approx. 3 ft.) as part of a two-Soldier team (prorated to 65 lbs. per Soldier) then carries 4-10 ft.
2	1,	
3	1,	
4	1,	

Table 10-15D-1**Physical requirements for MOS 15D**

Skill level	Task numbers	Tasks
1	1,2,3,	1. Occasionally lifts/lowers up to 350 lbs. (main rotor blade) waist high (approx. 3 ft.) and carries 3 ft. as part of a six Soldier team (prorated 87.5 lbs. per Soldier).
2	1,2,3,	2. Occasionally pushes and pulls up to 1000 lbs. (rotor head) approx. 50 ft. using lifting devices and trailer as part of a four Soldier team (prorated at 250 lbs. per Soldier).
3	1,2,3,	3. Occasionally climbs/descends 15-19 feet from ground to top of aircraft using steps and handholds.

Table 10-15E-1**Physical requirements for MOS 15E (Effective 202010)**

Skill level	Task numbers	Tasks
1	1,2,3,4	<p>1. Frequently Lift/Lower aircraft fuselage weighing approximately 210 pounds (prorated to 70 pounds per Soldier) approx.54 inches and carries approx. 10 feet. During assembly, Soldiers will be required to assume kneeling/crouching positions while using tools or making fuel, oil or electrical connections while wearing/carrying +/- 80 lbs. of uniform and combat equipment.</p> <p>2. Frequently Push/pull a fully fueled Shadow Unmanned Aircraft, on wheels, weighing approximately 462 pounds, approximately 50 feet. This requires a three Soldier team, two Soldiers are serving as wing walkers and only one Soldier is actually pushing the aircraft which is wheels while wearing/carrying +/- 80 lbs. of uniform and combat equipment.</p> <p>3. Frequently Lift/Lower aircraft engine, weighing approximately 62 lbs. approx. 2 feet and carries approx. 4-10 feet for removal/installation carried to other locations for maintenance while wearing/carrying +/- 80 lbs. of uniform and combat equipment.</p> <p>4. Occasionally Lift/lower arresting gear weighing approximately 70 lbs. energy absorbers as part of a two-Soldier team (prorated at 35 lbs. per Soldier) approximately 36 inches from the launcher and carries each absorber approximately 100 feet while wearing/carrying +/- 80 lbs. of uniform and combat equipment.</p>
2	1,2,3,4	
3	1,2,3,4	
4	1,2,3,4	

Table 10-15F-1
Physical requirements for MOS 15F

Skill level	Task numbers	Tasks
1	1,2,3	
2	1,2,3	1. Occasionally climbs/descends 15-19 ft. from ground to top of aircraft using steps and hand holds.
3	1,2,3	2. Occasionally lifts/lowers up to 55 lbs. (test set systems analyzer) 3 ft. and carries approximately 50 ft. 3. Occasionally pushes and pulls 1000 lbs. (Aviation Ground Power Unit) on wheels approximately 50 ft. as part of a four Soldier team (prorated at 250 lbs. per Soldier) when self-propelled system on AGPU is INOP or towing tractors are unavailable.

Table 10-15G-1**Physical requirements for MOS 15G**

Skill level	Task numbers	Tasks
1	1,2,3	1. Occasionally climbs/descends 15-19 ft. from ground to top of aircraft using steps and hand holds.
2	1,2,3	2. Occasionally pushes and pulls 1000 lbs. (rotor blades mounted in blade rack) on wheels approx. 50 ft. as part of a four Soldier team (prorated at 250 lbs. per Soldier).
3	1,2,3	3. Occasionally lifts/lowers up to 50 lbs. (aircraft panels) 3 ft. and carries approximately 50 ft.

Table 10-15H-1

Physical requirements for MOS 15H

Skill level	Task numbers	Tasks
1	1,2	1. Occasionally climbs/descends 15-19 ft. from ground to top of aircraft using steps and hand holds.
2	1,2	2. Occasionally pushes and pulls 1000 lbs. (Aviation Ground Power Unit) on wheels approximately 50 ft. as part of a four Soldier team (prorated at 250 lbs. per Soldier) When self-propelled system on AGPU is INOP or towing tractors are unavailable.
3	1,2	

Table 10-15K-1

Physical requirements for MOS 15K

Skill level	Task numbers	Tasks
4	1	1. Occasionally climbs/descends 15-19 ft. from ground to top of aircraft using steps and hand holds.

Table 10-15L-1 (Effective 201910)
Physical requirements for MOS 15L

Skill level	Task numbers	Tasks
4	1	1. Occasionally climbs/descends 15-19 ft. from ground to top of aircraft using and hand holds.

Table 10-15M-1**Physical requirements for MOS 15M (Effective 202010)**

Skill level	Task numbers	Tasks
1	1,2	1. Occasionally push/pull Gray Eagle aircraft as part of a four Soldier team approximately 50 ft. Technical manual specifies aircraft can be safely pushed by one Soldier. 2. Occasionally Lift/Lower aircraft wing (approximately 200 lbs.) 5 ft. as part of a four Soldier team (prorated at 50 lbs. per Soldier)
2	1,2	
3	1,2	
4	1,2	

Table 10-15N-1
Physical requirements for MOS 15N

Skill level	Task numbers	Tasks
1	1,2,3	1. Occasionally climbs/descends 15-19 ft. from ground to top of aircraft using steps and hand holds.
2	1,2,3	2. Occasionally pushes and pulls 1000 lbs. (Aviation Ground Power Unit) on wheels approximately 50 ft. as part of a four Soldier team (prorated at 250 lbs. per Soldier) when self-propelled
3	1,2,3	3. Occasionally lifts/lowers up to 55 lbs. (test set systems analyzer) waist high (approx. 3 ft.) and carries approximately 50 ft.

Table 10-15P-1**Physical requirements for MOS 15P**

Skill level	Task numbers	Tasks
1	1,2	1. Occasionally lifts/lowers 30 lbs. (OE-254/GRC)
2	1,2	waist high (approx. 3 ft.) and carries approximately 50 ft.
3	1,2	2. Occasionally pushes/pulls 30 lbs. (Command
4	1,2	Post of the Future workstation) 3 ft.

Table 10-15Q-1

Physical requirements for MOS 15Q

Skill level	Task numbers	Tasks
1	1,2,3	1. Occasionally push/pull 618 lbs. (generator) on a cargo trailer with wheels approximately 20 ft. as part of an eight Soldier team (prorated 77.2 pounds per Soldier). 2. Occasionally carries 60 lbs. (Non-Direction Radio Beacon set) approximately 250 ft., distance required to work properly. 3. Occasionally climbs 10 ft. (Air Traffic Navigation, Integration, and Coordination System) shelter for employment of the antennas.
2	1,2,3	
3	1,2,3	
4	1,2,3	

Table 10-15R-1**Physical requirements for MOS 15R**

Skill level	Task numbers	Tasks
1	1,2	1. Occasionally climbs/descends 15 ft. from ground to top of aircraft using steps and hand holds.
2	1,2	2. Occasionally lifts/lowers 157 lbs. (main rotor blades) a vertical distance of 3 ft. and carries approximately 25 ft. as part of a four Soldier team (prorated 39.25 pound per Soldier).
3	1,2	
4	1,2	

Table 10-15T-1**Physical requirements for MOS 15T**

Skill level	Task numbers	Tasks
1	1,2,3	1. Occasionally climbs/descends 15 ft. from the ground to the top of a UH-60 aircraft, using steps and hand holds.
2	1,2,3	2. Occasionally pushes/pulls a wheeled Main Rotor Blade Stand with blades weighing up to 1000 lbs. (approx. 25 ft.), as part of a four Soldier team (prorated 250 lbs. per Soldier).
3	1,2,3	3. Occasionally lifts/lowers a UH-60 Helicopter Main Rotor Blade weighing 250 lbs. as part of a four Soldier team (prorated 63 lbs. per Soldier), places blade in the blade clamp already attached to the hoist.
4	1,2,3	

Table 10-15U-1
Physical requirements for MOS 15U

Skill level	Task numbers	Tasks
1	1,2,3	1. Occasionally climbs/descends 19 ft. from ground to top of aircraft using steps and handholds.
2	1,2,3	2. Occasionally pushes/pulls 1000 lbs. (Aft Transmission) approximately 25 ft. mounted on wheels, as part of a four Soldier team (prorated at 250 lbs. per Soldier).
3	1,2,3	3. Occasionally lifts/lowers 350 lbs. (rotor blade) waist high (approx. 3 ft.) and carries approximately 20 ft. as part of a six Soldier team (prorated 87.5 lbs. per Soldier).
4	1,2,3	

Table 10-15W-1

Physical requirements for MOS 15W (Effective 202010)

Skill level	Task numbers	Tasks
1	1,2	<p>1. Frequently Lift/Lower the Uninterruptible Power Supply (UPS) (weighing approx. 130 lbs.) approx. 3 feet from transport vehicle to emplacement location as part of a two-Soldier team (prorated to 65 lbs. per Soldier) then carries approx. 4-10 ft. while wearing/carrying +/- 80 lbs. of uniform and combat equipment.</p> <p>2. Frequently Push/pull a fully fueled Shadow Unmanned Aircraft, on wheels, weighing approximately 462 pounds, approximately 50 feet. This requires a three Soldier team, two Soldiers are serving as wing walkers and only one Soldier is actually pushing the aircraft which is wheels while wearing/carrying +/- 80 lbs. of uniform and combat equipment.</p>
2	1,2	
3	1,2	
4	1,2	

Table 10-15Y-1**Physical requirements for MOS 15Y**

Skill level	Task numbers	Tasks
1	1,2,3	1. Occasionally climbs/descends 15ft. from ground to top of aircraft using steps and hand holds.
2	1,2,3	2. Occasionally lifts/lowers 120 lbs. (30mm ammo can) waist high (approx. 3 ft.) as part of a two Soldier team (prorated at 60 lbs. per Soldier).
3	1,2,3	3. Occasionally lifts/lowers components of the CBHK. (Captive Boresight Harmonization Kit) waist high (approx. 3 ft.) and carries approximately 25 ft. as part of a four Soldier team.
4	1,2,3	

Table 10-15Z-1

Physical requirements for MOS 15Z

Skill level	Task numbers	Tasks
5	1	1. Occasionally climbs/descends 15-19 ft. from ground to top of aircraft using steps and hand holds.
6	1	

Table 10-17C-1**Physical requirements for MOS 17C (Eff 202210)**

Skill level	Task numbers	Tasks
1	1,2	1. Occasionally lifts/lowers and carries 80 pounds (computer equipment transit cases) as part of a two (2) Soldier team (prorated 40 pounds per Soldier) a vertical distance of 5 feet and a horizontal distance of 100 feet while wearing/carrying ~80 pounds of uniform and combat equipment 2. Occasionally lifts/lowers and carries 15 pounds of commercial off-the-shelf equipment (laptop with case) a vertical distance of 5 feet and a horizontal distance of 100 feet while wearing/carrying ~80 pounds of uniform and combat equipment.
2	1,2	
3	1,2	
4	1,2	
5	2	

Table 10-17E-1
Physical requirements for MOS 17E (Eff 202210)

Skill level	Task numbers	Tasks
1	1,2	1. Occasionally lifts/lowers and carries 67 pounds (electronic warfare equipment transit cases) as part of a two (2) Soldier team (prorated 33.5 pounds per Soldier) a vertical distance of 5 feet and a horizontal distance of 100 feet while wearing/carrying ~80 pounds of uniform and combat equipment.. 2. Occasionally lifts/lowers and carries 15 pounds of commercial off the shelf equipment (laptop computer with case) a vertical distance of 5 feet and a horizontal distance of 100 feet while wearing/carrying ~80 pounds of uniform and combat equipment.
2	1,2	
3	1,2	
4	1,2	
5	1,2	

Table 10-17Z-1 (Eff 202210)
Physical requirements for MOS 17Z

Skill level	Task numbers	Tasks
6		Occasionally lifts/lowers and carries 15 pounds of commercial off-the-shelf equipment (laptop with case) a vertical distance of 5 feet and a horizontal distance of 100 feet while wearing/carrying ~80 pounds of uniform and combat equipment.

Table 10-18B-1
Physical requirements for MOS 18B

Skill level	Task numbers	Tasks
3	1,2,3,4,5,6,7,8,9,10, 11,12,13,14,15	1. Occasionally drags 268 lbs casualty, 15 meters, while wearing ~80 lbs consisting of uniform and load bearing equipment.
4	1,2,3,4,5,6,7,8,9,10, 11,12,13,14,15	<p>2. Frequently walks, runs, crawls, and climbs over varying terrain and altitude changes for a distance of up to 15 miles, during a 24-hour period, while carrying ~188 lbs (Uniform, personal protective equipment, 72 hour sustainment load) evenly distributed over entire body, after which Soldier must retain the ability to perform all other physical requirements.</p> <p>3. Frequently rise from a prone, kneeling, or crouched position, sprint for 3 to 5 seconds while carrying a minimum of 80 lbs, evenly distributed over entire body, then returning to a prone, kneeling, or crouched position. Repeating for a distance of no less than 100 meters (individual movement techniques).</p> <p>4. Frequently throws 1 lb object (hand grenade) 35 meters, while wearing ~80 lbs consisting of uniform and load bearing equipment.</p> <p>5. Frequently digs, lifts, and shovels 11 lbs scoops of dirt in bent, stooped or kneeling position (digging fighting position), while wearing ~80 lbs consisting of uniform and load bearing equipment.</p> <p>6. Frequently lifts and lowers 40 lbs bags (sand bags) shoulder high, while wearing ~80 lbs consisting of uniform and load bearing equipment.</p> <p>7. Frequently scales and climbs over a 2-meter vertical obstacle (low wall), with assistance, while wearing ~80 lbs consisting of uniform and load bearing equipment.</p> <p>8. Occasionally raises a 233 lbs person (incapacitated Soldier) 3 feet (MRAP turret) as a member of a two Soldier team (prorated at 119 lbs per Soldier), while wearing ~80 lbs consisting of uniform and load bearing equipment.</p> <p>9. Occasionally lifts 65 lbs (TOW missile) 3 feet high, moves laterally 5 feet and places object in tube (TOW missile launcher) , while wearing ~80 lbs consisting of uniform and load bearing equipment.</p> <p>10. Occasionally lifts, lowers and carries 153 lbs (M2 Machine Gun, tripod mounted) 1.5 meter high for distances up to 10 meters, as part of a two Soldier team (prorated at 76.5 lbs per Soldier), while wearing ~80 lbs consisting of uniform and load bearing equipment.</p> <p>11. Frequently raises, carries, and lifts 110 lbs (120 MM mortar system) 1.5 meters on a pivot point, while wearing ~80 lbs consisting of uniform and load bearing equipment.</p>

Skill level	Task numbers	Tasks
		<p data-bbox="833 226 1430 407">12. Occasionally lifts 183 lbs (120 MM mortar system, ground mount configuration) six inches vertically, moves laterally 1 meter, and lowers as part of a two Soldier team (prorated at 91.5 lbs per Soldier) , while wearing ~80 lbs consisting of uniform and load bearing equipment.</p> <p data-bbox="833 411 1414 592">13. Occasionally lifts, lowers and carries rapidly 1.5 meter high for distances up to 25 meters, 136 lbs (120 MM mortar system, baseplate only) as part of a 2 Soldier team (prorated at 68 lbs per Soldier) , while wearing ~80 lbs consisting of uniform and load bearing equipment.</p> <p data-bbox="833 596 1409 743">14. Frequently lifts 29 lbs (120 MM mortar round) 77 inches and holds up to 10 seconds before placing it in the end of the mortar tube, while wearing ~80 lbs consisting of uniform and load bearing equipment.</p> <p data-bbox="833 747 1419 865">15. Occasionally performs a controlled Fast Rope descent of between 30 and 90 feet, while wearing ~80 lbs consisting of uniform and load bearing equipment.</p>

Table 10-18C-1
Physical requirements for MOS 18C

Skill level	Task numbers	Tasks
3	1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18	1. Frequently visually identifies vehicles and equipment at 1000 meters and individuals at 300 meters.
4	1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18	<p>2. Occasionally drags 268 lb person 15 meters</p> <p>3. Constantly performs all other tasks while carrying a minimum of 80 lbs, evenly distributed over entire body.</p> <p>4. Frequently hears, gives, or echoes oral commands in outside area up to 50 meters.</p> <p>5. Frequently walks, runs, crawls, and climbs over varying terrain and altitude changes for a distance of up to 15 miles, during a 24-hour period, while carrying 130-160 lbs evenly distributed over entire body, after which Soldier must retain the ability to perform all other physical requirements.</p> <p>6. Frequently rise from a prone, kneeling, or crouched position, sprint for 3 to 5 seconds while carrying a minimum of 80 lbs, evenly distributed over entire body, then returning to a prone, kneeling, or crouched position. Repeating for a distance of no less than 100 meters.</p> <p>7. Frequently throws 1 lb object 35 meters.</p> <p>8. Frequently digs, lifts, and shovels 11 lb scoops of dirt in bent, stooped or kneeling position.</p> <p>9. Frequently lifts and lowers 40 lb bags shoulder high.</p> <p>10. Frequently scales and climbs over a 2-meter vertical obstacle, with assistance.</p> <p>11. Occasionally raises a 238 lb person 3 feet as a member of a two Soldier team.</p> <p>12. Occasionally lifts 65 lbs 3 feet high, moves laterally 5 feet and places object in tube.</p> <p>13. Occasionally carries 153 lbs 10 meters as part of a two Soldier team.</p> <p>14. Frequently raises, carries, or lifts 1.5 meters on a pivot point, 110 lbs.</p> <p>15. Occasionally lifts 183 lbs six inches vertically, moves laterally 1 meter, and lowers as part of a two soldier team (prorated at 91.5 lbs per soldier).</p> <p>16. Occasionally lifts and carries rapidly for short distances, 136 lbs as part of a 2 soldier team (prorated at 68 lbs per soldier).</p> <p>17. Frequently lifts 29 lbs round 77 inches and holds up to 10 seconds before placing it in the end of the mortar tube.</p> <p>18. Occasionally performs a controlled Fast Rope descent of between 30 and 90 feet.</p>

Table 10-18D-1
Physical requirements for MOS 18D

Skill level	Task numbers	Tasks
3	1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18	1. Frequently visually identifies vehicles and equipment at 1000 meters and individuals at 300 meters.
4	1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18	<p>2. Occasionally drags 268 lb person 15 meters</p> <p>3. Constantly performs all other tasks while carrying a minimum of 80 lbs, evenly distributed over entire body.</p> <p>4. Frequently hears, gives, or echoes oral commands in outside area up to 50 meters.</p> <p>5. Frequently walks, runs, crawls, and climbs over varying terrain and altitude changes for a distance of up to 15 miles, during a 24-hour period, while carrying 130-160 lbs evenly distributed over entire body, after which Soldier must retain the ability to perform all other physical requirements.</p> <p>6. Frequently rise from a prone, kneeling, or crouched position, sprint for 3 to 5 seconds while carrying a minimum of 80 lbs, evenly distributed over entire body, then returning to a prone, kneeling, or crouched position. Repeating for a distance of no less than 100 meters.</p> <p>7. Frequently throws 1 lbs object 35 meters.</p> <p>8. Frequently digs, lifts, and shovels 11 lb scoops of dirt in bent, stooped or kneeling position.</p> <p>9. Frequently lifts and lowers 40 lb bags shoulder high.</p> <p>10. Frequently scales and climbs over a 2-meter vertical obstacle, with assistance.</p> <p>11. Occasionally raises a 238 lbs person 3 feet as a member of a two Soldier team.</p> <p>12. Occasionally lifts 65 lbs 3 feet high, moves laterally 5 feet and places object in tube.</p> <p>13. Occasionally carries 153 lbs 10 meters as part of a two Soldier team.</p> <p>14. Frequently raises, carries, or lifts 1.5 meters on a pivot point, 110 lbs.</p> <p>15. Occasionally lifts 183 lbs six inches vertically, moves laterally 1 meter, and lowers as part of a two soldier team (prorated at 91.5 lbs per soldier).</p> <p>16. Occasionally lifts and carries rapidly for short distances, 136 lbs as part of a 2 soldier team (prorated at 68 lbs per soldier).</p> <p>17. Frequently lifts 29 lb round 77 inches and holds up to 10 seconds before placing it in the end of the mortar tube.</p> <p>18. Occasionally performs a controlled Fast Rope descent of between 30 and 90 feet..</p>

Table 10-18E-1
Physical requirements for MOS 18E

Skill level	Task numbers	Tasks
3	1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18	1. Frequently visually identifies vehicles and equipment at 1000 meters and individuals at 300 meters.
4	1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18	<p>2. Occasionally drags 268 lb person 15 meters</p> <p>3. Constantly performs all other tasks while carrying a minimum of 80 lbs, evenly distributed over entire body.</p> <p>4. Frequently hears, gives, or echoes oral commands in outside area up to 50 meters.</p> <p>5. Frequently walks, runs, crawls, and climbs over varying terrain and altitude changes for a distance of up to 15 miles, during a 24-hour period, while carrying 130-160 lbs evenly distributed over entire body, after which Soldier must retain the ability to perform all other physical requirements.</p> <p>6. Frequently rise from a prone, kneeling, or crouched position, sprint for 3 to 5 seconds while carrying a minimum of 80 lbs, evenly distributed over entire body, then returning to a prone, kneeling, or crouched position. Repeating for a distance of no less than 100 meters.</p> <p>7. Frequently throws 1 lb object 35 meters.</p> <p>8. Frequently digs, lifts, and shovels 11 lb scoops of dirt in bent, stooped or kneeling position.</p> <p>9. Frequently lifts and lowers 40 lb bags shoulder high.</p> <p>10. Frequently scales and climbs over a 2-meter vertical obstacle, with assistance.</p> <p>11. Occasionally raises a 238 lb person 3 feet as a member of a two Soldier team.</p> <p>12. Occasionally lifts 65 lbs 3 feet high, moves laterally 5 feet and places object in tube.</p> <p>13. Occasionally carries 153 lbs 10 meters as part of a two Soldier team.</p> <p>14. Frequently raises, carries, or lifts 1.5 meters on a pivot point, 110 lbs.</p> <p>15. Occasionally lifts 183 lbs six inches vertically, moves laterally 1 meter, and lowers as part of a two soldier team (prorated at 91.5 lbs per soldier).</p> <p>16. Occasionally lifts and carries rapidly for short distances, 136 lbs as part of a 2 soldier team (prorated at 68 lbs per soldier).</p> <p>17. Frequently lifts 29 lbs round 77 inches and holds up to 10 seconds before placing it in the end of the mortar tube.</p> <p>18. Occasionally performs a controlled Fast Rope descent of between 30 and 90 feet.</p>

Table 10-18F-1
Physical requirements for MOS 18F

Skill level	Task numbers	Tasks
4	1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18	<ol style="list-style-type: none"> 1. Frequently visually identifies vehicles and equipment at 1000 meters and individuals at 300 meters. 2. Occasionally drags 268 lb person 15 meters 3. Constantly performs all other tasks while carrying a minimum of 80 lbs, evenly distributed over entire body. 4. Frequently hears, gives, or echoes oral commands in outside area up to 50 meters. 5. Frequently walks, runs, crawls, and climbs over varying terrain and altitude changes for a distance of up to 15 miles, during a 24-hour period, while carrying 130-160 lbs evenly distributed over entire body, after which Soldier must retain the ability to perform all other physical requirements. 6. Frequently rise from a prone, kneeling, or crouched position, sprint for 3 to 5 seconds while carrying a minimum of 80 lbs, evenly distributed over entire body, then returning to a prone, kneeling, or crouched position. Repeating for a distance of no less than 100 meters. 7. Frequently throws 1 lb object 35 meters. 8. Frequently digs, lifts, and shovels 11 lb scoops of dirt in bent, stooped or kneeling position. 9. Frequently lifts and lowers 40 lb bags shoulder high. 10. Frequently scales and climbs over a 2-meter vertical obstacle, with assistance. 11. Occasionally raises a 238 lb person 3 feet as a member of a two Soldier team. 12. Occasionally lifts 65 lbs 3 feet high, moves laterally 5 feet and places object in tube. 13. Occasionally carries 153 lbs 10 meters as part of a two Soldier team. 14. Frequently raises, carries, or lifts 1.5 meters on a pivot point, 110 lbs. 15. Occasionally lifts 183 lbs six inches vertically, moves laterally 1 meter, and lowers as part of a two soldier team (prorated at 91.5 lbs per soldier). 16. Occasionally lifts and carries rapidly for short distances, 136 lbs as part of a 2 soldier team (prorated at 68 lbs per soldier). 17. Frequently lifts 29 lbs round 77 inches and holds up to 10 seconds before placing it in the end of the mortar tube. 18. Occasionally performs a controlled Fast Rope descent of between 30 and 90 feet.

Table 10-18Z-1
Physical requirements for MOS 18Z

Skill level	Task numbers	Tasks
5	1,2,3,4,5,6,7,8,9,10, 11,12,13,14,15,16	1. Occasionally drags 268 lbs casualty, 15 meters, while wearing ~80 lbs consisting of uniform and load bearing equipment.
6	1,3,4,7,8,10,15,16	2. Frequently walks, runs, crawls, and climbs over varying terrain and altitude changes for a distance of up to 15 miles, during a 24-hour period, while carrying ~188 lbs (Uniform, personal protective equipment, 72 hour sustainment load) evenly distributed over entire body, after which Soldier must retain the ability to perform all other physical requirements. 3. Frequently rise from a prone, kneeling, or crouched position, sprint for 3 to 5 seconds while carrying a minimum of 80 lbs, evenly distributed over entire body, then returning to a prone, kneeling, or crouched position. Repeating for a distance of no less than 100 meters (individual movement techniques). 4. Frequently throws 1 lb object (hand grenade) 35 meters, while wearing ~80 lbs consisting of uniform and load bearing equipment. 5. Frequently digs, lifts, and shovels 11 lbs scoops of dirt in bent, stooped or kneeling position (digging fighting position), while wearing ~80 lbs consisting of uniform and load bearing equipment. 6. Frequently lifts and lowers 40 lbs bags (sand bags) shoulder high, while wearing ~80 lbs consisting of uniform and load bearing equipment. 7. Frequently scales and climbs over a 2-meter vertical obstacle (low wall), with assistance, while wearing ~80 lbs consisting of uniform and load bearing equipment. 8. Occasionally raises a 233 lbs person (incapacitated Soldier) 3 feet (MRAP turret) as a member of a two Soldier team (prorated at 119 lbs per Soldier), while wearing ~80 lbs consisting of uniform and load bearing equipment. 9. Occasionally lifts 65 lbs (TOW missile) 3 feet high, moves laterally 5 feet and places object in tube (TOW missile launcher) , while wearing ~80 lbs consisting of uniform and load bearing equipment. 10. Occasionally lifts, lowers, and carries 153 lbs (M2 Machine Gun, tripod mounted) 1.5 meter high for distances up to 10 meters, as part of a two Soldier team (prorated at 76.5 lbs per Soldier), while wearing ~80 lbs consisting of uniform and load bearing equipment. 11. Frequently raises, carries, and lifts 110 lbs (120 MM mortar system) 1.5 meters on a pivot point, while wearing ~80 lbs consisting of uniform and load bearing equipment.

Skill level	Task numbers	Tasks
		<p>12. Occasionally lifts 183 lbs (120 MM mortar system, ground mount configuration) six inches vertically, moves laterally 1 meter, and lowers as part of a two Soldier team (prorated at 91.5 lbs per Soldier) , while wearing ~80 lbs consisting of uniform and load bearing equipment.</p> <p>13. Occasionally lifts, lowers and carries rapidly 1.5 meter high for distances up to 25 meters, 136 lbs (120 MM mortar system, baseplate only) as part of a 2 Soldier team (prorated at 68 lbs per Soldier) , while wearing ~80 lbs consisting of uniform and load bearing equipment.</p> <p>14. Frequently lifts 29 lbs (120 MM mortar round) 77 inches and holds up to 10 seconds before placing it in the end of the mortar tube, while wearing ~80 lbs consisting of uniform and load bearing equipment.</p> <p>15. Occasionally performs a controlled Fast Rope descent of between 30 and 90 feet, while wearing ~80 lbs consisting of uniform and load bearing equipment.</p> <p>16. Constantly performs all other tasks while wearing/carrying a minimum of ~80 lbs (uniform and combat equipment), evenly distributed over entire body.</p>

Table 10-19C-1**Physical requirements for MOS 19C (Effective 202410)**

Skill Level	Task numbers	Tasks
1	1,2,3,4,5,6,7	<ol style="list-style-type: none">1. Frequently walks over varying terrain and altitude changes for a distance of 32 kilometers during an 8 hour period while carrying ~110 pounds (uniform, weapon and tactical equipment) evenly distributed over the entire body, after which Soldier must retain the ability to perform all other physical requirements.2. Occasionally throws 14 oz. (M67 grenade) distance of 35 meters from the standing position while wearing 30-44 pounds (IOTV/ACH).3. Occasionally lifts, carries for up to 30 meters, and lowers 30-40 pounds (sandbags) at waist to shoulder height while wearing 30-44 pounds (IOTV/ACH).4. Occasionally drags/lifts a 268 pounds (person with IOTV/ACH) 15 meters utilizing various recovery techniques while wearing up to 80 pounds (IOTV/ACH/UBL).5. Frequently carries 45 pounds (ammunitions cans) 15 meters and lifts 1 meter while wearing 30-44 pounds (IOTV/ACH).6. Frequently pulls and lowers 59 pounds (M242 feeder Assembly) 1 meter, while seated, wearing 30-44 pounds (IOTV/ACH).7. Frequently lifts 47 pounds (TOW 2B Aero) 2 meter (waist to shoulder height) and carries 1 meter while wearing 30-44 pounds (IOTV/ACH).
2	1,2,3,4,5,6,7	
3	1,2,3,4,5,6,7	
4	1,2,4,5,6,7	

Table 10-19D-1
Physical requirements for MOS 19D

Skill Level	Task numbers	Tasks
1	1,2,3,4,5,6,7	1. Frequently walks over varying terrain and altitude changes for a distance of 12 miles during a 5 hour period while carrying ~68 pounds (uniform, weapon and tactical equipment) evenly distributed over the entire body, after which Soldier must retain the ability to perform all other physical requirements. 2. Occasionally throws 14.7oz (grenade) distance of 30 meters from the standing position while wearing 30-44 pounds (IOTV/ACH). 3. Occasionally lifts, carries for up to 10 meters, and lowers 30-40 pounds (sandbags) at waist to shoulder height while wearing 30-44 pounds (IOTV/ACH). 4. Occasionally drags a 188 pounds (person) 15 meters utilizing a pole-less litter (SKEDKO) while wearing 30-44 pounds (IOTV/ACH). 5. Occasionally lifts/lowers 207 pounds (prorated 69 pounds as a member of a three person team) 1 meter while wearing 30-44 pounds (IOTV/ACH). 6. Frequently pulls and lowers 60 pounds (M242 feeder Assembly) 1 meter, while seated, wearing 30-44 pounds (IOTV/ACH). 7. Frequently lifts 65 pounds (TOW MSR) 1 meter (waist to shoulder height) and carries 1 meter while wearing 30-44 pounds (IOTV/ACH).
2	1,2,3,4,5,6,7	
3	1,2,3,4,5,7	
4	1,2,4,5,7	

Table 10-19K-1

Physical requirements for MOS 19K

Skill Level	Task numbers	Tasks
1	1,2,3,4,5,6,7,	<p>1. Occasionally walks over varying terrain and altitude changes for a distance of 12 miles during a 5 hour period while carrying ~68 pounds (uniform, weapon and tactical equipment) evenly distributed over the entire body, after which Soldier must retain the ability to perform all other physical requirements.</p> <p>2. Occasionally throws 14.7oz (grenade) distance of 30 meters from the standing position while wearing 30-44 pounds (IOTV/ACH).</p> <p>3. Occasionally lifts, carries for up to 10 meters, and lowers 30-40 pounds (sandbags) at waist to shoulder height while wearing 30-44 pounds (IOTV/ACH).</p> <p>4. Occasionally drags a 188 pounds (person) 15 meters utilizing a pole-less litter (SKEDKO) while wearing 30-44 pounds (IOTV/ACH).</p> <p>5. Frequently lifts 55 pounds (MPAT tank round) ~1 meter and carries 10 meters while wearing 30-44 pounds (IOTV/ACH). Standard is lift/carry 5 rounds in 12 minutes.</p> <p>6. Frequently lifts 55 pounds (MPAT tank round) 1 meter, rotates 180 degrees, and loads 5 rounds (7 seconds per round) not to exceed 35 seconds, while wearing 30-44 pounds (IOTV/ACH).</p> <p>7. Occasionally lifts/lowers 207 pounds (prorated 69 pounds as a member of a three person team) 1 meters while wearing 30-44 pounds (IOTV/ACH).</p>
2	1,2,3,4,5,6,7	
3	1,2,3,4,6,7	
4	1,2,3,4,6,7	

Table 10-19Z-1

Physical requirements for MOS 19Z

Skill Level	Task Numbers	Tasks
5, 6	1,2,3,	<ol style="list-style-type: none">1. Occasionally walks over varying terrain and altitude changes for a distance of 12 miles during a 5 hour period while carrying ~68 pounds (uniform, weapon and tactical equipment) evenly distributed over the entire body, after which Soldier must retain the ability to perform all other physical requirements.2. Occasionally throws 1 pound (grenade) distance of 20 meters from the standing position while wearing 30-44 pounds (IOTV/ACH).3. Occasionally drags a 188 pounds (person) 15 meters utilizing a pole-less litter (SKEDKO) while wearing 30-44 pounds (IOTV/ACH).

Table 10-25B-1**Physical requirements for MOS 25B (Eff 202510)**

Skill level	Task numbers	Tasks
1	1	Occasionally lifts/lowers and carries 150 pounds
2	1	(communications transit cases) as part of a two (2)
3	1	Soldier team (prorated 75 pounds per Soldier) 5 feet
4	1	vertically and 100 feet horizontally while
		wearing/carrying ~80 pounds of uniform and combat
		equipment

Table 10-25B-1**Physical requirements for MOS 25B**

Skill level	Task numbers	Tasks
1	1	1. Occasionally lifts/lowers and carries 150 pounds (communications transit cases) as part of a two (2) Soldier team (prorated 75 pounds per Soldier) a vertical distance of 5 feet and a horizontal distance of 100 feet while wearing/carrying ~80 pounds of uniform and combat equipment
2	1	
3	1	
4	1	
5	1	
6	1	

Table 10-25D-1**Physical requirements for MOS 25D**

Skill level	Task numbers	Tasks
3	1	1. Occasionally lifts/lowers and carries 80 pounds (DoDIN Defense transit cases) as part of a two (2) Soldier team (prorated 40 pounds per Soldier) a vertical distance of 5 feet and a horizontal distance of 100 feet while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally lifts/lowers and carries 15 pounds of commercial off the shelf equipment (laptop computer with case) a vertical distance of 5 feet and a horizontal distance of 100 feet while wearing/carrying ~80 pounds of uniform and combat equipment.
4	1	
5	2	
6	2	

Table 10-25E-1**Physical requirements for MOS 25E**

Skill level	Task numbers	Tasks
3	1	1. Occasionally lift/lower and carry 40 pounds (Spectrum Analyzer Kit transit case) a vertical distance of 5 feet and a horizontal distance of 100 feet while wearing/carrying ~80 pounds of uniform and combat equipment.
4	1	
5	1	
6	1	

Table 10-25H-1

Physical requirements for MOS 25H (Effective 202510)

Skill level	Task numbers	Tasks
1	1	1. Occasionally lifts/lowers and carries 150 pounds (communications transit cases) as part of a two (2) Soldier team (prorated 75 pounds per Soldier) 5 feet vertically and 100 feet horizontally while wearing/carrying ~80 pounds of uniform and combat equipment.
2	1	
3	1	
4	1	

Table 10-25H-1**Physical requirements for MOS 25H (Effective 202210)**

Skill level	Task numbers	Tasks
1	1	1. Occasionally lifts/lowers and carries 150 pounds (communications transit cases) as part of a two (2) Soldier team (prorated 75 pounds per Soldier) a vertical distance of 5 feet and a horizontal distance of 100 feet while wearing/carrying ~80 pounds of uniform and combat equipment.
2	1	
3	1	
4	1	
5	1	

Table 10-25S-1**Physical requirements for MOS 25S (Eff 202510)**

Skill level	Task numbers	Tasks
1	1	1. Occasionally lift/lower and carry 135 pounds as part of a 2 Soldier team (prorated 67.5 pounds per Soldier) 5 feet vertically and 100 feet horizontally while wearing ~80 pounds of uniform and combat equipment.
2	1	
3	1	
4	1	

Table 10-25S-1**Physical requirements for MOS 25S**

Skill level	Task numbers	Tasks
1	1	1. Occasionally lifts/lowers and carries 170 pounds (high voltage power supply) as part of a four (4) Soldier team (prorated 42.5 pounds per Soldier) a vertical distance of 5 feet and a horizontal distance of 5 feet while wearing/carrying ~80 pounds of uniform and combat equipment.
2	1	
3	1	
4	1	

Table 10-25U-1

Physical requirements for MOS 25U (Eff 202510)

Skill level	Task numbers	Tasks
1	1	1. Occasionally lifts, lowers, and carries, 41 pounds of antenna equipment 5 feet vertically and 100 feet horizontally while wearing/carrying ~80 pounds of uniform and combat gear.
2	1	
3	1	
4	1	

Table 10-25U-1**Physical requirements for MOS 25U**

Skill level	Task numbers	Tasks
1	1	1. Occasionally lifts, lowers, and carries, 41 pounds of antenna equipment a vertical distance of 5 feet and a horizontal distance of 100 feet while wearing/carrying ~80 pounds of uniform and combat gear.
2	1	
3	1	
4	1	
5	1	

Table 10-25X-1

Physical requirements for MOS 25X (Rescind 202510)

Skill level	Task numbers	Tasks
6	1	1. Occasionally lifts/lowers and carries 170 pounds (high voltage power supply) as part of a four (4) Soldier team (prorated 42.5 pounds per Soldier) a vertical distance of 5 feet and a horizontal distance of 5 feet while wearing/carrying ~80 pounds of uniform and combat equipment.

Table 10-25X-1

Physical requirements for MOS 25X

Skill level	Task numbers	Tasks
6	1	1. Occasionally lifts/lowers and carries 170 pounds (high voltage power supply) as part of a four (4) Soldier team (prorated 42.5 pounds per Soldier) a vertical distance of 5 feet and a horizontal distance of 5 feet while wearing/carrying ~80 pounds of uniform and combat equipment.

Table 10-25Z-1

Physical requirements for MOS 25Z (Effective 202510)

Skill level	Task numbers	Tasks
5	1	Occasionally lifts/lowers and carries 150 pounds (communications transit cases) as part of a two (2) Soldier team (prorated 75 pounds per Soldier) 5 feet vertically and 100 feet horizontally while wearing/carrying ~80 pounds of uniform and combat equipment.
6	1	

Table 10-27D-1**Physical requirements for MOS 27D**

Skill level	Tasks numbers	Tasks
1	1,2,3,4	1. Occasionally lifts 40 pounds and carries short distances. 2. Must possess finger dexterity in both hands. 3. Frequently writes to keep records and compile data. 4. Frequently reviews documents and correspondence.
2	1,2,3,4	
3	1,2,3,4	
4	1,2,3,4	
5	3,4	

Table 10-31B-1**Physical requirements for MOS 31B**

Skill level	Task numbers	Tasks
1	1,2	1. Frequently lifts 78 pounds (<i>MK-19 Grenade Launcher</i>) 3 feet and carries 100 feet while wearing / carrying ~80 pounds of uniform and combat equipment. 2. Frequently lifts 39 pounds (<i>MK-19 Grenade Launcher prorated as a 2 person lift</i>) over head to a height of 6.23 feet (<i>height of a M1151</i>) while wearing / carrying ~80 pounds of uniform and combat equipment.
2	1,2	
3	1,2	
4	1,2	
5		
6		

Table 10-31D-1
Physical requirements for MOS 31D

Skill level	Task numbers	Tasks
2	1,2	1. Occasionally lifts/lowers maximum of 26.5 pounds (<i>CID Agent Evidence Collection Kit</i>) 3 feet and carries a distance of 100 feet while wearing / carrying ~80 pounds of uniform and combat equipment 2. Frequently lifts/lowers 6 pounds (<i>laptop computer, with accessories</i>) 3 feet and carries 100 feet while wearing / carrying ~80 pounds of uniform and combat equipment
3	1,2	
4	1,2	
5	2	
6	2	

Table 10-31E-1**Physical requirements for MOS 31E**

Skill level	Task numbers	Tasks
1	1	1. Occasionally Lift/Lower 62.6 pounds (The weight of 188 pound inmate prorated to 62.6 pounds of a 3 Soldier forced cell move team) 3 feet and carries 16 feet.
2	1	
3	1	
4		
5		
6		

Table 10-31K-1

Physical requirements for MOS 31K

Skill level	Task numbers	Tasks
1	1	1. Frequently lifts/lowers a maximum of 85 pounds (<i>The average weight of a Military Working Dog</i>) to a height of 4 feet, and carries 100 feet while wearing / carrying ~80 pounds of uniform and equipment.
2	1	
3	1	
4	1	
5		
6		

Table 10-31Z-1**Physical requirements for MOS 31Z (Effective 201810)**

Skill level	Task numbers	Tasks
6	1,2,3,4,5	<ol style="list-style-type: none">1. Occasionally lifts 78 pounds (MK-19 Grenade Launcher) 3 feet and carries 100 feet while wearing / carrying 80 pounds of uniform and combat equipment.2. Occasionally lifts 39 pounds (MK-19 Grenade Launcher prorated as a 2 person lift) overhead to a height of 6.23 feet (height of a M1151) while wearing / carrying 80 pounds of uniform and combat equipment.

Table 10-35F-1
Physical requirements for MOS 35F

Skill level	Task numbers	Tasks
1	1	1. Occasionally lifts/lowers and carries 129 pounds (computer equipment transit cases) as part of a four (4) Soldier team (prorated to 33 pounds) to waist height and horizontal distance of 10 meters while wearing approximately 80lbs of uniform and combat equipment.
2	1	
3	1	
4	1	

Table 10-35G-1**Physical requirements for MOS 35G**

Skill level	Task numbers	Tasks
1	1	1. Occasionally lifts/lowers and carries 129 pounds (computer equipment transit cases) as part of a four (4) Soldier team (prorated to 33 pounds) to waist height and horizontal distance of 10 meters while wearing approximately 80lbs of uniform and combat equipment.
2	1	
3	1	
4	1	

Table 10-35L-1 (Eff 202010)
Physical requirements for MOS 35L

Skill level	Task numbers	Tasks
1	1	1. Occasionally lifts/lowers and carries 90 pounds (equipment transit case) as part of a two (2) Soldier team (prorated to 45 pounds) to waist height and horizontal distance of 10 meters while wearing approximately 80lbs of uniform and combat equipment.
2	1	
3	1	
4	1	

Table 10-35M-1**Physical requirements for MOS 35M**

Skill level	Task numbers	Tasks
1	1	1. Occasionally lifts/lowers and carries 90 pounds (equipment transit case) as part of a two (2) Soldier team (prorated to 45 pounds) to waist height and horizontal distance of 10 meters while wearing approximately 80lbs of uniform and combat equipment.
2	1	
3	1	
4	1	

Table 10-35N-1**Physical requirements for MOS 35N**

Skill level	Task numbers	Tasks
1	1	1. Occasionally lifts/lowers and carries 129 pounds (computer equipment transit cases) as part of a four (4) Soldier team (prorated to 33 pounds) to waist height and horizontal distance of 10 meters while wearing approximately 80lbs of uniform and combat equipment.
2	1	
3	1	
4	1	

Table 10-35P-1 (Effective 202401)
Physical requirements for MOS 35P

Skill level	Task numbers	Tasks
1	1	1. Occasionally lifts/lowers and carries 129 pounds (lbs.) (computer equipment transit cases) as part of a four (four) Service Member team (prorated to 33lbs.) to waist height (1 meter) and horizontal distance of 10 meters while wearing approximately 80lbs. of uniform and combat equipment.
2	1	
3	1	
4	1	

Table 10-35Q-1**Physical requirements for MOS 35Q (Rescind 202010)**

Skill level	Task numbers	Tasks
1	1	1. Occasionally lift/lower and carry 30 pounds to waist height and horizontal distance of 10 meters while wearing approximately 80lbs of uniform and combat equipment.
2	1	
3	1	
4	1	

Table 10-35S-1**Physical requirements for MOS 35S**

Skill level	Task numbers	Tasks
1	1	1. Occasionally lifts/lowers and carries 129 pounds (computer equipment transit cases) as part of a four (4) Soldier team (prorated to 33 pounds) to waist height and horizontal distance of 10 meters while wearing approximately 80lbs of uniform and combat equipment.
2	1	
3	1	
4	1	

Table 10-35T-1**Physical requirements for MOS 35T**

Skill level	Task numbers	Tasks
1	1	1. Occasionally lifts/lowers and carries 129 pounds (computer equipment transit cases) as part of a four (4) Soldier team (prorated to 33 pounds) to waist height and horizontal distance of 10 meters while wearing approximately 80lbs of uniform and combat equipment.
2	1	
3	1	
4	1	
5 (Res 202010)		

Table 10-35V-1 (Rescind 202010)
Physical requirements for MOS 35V

Skill level	Task numbers	Tasks
5	1	1. Occasionally lifts/lowers and carries 129 pounds (computer equipment transit cases) as part of a four (4) Soldier team (prorated to 33 pounds) to waist height and horizontal distance of 10 meters while wearing approximately 80lbs of uniform and combat equipment.

Table 10-35X-1 (Rescind 202010)
Physical requirements for MOS 35X

Skill level	Task numbers	Tasks
5	1	1. Occasionally lifts/lowers and carries 129 pounds (computer equipment transit cases) as part of a four (4) Soldier team (prorated to 33 pounds) to waist height and horizontal distance of 10 meters while wearing approximately 80lbs of uniform and combat equipment.

Table 10-35Y-1 (Rescind 202010)
Physical requirements for MOS 35Y

Skill level	Task numbers	Tasks
5	1	1. Occasionally lifts/lowers and carries 90 pounds (equipment transit case) as part of a two (2) Soldier team (prorated to 45 pounds) to waist height and horizontal distance of 10 meters while wearing approximately 80lbs of uniform and combat equipment.

Table 10-35Z-1 (Effective 202401)
Physical requirements for MOS 35Z

Skill level	Task numbers	Tasks
5	1	1. Occasionally lifts/lowers and carries 129 pounds (lbs.) (computer equipment transit cases) as part of a four (4) Service Member team (prorated to 33 lbs.) to waist height (1 meter) and horizontal distance of 10 meters while wearing approximately 80lbs, of uniform and combat equipment.
6	1	

Table 10-36B-1
Physical requirements for MOS 36B

Skill level	Task numbers	Tasks
1	1,2,3,4,5,6,7,8,9	<p>1. Occasionally lifts/lowers 150 pounds (field safe) vertically 1-5 feet as part of a 2 Soldier team (prorated ~75 pounds per Soldier) and carries 50 feet while wearing/carrying ~80 pounds of uniform and combat equipment.</p> <p>2. Occasionally lifts/lowers 70 pounds (large case Financial Management Tactical Platform (FMTP) computer hardware equipment) vertically 1-5 feet as part of a 2 Soldier team (prorated ~35 pounds per Soldier) and carries 50 feet while wearing/carrying ~80 pounds of uniform and combat equipment.</p> <p>3. Occasionally lifts/lowers 35 pounds (small case Financial Management Tactical Platform (FMTP) computer hardware equipment) vertically 1-5 feet as part of a 2 Soldier team (prorated ~17.5 pounds per Soldier) and carries 50 feet while wearing/carrying ~80 pounds of uniform and combat equipment.</p> <p>4. Occasionally lifts/lowers 160 pounds (Antenna Pedestal Case for CSS VSAT) vertically 1-5 feet as part of a 4 Soldier team (prorated ~40 pounds per Soldier) and carries 50 feet while wearing/carrying ~80 pounds of uniform and personal protective equipment.</p> <p>5. Occasionally lifts/lowers 136 pounds (CSS VSAT Reflector Case) vertically 1-5 feet as part of a 4 Soldier team (prorated ~34 pounds per Soldier) and carries 50 feet while wearing/carrying ~80 pounds of uniform and personal protective equipment.</p> <p>6. Occasionally lifts/lowers 81 pounds (CSS VSAT Indoor Equipment Case) vertically 1-5 feet as part of a 3 Soldier team (prorated ~27 pounds per Soldier) and carries 50 feet while wearing/carrying ~80 pounds of uniform and personal protective equipment.</p> <p>7. Occasionally lifts/lowers 117 pounds (CSS VSAT Radio Frequency (RF) Equipment Case) vertically 1-5 feet as part of a 4 Soldier team (prorated ~29 pounds per Soldier) and carries 50 feet while wearing/carrying ~80 pounds of uniform and personal protective equipment.</p> <p>8. Occasionally walks up to 1 mile three times per day on Forward Operating Base while wearing/carrying ~80 pounds of uniform and personal protective equipment.</p> <p>9. Occasionally walk/marches ~200 yards and do so while carrying ~85 pounds (ruck filled with U.S. Currency or two laptops and miscellaneous forms and personal hygiene items) while wearing/carrying ~80 pounds of uniform and personal protective equipment.</p>
2	1,2,3,4,5,6,7,8,9	
3	1,2,3,4,5,6,7,8,9	
4	1,2,3,4,5,6,7,8,9	
5	1,2,3,4,5,6,7,8,9	
6	1,2,3,4,5,6,7,8,9	

Table 10-37F-1**Physical requirements for MOS 37F**

Skill level	Task numbers	Tasks
1	1,2,3,4,5	1. Occasionally pushes, pulls, handles, lifts ~90lbs (Product Development Workstation (PDW)-Heavy) or equipment, waist high to the individual, carries for 3 meters, and lowers from waist high of the individual, while wearing ~29 pounds of equipment 2. Frequently raises and lowers 50 pounds of equipment (vehicle mounted loudspeaker system) 1 meter to load on tactical vehicle and carries it for 50m while wearing or carrying ~49 pounds of equipment 3. Frequently walks, marches, climbs, descends up to 20 kilometers while load bearing ~75 pounds (uniform, combat equipment and man-pack loudspeaker system), evenly distributed over entire body 4. Occasionally runs, rushes, digs, crawls, stands, stoops, kneels, and crouches while load bearing 90 pounds.
2	1,2,3,4,5	
3	1,2,3,4,5	
4	1,2,3,4,5	
5	1,2,3,4,5	

Table 10-38B-1**Physical requirements for MOS 38B**

Skill Level	Task numbers	Tasks
1	1,2,3,4,5,6,7,8	1. Constantly performs tasks while wearing/carrying a minimum of 80 pounds (uniform and combat equipment), evenly distributed over entire body.
2	1,2,3,4,5,6,7,8	2. Frequently raises and lowers 50 pounds equipment 1 meter to load on vehicle.
3	1,2,3,4,5,6,7,8	3. Occasionally walks up to 6 hours while carrying 80 pounds.
4	1,2,3,4,5,6,7,8	4. Frequently sits and/or stands for extended periods of time.
5	1,4,5,6,7,8	5. Must possess finger dexterity in both hands.
6	1,4,5,6,7,8	6. Frequently writes or types to develop and maintain documents and products and compile data.
		7. Occasionally stand, stoop and kneel while planning, briefing, and advising.
		8. Frequently reviews documents.

Table 10-38R-1
Physical requirements for MOS 38R (Eff 202310)

Skill Level	Task numbers	Tasks
3	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Constantly performs tasks while wearing/carrying a minimum of 80 pounds (uniform and combat equipment), evenly distributed over entire body.2. Frequently raises and lowers 50 pounds equipment 1 meter to load on vehicle.3. Occasionally walks up to 6 hours while carrying 80 pounds.4. Frequently sits and/or stands for extended periods of time.5. Must possess finger dexterity in both hands.6. Frequently writes or types to develop and maintain documents and products and compile data.7. Occasionally stand, stoop and kneel while planning, briefing, and advising.8. Frequently reviews documents.

Table 10-38W-1**Physical requirements for MOS 38W (Eff 202310)**

Skill Level	Task numbers	Tasks
3	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Constantly performs tasks while wearing/carrying a minimum of 80 pounds (uniform and combat equipment), evenly distributed over entire body.2. Frequently raises and lowers 50 pounds equipment 1 meter to load on vehicle.3. Occasionally walks up to 6 hours while carrying 80 pounds.4. Frequently sits and/or stands for extended periods of time.5. Must possess finger dexterity in both hands.6. Frequently writes or types to develop and maintain documents and products and compile data.7. Occasionally stand, stoop and kneel while planning, briefing, and advising.8. Frequently reviews documents.

Table 10-38Z-1**Physical requirements for MOS 38Z (Eff 202310)**

Skill Level	Task numbers	Tasks
4	1,2,3,4,5,6,7,8	1. Constantly performs tasks while wearing/carrying a minimum of 80 pounds (uniform and combat equipment), evenly distributed over entire body. 2. Frequently raises and lowers 50 pounds equipment 1 meter to load on vehicle. 3. Occasionally walks up to 6 hours while carrying 80 pounds. 4. Frequently sits and/or stands for extended periods of time. 5. Must possess finger dexterity in both hands. 6. Frequently writes or types to develop and maintain documents and products and compile data. 7. Occasionally stand, stoop and kneel while planning, briefing, and advising. 8. Frequently reviews documents.
5	1,4,5,6,7,8	
6	1,4,5,6,7,8	

Table 10-42A-1
Physical requirements for MOS 42A

Skill level	Task numbers	Tasks
1	1,2,3,4,5,6,7,8	<p>1. Occasionally lifts/lowers 70 pounds (<i>mailbag or piece of mail</i>) 4 feet when loading/unloading and carries 50 feet when transporting while wearing ~12 pounds of uniform.</p> <p>2. Constantly pushes/pulls 210 pounds (<i>3 mail bags or pieces of mail</i>) using a mail cart with wheels up to 15 feet while wearing ~12 pounds of uniform.</p> <p>3. Frequently lifts/lowers 160 pounds (<i>Antenna Pedestal Case for VSAT</i>) 4 feet when loading/unloading and carries up to 50 feet, when transporting, as part of a 4 Soldier team (prorated 40 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and personal protective equipment.</p> <p>4. Frequently lifts/lowers 136 pounds (<i>Reflector Case for VSAT</i>) 4 feet when loading/unloading and carries up to 50, when transporting, as part of a 4 Soldier team (prorated 34 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and personal protective equipment.</p> <p>5. Frequently pulls/draggs 136 pounds (<i>Reflector Case for VSAT</i>) with wheels 50 feet while wearing/carrying ~80 pounds of uniform and personal protective equipment.</p> <p>6. Frequently lifts/lowers 117 pounds (<i>RF equipment case for VSAT</i>) 4 feet when loading/unloading and carries up to 50 feet, when transporting, as part of a 4 Soldier team (prorated 29.25 pounds per Soldier) while wearing/carrying ~80 pounds of uniform of personal protective equipment.</p> <p>7. Frequently lifts/lowers 81 pounds (<i>Indoor Equipment Case for VSAT</i>) 4 feet when loading/unloading and carries up to 50 feet, when transporting, as part of a 3 Soldier team (prorated 27 pounds per Soldier) while wearing/carrying ~80 pounds of personal protective equipment.</p> <p>8. Frequently lifts/lowers 8 pounds (<i>laptop with accessories</i>) 3 feet and carries up to 200 feet when transporting while wearing ~12 pounds of uniform.</p>
2	1,2,3,4,5,6,7,8	
3	1,2,3,4,5,6,7,8	
4	1,2,3,4,5,6,7,8	
5	1,2,3,4,5,6,7,8	
6	8	

Table 10-42R-1**Physical requirements for MOS 42R**

Skill level	Task numbers	Tasks
1	1,2,3,4,5,6	1. Occasionally walks/marches up to 6 miles
2	1,2,3,4,5,6	carrying/bearing up to 35 pounds of band music equipment (Sousaphone) while wearing/carrying ~15 pounds of uniform and combat equipment.
3	1,2,3,4,5,6	2. Occasionally lifts/lowers up to 75 pounds of band music equipment (Sousaphone in travel case) 3 feet.
4	1,2,3,4,5,6	3. Occasionally stands in ceremonial formation for up to 2 hours while carrying/bearing up to 35 pounds of band music equipment (Sousaphone) while wearing/carrying ~15 pounds of uniform and combat equipment.
5	1,2,3,4,5,6	4. Occasionally lifts/lowers up to 300 pounds of band music equipment (Power Amplifier rack for PA system) 3 feet in 4-Soldier teams (prorated at 75 pounds per Soldier) while wearing/carrying up to ~80 pounds of uniform and combat equipment.
6	1,2,3,4,5,6	5. Occasionally pushes/pulls up to 300 pounds of band music equipment (Power Amplifier rack for PA system) on wheeled carts or cases up to 50 yards in 2-Soldier teams (prorated at 150 pounds per Soldier) while wearing/carrying up to ~80 pounds of uniform and combat equipment.
		6. Occasionally lifts/lowers 50 pounds of band music equipment (Tuba in travel case) 3 feet and carries up to 50 yards while wearing/carrying up to ~80 pounds of uniform and combat equipment.

Table 10-42S-1**Physical requirements for MOS 42S**

Skill level	Task numbers	Tasks
4	1,2,3,4,5,6	1. Occasionally walks/marches up to 6 miles
5	1,2,3,4,5,6	carrying/bearing up to 35 pounds of band music equipment (Sousaphone) while wearing/carrying ~15 pounds of uniform and combat equipment.
6	1,2,3,4,5,6	2. Occasionally lifts/lowers up to 75 pounds of band music equipment (Sousaphone in travel case) 3 feet. 3. Occasionally stands in ceremonial formation for up to 2 hours while carrying/bearing up to 35 pounds of band music equipment (Sousaphone), while wearing/carrying ~15 pounds of uniform and combat equipment. 4. Occasionally lifts/lowers up to 300 pounds of band music equipment (Power Amplifier rack for PA system) 3 feet in 4-Soldier teams (prorated at 75 pounds per Soldier) while wearing/carrying up to ~80 pounds of uniform and combat equipment. 5. Occasionally pushes/pulls up to 300 pounds of band music equipment (Power Amplifier rack for PA system) on wheeled carts or cases 50 yards in 2-Soldier teams (prorated at 150 pounds per Soldier) while wearing/carrying up to ~80 pounds of uniform and combat equipment. 6. Occasionally lifts/lowers up to 50 pounds of band music equipment (Tuba in travel case) 3 feet and carries up to 50 yards while wearing/carrying up to ~80 pounds of uniform and combat equipment.

Table 10-46S-1
Physical requirements for MOS 46S (Effective 20181001)

Skill level	Task numbers	Tasks
2	1,2,3,4,5,6,7,8,9,10	<ol style="list-style-type: none"> 1. Frequently stands for a duration of 3 hours or more. 2. Load bears 65 pounds or more and walks 1-5 miles or more per day over irregular terrain and often for consecutive days. 3. Must possess normal color vision. 4. Must possess normal depth perception. 5. Must be able to focus a camera. 6. Must not suffer from acrophobia or vertigo. 7. Must possess hand/eye coordination and finger dexterity in both hands. 8. Frequently makes oral presentation. 9. Frequently lifts and lowers 25 pounds; carries up to 65 pounds for periods of more than 8 hours per day. 10. Must have pure tone thresholds at following levels or better: 30 dB at 500 Hz, 25dB at 1000 Hz, 25dB at 2000 Hz, and 55dB at 4000 Hz, in each ear without the aid of hearing amplification devices.
3	1,2,3,4,5,6,7,8,9,10	

Table 10-46T-1**Physical requirements for MOS 46T (Effective 202210)**

Skill level	Task numbers	Tasks
1	1	Frequently lifts/lowers and carries 100 pounds (transmitter transit case) as part of a two (2) Soldier team (prorated 50 pounds per Soldier) a vertical distance of 5 feet and a horizontal distance of 100 feet while wearing/carrying ~80 pounds of uniform and combat equipment.
2	1	
3	1	

Table 10-46V-1**Physical requirements for MOS 46V (Effective 202210)**

Skill level	Task numbers	Tasks
1	1,2	1. Frequently lifts/lowers and carries 25 pounds (lighting equipment) a vertical distance of 5 feet and a horizontal distance of 30 feet while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally climb/descend with 25 pounds (lighting equipment) a vertical distance of 15 feet while wearing/carrying ~80 pounds of uniform and combat equipment.
2	1,2	
3	1,2	

Table 10-46Y-1

Physical requirements for MOS 46Y (Effective 202210)

Skill level	Task numbers	Tasks
4	1	Occasionally lifts/lowers and carries 40 pound multimedia computer transit case a vertical distance of 5 feet and a horizontal distance of 100 feet while wearing/carrying ~80 pounds of uniform and combat equipment.
5	1	
6	1	

Table 10-46Z-1**Physical requirements for MOS 46Z**

Skill level	Task numbers	Tasks
4	1,2,3,4,5,6,7	<ol style="list-style-type: none">1. Occasionally walk an undetermined distance over irregular terrain.2. Occasionally stand for a period of 3 hour duration.3. Must possess normal color vision.4. Must possess normal depth perception.5. Must be able to focus a camera.6. Must not suffer from claustrophobia, acrophobia, or vertigo.7. Frequently makes oral presentation.
5	1,2,3,4,5,6,7	

Table 10-51C-1
Physical requirements for MOS 51C

Skill level	Task numbers	Tasks
2,3	1,2,3,4,5	1. Occasionally lifts 80 pounds and constant lifting of 40 pounds.
4	1,2,3,4,5	2. Occasionally stands, stoops and sets for prolonged periods of time.
5	4,5	3. Must possess finger dexterity in both hands.
		4. Occasionally writes to keep records and compile data.
		5. Frequently reviews documents and correspondence.

Table 10-56M-1**Physical requirements for MOS 56M**

Skill level	Tasks numbers	Tasks
1	1,3,5,6	1. Frequently lifts, lowers, and carries up to 98 lbs., (Altar, Lectern and Pulpit) a vertical distance of 3 ft., and a horizontal distance of 50 ft., while wearing or carrying ~80 lbs., of uniform and combat equipment.
2	1,3,5,6	2. Occasionally lifts, lowers, and carries up to 98 lbs. (Alter, Lectern and Pulpit) a vertical distance of 3 ft. and a horizontal distance of 50 ft. while wearing or carrying ~80 lbs., of uniform and combat equipment.
3	1,3,5,6	3. Frequently pushes/pulls up to 98 lbs. (Altar, Lectern and Pulpit) a horizontal distance of 50 ft. while wearing or carrying ~80 lbs. of uniform and combat equipment.
4	2,4,5,6	4. Occasionally pushes/pulls up to 98 lbs. (Alter, Lectern and Pulpit) a horizontal distance of 50 ft. while wearing or carrying ~80 lbs., of uniform and combat equipment.
5	2,4,5,6	5. Occasionally lift/lower 22 lbs. (Chaplain Kit) shoulder height and carries a horizontal distance of 2 miles while wearing or carrying ~80 lbs. of uniform and combat equipment. 6. Occasionally lift/lower ~10 lbs. (partial chaplain kit) shoulder height and carry/walks a horizontal distance of 4 miles while wearing or carrying ~80 lbs., of uniform and combat equipment.

Table 10-68A-1**Physical requirements for MOS 68A**

Skill level	Tasks numbers	Tasks
1	1,2,3	1. Frequently lift 1-40 pounds of various types of medical equipment waist high and carries for up to 15 feet while wearing ~80 pounds of uniform and combat equipment and lowers equipment to the ground. 2. Occasionally lifts 67 pounds of tactical power systems waist high and carries equipment horizontal distance of 15 feet while wearing ~80 pounds of uniform and combat equipment and lowers the equipment to the ground. 3. Occasionally drags/pulls up to 67 pounds of tactical power systems for a horizontal distance up to 50 feet while wearing ~80 pounds of uniform and combat equipment.
2	1,2,3	
3	1,2,3	
4	2,3	
5	2,3	

Table 10-68B-1**Physical requirements or MOS 68B**

Skill level	Task numbers	Tasks
1	1,2,3,4,5,6	1. Frequently pushes a patient weighing 200lbs (40lbs prorated) a distance of 60 feet using a wheelchair.
2	1,2,3,4,5,6	2. Frequently lift/lowers a patient extremity weighing 40 lbs. a vertical distance of 2ft while assisting in cast application while wearing ~80 pounds of uniform and combat equipment if applicable (field environment).
3	1,2,3,4,5,6	3. Frequently carries cast materials weighing 10lbs a distance of 2 feet while wearing ~80 pounds of uniform and combat equipment.
4	1,2,3,4,5,6	4. Occasionally lifts/lowers a 200lb patient (50lbs prorated as part of a four person team) with varying degrees of patient assistance from a standing to a sitting position while wearing ~80 pounds of uniform and combat equipment if applicable (field environment). 5. Occasionally pushes/pulls a 200lb patient (50lbs prorated as part of a four person team) with varying degrees of patient assistance 2-5 feet using a patient transfer board while wearing ~80 pounds of uniform and combat equipment. 6. Occasionally stoops/kneels/crouches from waist level to ground while supporting a 200lb patient (50lbs prorated as part of a four person team) with varying degrees of patient assistance while wearing ~80 pounds of uniform and combat equipment.

Table 10-68C-1
Physical requirements or MOS 68C

Skill level	Task numbers	Tasks
1	1,2,3,4,5	1. Occasionally lifts/lowers a 188 pound casualty as part of a two person team (prorated to 94 pounds) a vertical distance of 50 inches from ground level to a litter/bed while wearing ~ 80 pounds of uniform and combat equipment. 2. Occasionally carries a 188 pound casualty as part of a two person team (prorated to 94 pounds) a horizontal distance of 10-20 feet while wearing ~ 80 pounds of uniform and combat equipment. 3. Occasionally pushes, pulls and reaches for a 188 pound casualty as part of a two person team (prorated to 94 pounds) a horizontal distance of 2-5 feet transferring them between beds, litters or litter racks while wearing ~ 80 pounds of uniform and combat equipment. 4. Occasionally lifts/lowers and reaches for medical equipment weighing 65 pounds a vertical distance of 48 inches and lowers to the ground while wearing ~ 80 pounds of uniform and combat equipment. 5. Occasionally carries or pulls medical equipment weighing 65 pounds a horizontal distance of 10-50 feet while wearing ~ 80 pounds of uniform and combat equipment.
2	1,2,3,4,5	
3	1,2,3,4,5	
4	1,2,3,4,5	
5	1,2,3,4,5	

Table 10-68D-1

Physical requirements for MOS 68D

Skill level	Tasks numbers	Tasks
1	1,2,3,4	1. Occasionally lifts/lowers a 380 pound field operating room table as part of a 4 Soldier team (prorated to 95 pounds) from ground level up to a vertical distance of 2-3 feet while wearing ~80 pounds of uniform and combat equipment. 2. Occasionally pushes/pulls field operating room table with wheels and a braking system weighing 380 pounds as part of a 4 Soldier team (prorated to 95 pounds) a maximum horizontal distance of up to 5 feet while wearing ~80 pounds of uniform and combat equipment. 3. Occasionally lifts/lowers a field sterilizer weighing 312 pounds as part of a 4 Soldier team (prorated to 78 pounds) from ground level up to a vertical distance of 2-3 feet while wearing ~80 pounds of uniform and combat equipment. 4. Occasionally carries a field sterilizer weighing 312 pounds as part of a 4 Soldier team (prorated to 78 pounds) for a horizontal distance of at least 20 feet while wearing ~80 pounds of uniform and combat equipment
2	1,2,3,4	
3	1,2,3,4	
4	1,2,3,4	

Table 10-68E-1**Physical requirements for MOS 68E**

Skill level	Tasks numbers	Tasks
1	1,2,3,4,5,6	1. Frequently pushes/pulls 30 pound Alabama Dental cart (with wheels), up to 10 feet horizontal distance to assist in dental procedures.
2	1,2,3,4,5,6	2. Occasionally lifts/lowers 107 pounds as part of a 2 person team (prorated weight of 53.5 pounds per Soldier) Dental Field Treatment Operating System and dental field X-ray unit, consisting of 3 modules, a vertical distance of up to 4 feet onto and off vehicle utilizing power from the lower torso while wearing ~80 pounds of uniform and combat equipment.
3	1,2,3,4,5,6	3. Occasionally carries 107 pounds as part of a 2 person team (prorated weight of 53.5 pounds per Soldier) Dental Field Treatment Operating System (DEFTOS) and dental field X-ray unit, consisting of 3 modules, a horizontal distance of up to 50 feet for use in dental procedures, utilizing power from the upper torso while wearing ~80 pounds of uniform and combat equipment
4	1,2,3,4	4. Occasionally pulls/pushes 107 pounds, as part of a 2 person team (prorated weight of 53.5 pounds per Soldier) Dental Field Treatment Operating System and dental field X-ray unit, consisting of 3 modules, a horizontal distance of up to 2-5 feet for use in dental procedures and proper positioning for patient care, utilizing power from the upper torso while wearing ~80 pounds of uniform and combat equipment.
5	1,6	5. Occasionally lifts/lowers 10-15 pound X-ray unit a vertical distance of up to 3 feet, and walks around patient carrying a horizontal distance of 2-5 feet, to take X-rays of patient. 6. Occasionally climbs/descends on uneven terrain to/from field site areas carrying 107 pounds as part of a 2 person team (prorated weight of 53.5 pounds per Soldier) Dental Field Treatment Operating System (DEFTOS) and dental field X-ray unit, consisting of 3 modules, a horizontal distance of up to 50 feet, for use in dental procedures utilizing power from the upper/lower torso while wearing ~80 pounds of uniform and combat equipment.

Table 10-68F-1 (Effective 231031)
Physical requirements of MOS 68F

Skill level	Task numbers	Tasks
1	1,2,3,4,5,6,7,8,9,10	1. Frequently carries/moves 30lbs of exercise equipment 20 feet while demonstrating/performing progressive resistance exercises. 2. Frequently stoops/kneels/crouches from waist level to ground while moving 40lbs of exercise equipment. 3. Occasionally climbs/descends 20 feet while ambulating/assisting a 200lb (50lbs prorated) patient. 4. Occasionally swims 10 feet with an average of 20lbs while conducting and demonstrating aquatic therapy classes at pools for upper extremity injuries. 5. Occasionally throws a 10lb weighted ball 7 feet with patient while conducting physical therapy sessions. 6. Occasionally walks 50 feet while ambulating/assisting a 200lb (50lbs prorated) patient. 7. Occasionally lifts/lowers 80lbs of exercise equipment from waist level to ground. 8. Occasionally pushes/pulls 80lbs over 5 feet while conducting, demonstrating, and assisting patient during physical therapy sessions. 9. Occasionally run/rushes with 40lbs while conduct weight training exercises. 10. Occasionally reaches with 40lbs from waist level to ground while securing patient for transfer.
2	1,2,3,4,5,6,7,8,9,10	
3	1,2,3,4,5,6,7,8,9,10	
4	1,2,3,4,5,6,7,8,9,10	

Table 10-68G-1**Physical requirements for MOS 68G**

Skill level	Tasks numbers	Tasks
1	1,2,3,4,5	1. Frequently lifts/lowers medical records or patient personal effects and equipment weighing up to 40 pounds for a vertical distance up to 3 feet from the ground to waist high. 2. Frequently carries medical records and documents weighing 40 pounds from one shelf to another shelf for a horizontal distance up to 100 meters. 3. Frequently walks distances up to 100 meters to perform administrative duties within a military treatment facility. 4. Occasionally lifts/lowers a patient weighing up to 255 pounds as part of a 4 Soldier team (prorated 64 pounds) from the ground to a vertical distance of 5 feet into a Rick Shaw while wearing ~80 pounds of uniform and combat equipment. 5. Occasionally pushes a patient weighing up to 255 pounds in a Rick Shaw as part of a 4 Soldier team (prorated 64 pounds) for a horizontal distance of 2-5 feet while wearing ~80 pounds of uniform and combat equipment.
2	1,2,3,4,5	
3	1,2,3,4,5	
4	1,2,3,4	
5	3,4,5	

Table 10-68H-1

Physical requirements for MOS 68H

Skill level	Tasks numbers	Tasks
1	1,2,3,4,5,6,7	1. Constantly lifts/lowers stacked fabrication trays weighing 26 pounds from staging area for a vertical distance up to 3 feet.
2	1,2,3,4,5,6,7	2. Constantly carries stacked fabrication trays weighing 26 pounds a horizontal distance of 10-50 feet to automatic surfer.
3	1,2,3,4,5,6,7	3. Constantly pushes/pulls stacked fabrication trays weighing 26 pounds a horizontal distance of 1-3 feet.
4		4. Occasionally lifts/lowers single vision fabrication unit weighing 112 pounds as part of a 2 Soldier team (prorated to 56 pounds) from ground level to 3 feet while wearing ~80 pounds of uniform and combat equipment.
		5. Occasionally carries single vision fabrication unit weighing 112 pounds as part of a 2 Soldier team (prorated to 56 pounds) for a horizontal distance of 10-100 feet while wearing ~80 pounds of uniform and combat equipment.
		6. Occasionally pushes/pulls edger weighing 112 pounds for a horizontal distance of 1-3 feet onto platform and place vacuum and compressor underneath while wearing ~80 pounds of uniform and combat equipment.
		7. Occasionally walks over uneven terrain with single vision fabrication unit weighing 112 pounds as part of a 2 Soldier team (prorated to 56 pounds) for a horizontal distance of 10-100 feet while wearing ~80 pounds of uniform and combat equipment.

Table 10-68J-1

Physical requirements for MOS 68J

Skill level	Tasks numbers	Tasks
1	1,2,3,4,5,6,7	1. Frequently lifts/lowers medical supplies and equipment weighing 5-40 pounds from ground to waist level (a vertical distance of 1-3 feet) while wearing ~80 pounds of uniform and combat equipment. .
2	1,2,3,4,5,6,7	2. Frequently carries medical supplies and equipment weighing 5-40 pounds a horizontal distance of one to 15 feet while wearing ~80 pounds of uniform and combat equipment.
3	1,2,3,4,5,6,7	3. Frequently pushes/pulls medical supplies and equipment weighing 10-150 pounds using a wheeled cart or hand truck for a horizontal distance of 5-50 feet while wearing ~80 pounds of uniform and combat equipment.
4	1,2,3,4,5,6,7	4. Frequently reaches 30-45 seconds for medical supplies weighing 10-40 pounds a horizontal and vertical distance of one to three feet.
5	4	5. Occasionally lifts/lowers tri-wall container walls and base weighing 30-60 pounds for a vertical distance of one to three feet from the ground. 6. Occasionally carries medical supplies and equipment weighing 20-40 pounds to tri-wall staging area while wearing ~80 pounds of uniform and combat equipment. 7. Occasionally pushes/pulls tri-wall container weighing 60-600 pounds using a manual pallet jack as part of a 2 Soldier team (prorated to 330 pounds) while wearing ~80 pounds of uniform and combat equipment.

Table 10-68K-1**Physical requirements for MOS 68K**

Skill level	Tasks numbers	Tasks
1	1,2,3,4	1. Occasionally lifts/lowers blood box weighing up to 50 pounds from ground to waist high a vertical distance of 3 feet.
2	1,2,3,4	2. Occasionally carries blood products weighing up to 50 pounds a horizontal distance of 10 feet to the processing area.
3	1,2,3,4	3. Occasionally lifts/lowers reactive or unconscious donor weighing 188 pounds as part of a 4 Soldier team (prorated to 47 pounds) from chair for a vertical distance of 3 feet for treatment.
4	1,2,3,4	4. Occasionally carries a reactive or unconscious donor weighing 188 pounds as part of a 4 Soldier team (prorated to 47 pounds) for a horizontal distance of 2-5 feet for treatment.
5	1,2,3,4	

Table 10-68L-1**Physical requirements or MOS 68L**

Skill level	Task numbers	Tasks
1	1,2,3,4,5,6	1. Occasionally lifts/lowers a 200lb patient (50lbs prorated as part of a four person team) from a standing to a sitting position while wearing ~80 pounds of uniform and combat equipment.
2	1,2,3,4,5,6	2. Occasionally pushes/pulls a 200lb patient (50lbs prorated as part of a four person team) 2-5 feet using a patient transfer board while wearing ~80 pounds of uniform and combat equipment.
3	1,2,3,4,5,6	3. Occasionally stoops/kneels/crouches from waist level to ground while supporting a 200lb patient (50lbs prorated as part of a four person team) while wearing ~80 pounds of uniform and combat equipment.
4	1,2,3,4,5,6	4. Occasionally lowers a 200lb patient (50lbs prorated as part of a four person team) from a standing to a lying position on the floor in order to prevent further injury while applying restraints, and wearing ~80 pounds of uniform and combat equipment. 5. Occasionally carries a 200lb patient 20 feet (50lbs prorated as part of a four person team) while wearing ~80 pounds of uniform and combat equipment. 6. Occasionally walks with a 200lb patient 20 feet in a four point harness restraint while wearing ~80 pounds of uniform and combat equipment.

Table 10-68M-1

Physical requirements for MOS 68M

Skill level	Tasks numbers	Tasks
1	1,2,3,4,5,6	1. Frequently lifts/lowers food, weighing up to 30-40 pounds, 36 inches a vertical distance from delivered pallet to shelf.
2	1,2,3,4,5,6	2. Frequently carries food, weighing up to 30-40 pounds a horizontal distance of 20 meters, from pallet to shelf while wearing ~80 pounds of uniform and combat equipment.
3	1,2,3,4,5,6	3. Occasionally lifts/lowers 60-80 pound bags containing parts of Containerized Kitchen/Field Sanitation center from the ground to height up to 36 vertical inches as part of a 2 person team (prorated weight of 30-40 pounds per person) while wearing~80 pounds of uniform and combat equipment.
4	3,4,5	4. Occasionally carries 60-80 pound bags containing parts of Containerized Kitchen/Field Sanitation Center as part of a 2 person team (prorated weight of 30-40 pounds per person), a horizontal distance of 10-20 feet while wearing~80 pounds of uniform and combat equipment.
5	3,4,5	5. Occasionally pushes/pulls 30-40 pound meal cart (with wheels), 12-24 inches horizontal distance, from one side of shelf to another. 6. Occasionally hammers/pounds using a 5-10 pound hammer a grounding rod (8 feet down), as a safety measure for Containerized Kitchen, while wearing~80 pounds of uniform and combat equipment.

Table 10-68N-1
Physical requirements or MOS 68N (Rescind 202110)

Skill level	Task numbers	Tasks
1	1,2,3,4	1. Constantly load bears a protective lead vest weighing 7-10lbs distances of 20 ft. while wearing standard 12 pound uniform.
2	1,2,3,	2. Occasionally lifts/lowers a 200lb patient (50lbs prorated as part of a four person team) from a standing to a sitting position.
3	1,2,3,	3. Occasionally pushes/pulls a 200lb patient (50lbs prorated as part of a four person team) 2-5 feet using a patient transfer board.
4	1,2,3,	4. Occasionally stoops/kneels/crouches from waist level to ground while supporting a 200lb patient (50lbs prorated as part of a four person team).

Table 10-68P-1**Physical requirements for MOS 68P**

Skill level	Tasks numbers	Tasks
1	1,2,3,4	<p>1. Occasionally lifts/lowers MinXray portable x-ray unit (includes transport case) weighing 200 pounds as part of a 4 Soldier team (prorated to 50 pounds) a vertical distance of 2-5 feet while wearing ~80 pounds of uniform and combat equipment.</p> <p>2. Occasionally carries MinXray portable x-ray unit (includes transport case) weighing 200 pounds as part of a 4 Soldier team (prorated to 50 pounds) a horizontal distance of 50 feet while wearing ~80 pounds of uniform and combat equipment.</p> <p>3. Occasionally pushes/pulls MinXray portable x-ray machine (with wheels) weighing 97 pounds while wearing ~80 pounds of uniform and combat equipment.</p> <p>4. Occasionally lifts/lowers unconscious patient weighing 188 pounds as part of a 2 Soldier team (prorated to 94 pounds) for a vertical distance of 1 to 3 feet from a stretcher.</p>
2	1,2,3,4	
3	1,2,3,4	
4	4	
5		

Table 10-68Q-1

Physical requirements for MOS 68Q

Skill level	Tasks numbers	Tasks
1	1,2,3,4,5	1. Frequently lifts/lowers medications, totes, and bulk pharmaceutical supplies weighing 10-40 pounds waist high from ground level a vertical distance of 3 feet while wearing ~80 pounds of uniform and combat equipment.
2	1,2,3,4,5	2. Frequently carries medications, totes, and bulk pharmaceutical supplies weighing 10-40 pounds a horizontal distance of 50 feet while wearing ~80 pounds of uniform and combat equipment.
3	3,4,5	3. Occasionally lifts/lowers medications, totes, supplies, and equipment weighing 5-80 pounds waist high from ground level a vertical distance of 3 feet while wearing ~80 pounds of uniform and combat equipment.
4	3,4,5	4. Occasionally reaches for a horizontal and vertical distance of 1-3 feet for 15-30 seconds to retrieve medications, totes, and bulk supplies from shelves weighing 10-40 pounds while wearing ~80 pounds of uniform and combat equipment.
5	3,4,5	5. Occasionally climbs ladder or step stoop from ground level a vertical distance of 3 feet to retrieve or sort medications, totes, and bulk supplies while wearing ~80 pounds of uniform and combat equipment.

Table 10-68R-1

Physical requirements for MOS 68R

Skill level	Tasks numbers	Tasks
1	1,2,3,4,5,6	<p>1. Frequently lifts/lowers, as part of a 2 person team 80 pounds (prorated weight of 40 pounds per Soldier) of UGR rations onto and off a table (3-4 feet vertical distance), and carries a horizontal distance of 15 feet while wearing~80 pounds of uniform and combat equipment.</p> <p>2. Frequently carries, as part of a 2 person team, 80 pounds (prorated weight of 40 pounds per Soldier) of UGR rations to and from table a horizontal distance of 15 feet while wearing~80 pounds of uniform and combat equipment.</p> <p>3. Frequently pushes, as part of a 2 person team, 80 pounds (prorated weight 40 pounds per Soldier) of UGR rations, on a shelf/table (with wheels), a horizontal distance of 2 feet while wearing~80 pounds of uniform and combat equipment.</p> <p>4. Frequently lifts/lowers 40 pounds of individual operational rations a vertical distance of 3-4 feet utilizing power from the lower torso.</p> <p>5. Frequently carries 40 pounds of individual operational rations a horizontal distance of 15 feet utilizing power from the upper torso.</p> <p>6. Occasionally climbs/descends 5-6 feet on ladder/stairs, carrying 10 pounds of subsistence boxes or operational rations/equipment while wearing up to 12 lbs. of inspection equipment.</p>
2	1,2,3,4,5,6	
3	4,5,6	
4	6	
5	6	

Table 10-68S-1**Physical requirements for MOS 68S**

Skill level	Tasks numbers	Tasks
1	1,2,3,4,5,6	<p>1. Frequently lifts/lowers, as part of a 2 person team an 80 pound medical field chest (prorated weight of 40 pounds per Soldier) filled with preventive medicine equipment, in and out of the transport vehicle, lowering to the ground below the waist, (2-4 vertical feet), using upper torso while wearing ~80 pounds of uniform and combat equipment.</p> <p>2. Frequently carries, as part of a 2 person team an 80 pound medical chest (prorated weight of 40 pounds per Soldier) filled with preventive medicine equipment, from a transport vehicle to designated area of operation (20 horizontal feet), using upper torso while wearing while wearing~80 pounds of uniform and combat equipment</p> <p>3. Frequently pushes/pulls, as part of a 2 person team an 80 pound medical field chest (prorated weight of 40 pounds per Soldier) filled with preventive medicine equipment in and out of the transport vehicle, (20 horizontal feet) using upper torso while wearing ~80 pounds of uniform and combat equipment.</p> <p>4. Occasionally lifts/lowers a 30 pound pesticide dispersal unit, in and out of the transport vehicle (5 vertical feet) using upper torso, for operational maintenance at a work station or preparing unit for mounting/load bearing while wearing~80 pounds of uniform and combat equipment.</p> <p>5. Occasionally carries a 30 pound pesticide dispersal unit, to and from storage area and transport vehicle (200 yards horizontal distance) using upper torso, while wearing ~80 pounds of uniform and combat equipment.</p> <p>6. Occasionally wears a 30 pound pesticide dispersal unit/backpack sprayer, dispersing pesticide treatment to areas of concentration for up to ~20 minute increments or until tank empties (Soldier should not carry the pesticide applicator for longer than 2 consecutive hours – heat category dependent) while wearing~80 pounds of uniform and combat equipment.</p>
2	1,2,3,4,5,6	
3	1,2,3,4,5,6	
4	5,6	
5	5,6	

Table 10-68T-1**Physical requirements for MOS 68T**

Skill level	Tasks numbers	Tasks
1	1,2,3,4,5	<p>1. Frequently lifts/lowers, as part of a 2 person team an 80 pound Military Working Dog (MWD) (prorated weight of 40 pounds per Soldier) onto and off the exam table (36 inches vertical distance), while wearing ~80 pounds of uniform and combat equipment.</p> <p>2. Frequently carries/walks, as part of a 2 person team an 80 pound Military Working Dog (MWD), (prorated weight of 40 pounds per Soldier) a horizontal distance up to 10 feet, pre/post examination, while wearing ~80 pounds of uniform and combat equipment.</p> <p>3. Occasionally lifts/lowers 50 pound animal hoofs for examination a vertical distance of 24 inches.</p> <p>4. Occasionally guides a 2200 pound living animal, with harness/reins, 1-5 feet horizontal distance to get them moving in the desired direction.</p> <p>5. Occasionally stoops/kneels/crouches, a vertical distance of 2 feet and lower to the ground, to manipulate animals in various restraint positions that require a high degree of bodily movement/restraint methods, for periods up to 5 minutes.</p>
2	1,2,3,4,5	
3	4,5	
4	4,5	

Table 10-68U-1 (Rescind 202110)
Physical requirements or MOS 68U

Skill level	Task numbers	Tasks
1	1,2,3	1. Occasionally lifts/lowers a 200lb patient (50lbs prorated as part of a four person team) from a standing to a sitting position. 2. Occasionally pushes/pulls a 200lb patient (50lbs prorated as part of a four person team) 2-5 feet using a patient transfer board. 3. Occasionally stoops/kneels/crouches from waist level to ground while supporting a 200lb patient (50lbs prorated as part of a four person team).
2	1,2	
3	1,2	
4	1,2,3	

Table 10-68V-1

Physical requirements for MOS 68V

Skill level	Tasks numbers	Tasks
2	1,2	1. Frequently pushes/pulls 38 pounds (20% of patient weighing 188 pounds) in a hospital bed or chair (with wheels) a horizontal and vertical distance of 1-3 feet into a postural drainage position. 2. Occasionally pushes/pulls 38 pounds of non-ambulatory intubated patient (20% of patient weighing 188 pounds) for a horizontal distance of 1-3 feet
3	1,2	
4	1,2	

Table 10-68W-1**Physical requirements for MOS 68W**

Skill level	Tasks numbers	Tasks
1	1,2,3,4,5,6,7,8, 9,10,11,12	1. Constantly kneels from a standing position to the ground to assess and treat casualties for a minimum time period of 30 minutes while wearing 98 pounds of uniform and combat equipment.
2	1,2,3,4,5,6,7,8, 9,10,11,12	2. Frequently lifts/lowers a 215 pound casualty a vertical distance of 63 inches from the ground and back as part of a four person litter team (prorated to 54 pounds) while wearing 98 pounds of uniform and combat equipment.
3	1,2,3,4,5,6,7,8, 9,10,11,12	3. Frequently carries a 215 pound casualty a horizontal distance of 300 feet as part of a four person litter team (prorated to 54 pounds) while wearing 98 pounds of uniform and combat equipment.
4	1,2,3,4,5,6,7,8, 9,10,11,12	4. Frequently walks/marches horizontal/vertical distances up to 300 feet over varying terrain/weather/altitude conditions while wearing 98 pounds of uniform and combat equipment.
5	1,2,3,4,5,6,7,8, 9,10,11	5. Frequently reaches up to 63 inches inserting and removing a 215 pound casualty from a medical evacuation platform as part of a four person litter team (prorated to 54 pounds) while wearing 98 pounds of uniform and combat equipment.
		6. Frequently pushes/pulls a 215 pound casualty a horizontal distance of 2-5 feet on/off an evacuation platform litter rack as part of a four member team (prorated to 54 pounds) while wearing 98 pounds of uniform and combat equipment.
		7. Occasionally lifts/lowers a 200 pound casualty a vertical distance of 63 inches from the ground and back as part of a two person team (prorated to 100 pounds) while wearing 98 pounds of uniform and combat equipment.
		8. Occasionally pulls/draggs a 200 pound casualty a horizontal distance of 150 feet as part of a two person team (prorated to 100 pounds) while wearing 98 pounds of uniform and combat equipment.
		9. Occasionally crouches/stoops from a standing position during dismounted tactical movement while pulling/dragging casualties weighing 200 pounds as part of a two member team (prorated to 100 pounds) while wearing 98 pounds of uniform and combat equipment.
		10. Occasionally climbs/descends vertical distances of 30 feet utilizing stairwells of three story buildings evacuating a 215 pound casualty as part of a four person litter team (prorated to 54 pounds) while wearing 98 pounds of uniform and combat equipment.
		11. Occasionally climbs/descends vertical distances of 30 feet utilizing stairwells of three story buildings evacuating a 200 pound casualty as part of a two person team (prorated to 100 pounds) while wearing 98 pounds of uniform and combat equipment.
		12. Frequently walks/marches horizontal/vertical distances up to 12 miles over varying terrain/weather/altitude conditions while wearing 98 pounds of uniform and combat equipment while assigned to infantry formations.

Table 10-68X-1**Physical requirements for MOS 68x**

Skill level	Tasks numbers	Tasks
1	1,2,3,4	1. Occasionally lowers out of control patient weighing 188 pounds as part of a 4 Soldier team (prorated to 47 pounds) to the ground for a vertical distance 3-5 feet while wearing ~80 pounds of uniform and combat equipment. 2. Occasionally handles (controls) limbs of out of control patient that weighs 188 pounds as part of a 4 Soldier team (prorated to 47 pounds) while wearing ~80 pounds of uniform and combat equipment. 3. Occasionally lifts/lowers psychological testing kit weighing 60 pounds waist high for a vertical distance of 3 feet from ground while wearing ~80 pounds of uniform and combat equipment. 4. Occasionally carries a psychological testing kit weighing 60 pounds at waist high for a horizontal distance of 10-15 feet while wearing ~80 pounds of uniform and combat equipment.
2	1,2,3,4	
3	1,2,3,4	
4	1,2,3,4	

Table 10-68Y-1

Physical requirements or MOS 68Y

Skill level	Task numbers	Tasks
1	1,2,	1. Occasionally lifts 80lb Ophthalmic Chair (40lbs prorated as part of a two person team) up to 5 ft. and lowers from vehicle to ground while wearing ~ 80lb fighting load. 2. Occasionally carries 80lb Ophthalmic Chair (40lbs prorated as part of a two person team) a distance of 50 feet waist high (three feet) from ground to clinic location while wearing ~ 80lb fighting load.
2	1,2,	
3	1,2,	
4	1,2	

Table 10-68Z-1
Physical requirements for MOS 68Z

Skill level	Task numbers	Tasks
6	1, 2, 3, 4, 5, 6, 7	<ol style="list-style-type: none"> 1. Occasionally lifts/lowers a 215 pound casualty a vertical distance of 63 inches from the ground and back as part of a four person litter team (prorated to 54 pounds) while wearing 80 pounds of uniform and combat equipment. 2. Occasionally carries a 215 pound casualty a horizontal distance of 300 feet as part of a four person litter team (prorated to 54 pounds) while wearing 80 pounds of combat equipment. 3. Occasionally pushes/pulls a 215 pound casualty a horizontal distance of 2-5 feet on/off an evacuation platform litter rack as part of a four person litter team (prorated to 54 pounds) while wearing 80 pounds of uniform and combat equipment. 4. Occasionally reaches up to 63 inches inserting and removing a 215 pound casualty from a medical evacuation platform as part of a four person litter team (prorated to 54 pounds) while wearing 80 pounds of uniform and combat equipment. 5. Occasionally lifts/lowers a 200 pound casualty a vertical distance of 63 inches from the ground and back as part of a two person team (prorated to 100 pounds) while wearing 80 pounds of uniform and combat equipment. 6. Occasionally pulls/draws a 200 pound casualty a horizontal distance of 150 feet as part of a two person team (prorated to 100 pounds) while wearing 80 pounds of uniform and combat equipment. 7. Occasionally crouches from a standing position during dismounted tactical movement while pulling/dragging casualties weighing 200 pounds as part of a two member team (prorated to 100 pounds) while wearing 80 pounds of uniform and combat equipment.

Table 10-74D-1**Physical requirements for MOS 74D**

Skill level	Task numbers	Tasks
1	1,2,4,5,6,7,8,9	1. Occasionally conducts training in the Chemical Defense Training Facility (CDTF) in a live agent environment for three hours while wearing the Joint Service Lightweight Integrated Suit Technology (JSLIST) (6.57 lbs.); and the M50 Joint Service General Purpose Protective Mask (4.97 lbs.) (Total JSLIST & M50 Mask 11.72 lbs.).
2	2,4,5,6,7,8	2. Frequently performs CBRN operations in MOPP 4 (Total ~92 lbs.) for up to 3 continuous/10 non-continuous hours.
3	2,4,5,6,7,8	3. Occasionally performs CBRN operations in MOPP 4 (Total ~92 lbs.) for up to 3 continuous/10 non-continuous hours.
4	2,9	4. Occasionally lift and carry 146 lbs. (125-GPM Diesel Water Pump, prorated for two Soldiers at 73 lbs.) waist high for a distance of up to 25 ft., up to 5 minutes in MOPP 4 (11.72 lbs.).
5	3,9	5. Occasionally lifts a 50 lb barrel (STB decontaminating agent, prorated to 25 lbs., per individual of a two person team) 43 inches high while wearing MOPP 4 (11.72 lbs.) for up to 70 seconds. 6. Occasionally lifts/lowers ~283 lbs. (contaminated casualties and litter, prorated to 70.75 lbs. by four person carry), up to 42 in high (roller system), 20 times per hour up to four hours, while wearing MOPP 4 (11.72 lbs.). 7. Occasionally push/pulls ~283 lbs. (contaminated casualties and litter) on a roller system, up to 20 ft., 20 times per hour up to four hours, while wearing MOPP 4 (11.72 lbs.). 8. Occasionally digs, lifts, and shovels 11 lbs. scoops of dirt in bent, stooped or kneeling position; waist high; up to 50 ft.; while wearing MOPP 4 (11.72 lbs.). 9. Frequently performs Hazardous Material (HazMat) Task at the Operations Level while wearing CBRN protective garments (Level B) with Self Contained Breathing Apparatus (SCBA) (Total Weight 32.8 lbs.) for up to 1 hour.

Table 10-79R-1**Physical requirements for MOS 79R**

Skill level	Task numbers	Tasks
2	1	1. Frequently lifts/lowers a maximum of 30 pounds (<i>Laptop Computer with accessories, recruiting publicity items, personal presentation items, business cards, and laptop computer carrying case</i>) 3 feet from the ground, and carries 100 feet.
3	1	
4	1	
5	1	
6	1	

Table 10-79S-1**Physical requirements for MOS 79S**

Skill level	Task numbers	Tasks
2	1	1. Frequently lifts/lowers a maximum of 30 pounds (Laptop Computer, laptop computer carrying case with accessories, retention publicity items, and American flag) up to 3 feet from the ground, and carries 100 feet while wearing/carrying ~50pounds of uniform and combat equipment.
3	1	
4	1	
5	1	
6	1	

Table 10-79T-1**Physical requirements for MOS 79T**

Skill level	Task numbers	Tasks
3	1	1. Frequently lifts/lowers a maximum of 30 pounds (Laptop Computer with accessories, recruiting publicity items, personal presentation items, business cards, and laptop computer carrying case) 3 feet from the ground, and carries 100 feet.
4	1	
5	1	
6	1	

Table 10-79V-1**Physical requirements for MOS 79V**

Skill level	Task numbers	Tasks
3	1	1. Frequently lifts/lowers a maximum of 30 pounds (Laptop Computer with accessories, retention publicity items, personal presentation items, business cards, and laptop computer carrying case) 3 feet from the ground, and carries 100 feet.
4	1	
5	1	
6	1	

Table 10-88H-1

Physical requirements for MOS 88H

Skill level	Task numbers	Tasks
1	1,2,3,4,5,6,7	<p>1. Occasionally lifts or lowers 572 pounds (lifting sling assembly) waist high and carries 3 feet as part of a 4 Soldier team (prorated at 143 pounds per soldier) to attach to crane hook or shackle while wearing ~80 pounds of uniform and combat equipment.</p> <p>2. Frequently lifts or lower 140 pounds (trailer tongue) 3 feet vertically to attach/detach from truck as part of a 2 Soldier team (prorated at 70 pounds per soldier).</p> <p>3. Frequently push or pull 140 pounds (trailer on wheels) for a maximum of 10 feet.</p> <p>4. Frequently lifts/lower 82 pound vehicle lashing assembly to store/un-store (reaching 6ft up or down every 15 seconds for max 1 hour). Carry vehicle lashing assembly from storing racks to stowed vehicle (25ft) every 15 minutes.</p> <p>5. Constantly reach 1 foot or stoop, kneel, and crouch to attach/detach 20 pound lashing assembly hook to stowed vehicles tie down points.</p> <p>6. Frequently hammers with 12 pound sledge hammer (standing) to detach blocking and bracing dunnage.</p> <p>7. Occasionally climb/descend 12-25 feet to reach/depart crane operator seat.</p> <p>8. Frequently stand, walk (9hrs) and climb (4ft) to inspect loads and ensure safe operations.</p>
2	1,2,3,4,5,6,7,8	
3	8	
4	8	

Table 10-88K-1

Physical requirements for MOS 88K

Skill level	Task numbers	Tasks
1	1,2,3,4,5,6,7	<ol style="list-style-type: none">1. Occasionally lifts or lowers 572 pounds (lifting sling assembly) waist high and carries 3 feet as part of a 4 Soldier team (prorated at 143 pounds per soldier) to attach to crane hook or shackle while wearing ~80 pounds of uniform and combat equipment.2. Frequently lift/lower 82 pound vehicle lashing assembly to store/un-store (reaching 6ft every 15 seconds for max 1 hour). Carry vehicle lashing assembly from storing racks to stowed vehicle (25ft) every 15 minutes.3. Occasionally push or pull 140 pound (trailer on wheels) for a maximum of 10 feet.4. Occasionally climb/descend 12 feet to get to top of vehicle to hook up vehicle with lifting sling assembly (30lbs hanging).5. Occasionally hammers with 12 pound sledge hammer (standing) to detach blocking and bracing dunnage.6. Constantly reach 1 foot or stoop, kneel, and crouch to attach/detach 20 pound lashing assembly hook to stowed vehicles tie downs.7. Stand on watch for up to 12 hours during cargo operations.
2	1,2,3,4,5,6,7	
3	7	
4	7	

Table 10-88L-1**Physical requirements for MOS 88L**

Skill level	Task numbers	Tasks
1	1,2,3,4,	1. Occasionally lift 164lb. pump (prorated at 82lbs per Soldier, two-Soldier lift) 3 feet high and carry 39 feet and lower while wearing ~80 pounds consisting of uniform and load bearing equipment. 2. Frequently lifts 60lbs pound (tool box) two feet and climbs/descend 15 feet and lower it while wearing ~80 pounds consisting of uniform and load bearing equipment. 3. Occasionally lift/lower/pull 106lb (prorated at 53lbs per 2 Soldier team) fire pump hose (2 &1/2 inch by 50 foot) to flush pump while wearing ~80 pounds consisting of uniform and load bearing equipment. 4. Frequently stoops, kneels and crouch in confined spaces to perform maintenance.
2	1,2,3,4,	
3	1,2,3,4,	
4	3,4,	

Table 10-88M-1

Physical requirements for MOS 88M

Skill level	Task numbers	Tasks
1	1,2,3,4,5,6,7	1. Frequently lifts and lower 50 pounds (vehicle lashing assemblies) 4 feet and carry 6 feet to/from loaded (payload) vehicle while wearing ~80lbs consisting of uniform and load bearing equipment.
2	1,2,3,4,5,6,7	2. Occasionally pulls 160 pound chain from tractor storage to trailer ramp (65ft) and pull through tank lifting shackles in preparation for towing vehicle onto trailer while wearing ~80lbs consisting of uniform and load bearing equipment.
3	1,2,3,4,5,6,7	3. Frequently climbs/descend up to 4ft to get in and out of vehicle or onto vehicle deck while wearing ~80lbs consisting of uniform and load bearing equipment.
4	7,	4. Frequently lift/lower 21 pounds (load binders) 3 feet and reach arm length to tighten chains and secure vehicles (payload) to trailer while wearing ~80lbs consisting of uniform and load bearing equipment. 5. Frequently reaches 1-2 feet to pull part of VLAs (21lbs) through vehicle tie downs while wearing ~80lbs consisting of uniform and load bearing equipment. 6. Frequently stoops, kneels, crawl and crouch while using part of VLAs (21lbs) to lash vehicles to trailer or while inspecting equipment wearing ~80lbs consisting of uniform and load bearing equipment. 7. Frequently sits and drives 8-10 hours wearing ~80lbs consisting of uniform and load bearing equipment with 15 minute break first hour and 10 minute break every hour thereafter.

Table 10-88N-1**Physical requirements for MOS 88N**

Skill level	Task numbers	Tasks
1	1,2,3,4,5,6	1. Frequently lifts 290 pounds (463L Pallet) 6 feet as part of a 4 Soldier team prorated at 72 pounds per Soldier and carry 6 feet (horizontal distance) and lower (3 feet) to loading position (on top of 4X4 dunnage) while wearing ~80 pounds consisting of uniform and load bearing equipment.
2	1,2,3,4,5,6,7	2. Frequently stands for 6-12 hour duration to construct or record documentation of 463L pallet while wearing ~80 pounds of uniform and load bearing equipment.
3	1,2,3,4,5,6,7	3. Frequently lifts, carry, lower, push and pull 80 pounds (baggage and other equipment from MHE) 3 feet to load on pallet while wearing ~80 pounds of uniform and load bearing equipment.
4	7	4. Climb/Descend 4 feet to apply 25 pound top net. 5. Occasionally lift and lower 65 pounds top and side nets 3 feet, separate and pull to spread out the nets for inspection while wearing~80 pounds of uniform and load bearing equipment. 6. Frequently reaches up to 6 feet and stoop, kneel or crouch to apply side or top nets (20-25 lbs.) while wearing ~80 pounds of uniform and load bearing equipment. 7. Occasionally walks up to 1 mile while inspecting Soldiers and equipment during A/DACG operations wearing ~80 pounds of uniform and load bearing equipment.

Table 10-88P-1**Physical requirements for MOS 88P (RES 201610)**

Skill level	Task numbers	Tasks
1	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts and carry 200 pounds as part of a 4 soldier team (prorated at 50 pounds per soldier).2. Frequently climbs/descends 4 feet.3. Occasionally hammers with 10 pounds.4. Frequently reaches, stoops, and crouches to spot hydro jacks underneath main draft systems.5. Frequently makes and interprets visual signals by hand, flags and lamps.6. Frequently listens to engines to detect unusual sounds.7. Must possess finger dexterity in both hands.
2	1,2,3,4,5,6,7,8	
3	3,4,5,6,7,8	
4	3,,5,6,7,8	

Table 10-88T-1**Physical requirements for MOS 88T (RES 201610)**

Skill level	Task numbers	Tasks
1	1,2,3,4,5,6,7,8,9	<ol style="list-style-type: none">1. Occasionally lifts and carries 3000 pounds as part of a 16 soldier team (2-8 man squads prorated at 188 pounds per soldier).2. Frequently lifts 200pounds as part of a 2 soldier team (prorated at 100pounds per soldier).3. Frequently reaches 1 foot to place 45 pounds rail jack.4. Hammers 18 pounds to spike rail to ties.5. Frequently digs 1 foot using picks and shovels to level grade.6. Reaches 2 feet to7. Stands for 1 hour to repair rail.8. Frequently makes and interprets visual signals by hand, flags and lamps.9. Must possess finger dexterity in both hands.
2	1,2,3,4,5,6,7,8,9	
3	1,2,3,4,5,6,7,8	
4	7,8 9	

Table 10-88U-1

Physical requirements for MOS 88U

Skill level	Task numbers	Tasks
1	1,2,3,4	1. Occasionally lifts 80 pounds knuckle 3 feet and carry 25 feet and lower (knuckle) 3 feet while wearing~80 pounds of uniform and load bearing equipment. 2. Occasionally pushes and pulls 100 pounds (coupler attached to back or front of car) 12 inches to line up couplers while wearing~80 pounds of uniform and load bearing equipment. Occasionally hammers and pounds with 4 lbs hammer to remove hinge pin of knuckle while wearing~80 pounds of uniform and load bearing equipment. 4. Occasionally Climbs or descend uneven grades (6 feet) and walk up to a mile to inspect coupler or equipment while wearing~80 pounds of uniform and load bearing equipment.
2	1,2,3,4	
3	4	
4	4	

Table 10-88Z-1
Physical requirements for MOS 88Z

Skill level	Task numbers	Tasks
5-6	1,2,3	<ol style="list-style-type: none">1. Frequently climbs/descend 4 feet to get into or onto vehicles while wearing ~80 pounds consisting of uniform and load bearing equipment.2. Occasionally walks up to one mile to conduct vehicle inspections or assessments of facilities and port capabilities while wearing ~80 pounds consisting of uniform and load bearing equipment.3. Occasionally stoop, kneel and crouch to inspect vehicles for maintenance, safety and appropriate documentation while wearing ~80 pounds consisting of uniform and load bearing equipment.

Table 10-89A-1**Physical requirements for MOS 89A**

Skill level	Task numbers	Tasks
1	1,2	<p>1. Occasionally lifts /lowers 77 pounds (2 cans of 7.62mm ammunition) 4 feet and carries 10 feet while wearing/carrying ~80 pounds of uniform and combat equipment.</p> <p>2. Occasionally pushes and pulls 200 pounds on wheels (pallet jack carrying ammunition) 25 feet while wearing/carrying ~80 pounds of uniform and combat equipment.</p>
2	1,2	

Table 10-89B-1**Physical requirements for MOS 89B**

Skill level	Task numbers	Tasks
1	1,2	1. Occasionally lifts /lowers 77 pounds (ammo box containing 2 cans of 7.62 mm ammunition) 4 feet and carries 10 feet while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally pushes and pulls 200 pounds on wheels (pallet jack carrying ammunition) 25 feet while wearing/carrying ~80 pounds of uniform and combat equipment.
2	1,2	
3	1,2	
4	1,2	
5	N/A	
6	N/A	

Table 10-89D-1**Physical requirements for MOS 89D (Effective 202310)**

Skill level	Task numbers	Tasks
2	1,2,3,4	<ol style="list-style-type: none">1. Frequently lifts/ lowers EOD tools, equipment, or munitions weighing up to 95 lbs (155mm) approximately waist high and carries 150 meters.2. Occasionally wears a 76 pound Bomb Suit for a distance of 400 meters while carrying up to 20 lbs. of EOD specific equipment (tools or radiographic equipment).3. Occasionally performs response to CBRN hazards while wearing Joint Service Lightweight Integrated Suit Technology (JSLIST) (6.57 lbs); and the M50 Joint Service General Purpose Protective Mask (4.97 lbs) (Total JSLIST 11.72 lbs) for up to 1 hour.4. Occasionally performs response to CBRN hazards while wearing CBRN protective garments (Level A) with Self Contained Breathing Apparatus (SCBA) (Total weight 32.8 lbs) for up to 1 hour.
3	1,2,3,4	
4	1,2,3,4	
5	2,3,4	
5	None	

Table 10-91A-1**Physical requirements for MOS 91A**

Skill level	Task numbers	Tasks
1	1,2,3,4,5	11. Occasionally pushes/pulls up to 100 pounds (Multi-Capable Maintainer Tool Kit) on wheels up to 25 feet individually;
2	1,2,3,4,5	lifts/lowers 4 feet and carries 25 feet as part of a two Soldier team (prorated 50 pounds per Soldier) while wearing/carrying
3	1,2,3,4,5	~80 pounds of uniform and combat equipment (can be carried intermittently).
4	5	2. Occasionally pushes/pulls 100 pounds (Improved Fire Control Electronics Unit) approximately 2 feet and lifts/lowers 1 foot from the kneel position individually; as a two Soldier team, pulls out of tank (using a strap), lifts/lowers up to 4 feet and carries up to 25 feet (prorated 50 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently). 3. Occasionally lifts/lowers 100 pounds (M1 Abrams Tank Generator) 2 inches and moves a horizontal distance of 6 inches individually, then pulls (using pulley) up to 100 pounds as part of a two Soldier team (prorated up to 50 pounds per Soldier), then carries 25 feet as part of a two Soldier team while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently). 4. Occasionally climbs/descends 8 feet (M1 Abrams Tank) while wearing/carrying ~80 pounds of uniform and combat equipment.

Table 10-91B-1
Physical requirements for MOS 91B

Skill level	Task numbers	Tasks
1	1,2,3	1. Occasionally pushes/pulls (on wheels) up to 100 pounds (General Mechanic's Tool Kit) up to 25 feet individually;
2	1,2,3	lifts/lowers 100 pounds 4 feet, and carries 25 feet as part of a two Soldier team (prorated 50 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently).
3	1,2,3	2. Occasionally lifts/lowers up to 85 pounds (400 ampere alternator) 4 feet and carries up to 25 feet as part of a two Soldier team (prorated 43 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently). 3. Occasionally lifts/lowers 50 pounds (HMMWV starter) 2 feet with arms extended from body at a 45 degree angle, carries up to 25 feet and lifts/lowers 4 feet as part of a two Soldier team (prorated 25 pounds per Soldier) while wearing/ carrying ~80 pounds of uniform and combat equipment (can be carried intermittently).

Table 10-91C-1
Physical requirements for MOS 91C

Skill level	Task numbers	Tasks
1	1,2,3	1. Occasionally lifts and lowers 270 pounds (18,000 BTU Environmental Control Unit) up to 4 feet and carries 25 feet as part of a 4 Soldier team (prorated 67.5 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently). 2. Occasionally pushes/pulls (on wheels) 100 pounds (refrigerant recovery system) up to 25 feet individually; lifts/lowers 4 feet as part of a two Soldier team (prorated 50 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes/pulls (on wheels) 96 pounds (Tool Kit, Service, Refrigeration Unit) up to 25 feet individually; lifts/lowers 4 feet and carries up to 25 feet as part of a two Soldier team (prorated 48 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently).
2	1,2,3	
3	1,2,3	

Table 10-91D-1**Physical requirements for MOS 91D**

Skill level	Task numbers	Tasks
1	1	1. Occasionally pushes/pulls (on wheels) up to 100 pounds (General Mechanic's Tool Kit (GMTK)) up to 25 feet; lifts/lowers 4 feet and carries 25 feet as part of a two Soldier team (prorated 50 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently).
2	1	
3	1	

Table 10-91E-1**Physical requirements for MOS 91E**

Skill level	Task numbers	Tasks
1	1,2,3	1. Occasionally lifts and lowers 200 pounds (raw material for machining, fabrication, and welding) 4 feet as part of a 2 Soldier team (prorated 100 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally operates power and air tools weighing as much as 15 lbs (gas metal arc welding gun) for long periods of time while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally reaches, bends, stoops, crouches, kneels, crawls and climbs up to 10 feet (vehicle height) to make repairs and fabrications while wearing/carrying ~80 pounds of uniform and combat equipment.
2	1,2,3	
3	1,2,3	

Table 10-91F-1**Physical requirements for MOS 91F**

Skill level	Task numbers	Tasks
1	1	1. Occasionally lifts/lowers 370 pounds (M777 Cannon Muzzle Brake) up to 4 feet and carries 10 feet as part of a 4 Soldier team (prorated 92.5 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently).
2	1	
3	1	

Table 10-91H-1

Physical requirements for MOS 91H

Skill level	Task numbers	Tasks
1	1,2	1. Occasionally lifts/lowers up to 105 pounds (Heavy Duty Lifting Chain) 4 feet and carries 25 feet as part of a two Soldier team (prorated 52.5 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently). 2. Occasionally lifts/lowers 70 pounds (vehicle generator) 5 feet and carries 25 feet as part of a 2 Soldier team (prorated 35 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently).
2	1,2	
3	1,2	

Table 10-91J-1
Physical requirements for MOS 91J

Skill level	Task numbers	Tasks
1	1,2	1. Occasionally lifts/lowers 117 pounds (Chemical Injection/Cleaning Module) 4 feet, and carries 25 feet as part of a two Soldier team (prorated 58.5 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently).
2	1,2	<p>2. Occasionally lifts and lowers 220 pounds (Lightweight Water Purification Unit) 4 feet and carries 25 feet as part of a 4 Soldier team (prorated 55 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently).</p> <p>3. Occasionally pushes/pulls (on wheels) up to 100 pounds (General Mechanic's Tool Kit) up to 25 feet individually; lifts/lowers 4 feet and carries 25 feet as part of a two Soldier team (prorated 50 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently).</p>

Table 10-91L-1**Physical requirements for MOS 91L**

Skill level	Task numbers	Tasks
1	1,2	1. Occasionally pushes/pulls (on wheels) up to 100 pounds (General Mechanic's Tool Kit) up to 25 feet individually; lifts/lowers 100 pounds 4 feet, and carries 25 feet as part of a two Soldier team (prorated 50 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently). 2. Occasionally lifts/lowers 75 pounds (scraper starter) up to 5 feet and carries up to 25 feet as part of a two Soldier team (prorated 38 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently).
2	1,2	
3	1,2	

Table 10-91M-1**Physical requirements for MOS 91M**

Skill level	Task numbers	Tasks
1	1,2,3	1. Occasionally pushes/pulls up to 100 pounds (Multi-capable Maintainer Tool Kit) on wheels up to 25 feet individually; lifts/lowers 4 feet and carries 25 feet as part of a two Soldier team (prorated 50 pound per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently). 2. Occasionally lifts/lowers 85 pounds (M2/M3 BFV generator) with arms extended at a 45 degree angle from the standing/kneeling/prone positions, 4 feet and carries 25 feet as part of a two Soldier team (prorated 43 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently). 3. Occasionally climbs/descends 10 feet (M2/M3 BFV height) while wearing/carrying ~80 pounds of uniform and combat equipment.
2	1,2,3	
3	1,2,3	
4	3	

Table 10-91P-1**Physical requirements for MOS 91P**

Skill level	Task numbers	Tasks
1	1,2,3	1. Occasionally lifts/lowers 125 pounds (Breechblock) 4 feet and carries 15 feet as part of a 2 Soldier team (prorated 62.5 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently). 2. Occasionally lifts/lowers 151 pounds (M145 mount connected to M117 telescope) 4 feet and carries 25 feet as a three Soldier team (prorated 50 pounds per Soldier), while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently). 3. Occasionally climbs/descends 10.75 feet (M109A6 vehicle height) while wearing/carrying ~80 pounds of uniform and combat equipment.
2	1,2,3	
3	1,2,3	
4	3	

Table 10-91S-1**Physical requirements for MOS 91S**

Skill level	Task numbers	Tasks
1	1,2	1. Occasionally pushes/pulls (on wheels) up to 100 pounds (General Mechanic's Tool Kit) up to 25 feet individually; lifts/lowers 100 pounds 4 feet, and carries 25 feet as part of a two Soldier team (prorated 50 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently). 2. Occasionally climbs/descends 8.5 feet (Stryker vehicle height).
2	1,2	
3	1,2	

Table 10-91X-1

Physical requirements for MOS 91X

Skill level	Task numbers	Tasks
4	1	1. Occasionally climbs/descends up to 13 feet (Heavy Equipment Transporter (HET) height) while wearing/carrying ~80 pounds of uniform and combat equipment.

Table 10-91Z-1
Physical requirements for MOS 91Z

Skill level	Task numbers	Tasks
5	None	

Table 10-92A-1 (Effective 202610)
Physical requirements for MOS 92A

Skill level	Task numbers	Tasks
1	1,2,3,4,5,6	1. Frequently squat/rise, lift/lower a ~170-pound VSAT transit case ~3 feet as part of a two person team prorated at ~85 pounds and carry ~144 feet while wearing/carrying ~80 pounds of PPE.
2	1,2,3,4,5,6	2. Frequently squats, push/pull a ~66 pounds VSAT Transit case #2 ~6 feet while wearing/carrying ~80 pounds of gear.
3	1,2,3,4,5,6	3. Frequently push/pull a ~5-pound ream of 20-bond paper ~3 feet (shelf depth) when storing supplies.
4	3,4,5,6	4. Occasionally climb/descend ~4 feet (height of M10A forklift) while wearing/carrying ~80 pounds of PPE. 5. Occasionally roll an 80 pounds (HMMWV tire without run flats) while wearing/carrying ~80 pounds of PPE. 6. Occasionally hammer/pound tent stakes using a 15-pound sledge hammer while wearing/carrying ~80 pounds of gear.

Table 10-92A-1
Physical requirements for MOS 92A

Skill level	Task numbers	Tasks
1	1,2,3,4,5,6	1. Frequently squat/rise, lift/lower a ~170 pound VSAT transit case ~3 feet as part of a two person team prorated at ~85 pounds and carry ~144 feet while wearing/carrying ~80 pounds of PPE.
2	1,2,3,4,5,6	2. Frequently squats, push/pull a ~66 pounds VSAT Transit case #2 ~6 feet while wearing/carrying ~80 pounds of gear.
3	1,2,3,4,5,6	3. Frequently push/pull a ~5 pound ream of 20-bond paper ~3 feet (shelf depth) when storing supplies.
4	3,4,5,6	4. Occasionally climb/descend ~4 feet (height of M10A forklift) while wearing/carrying ~80 pounds of PPE.
5	5,6	5. Occasionally roll an 80 pounds (HMMWV tire without run flats) while wearing/carrying ~80 pounds of PPE.
		6. Occasionally hammer/pound tent stakes using a 15 pound sledge hammer while wearing/carrying ~80 pounds of gear.

Table 10-92F-1

Physical requirements for MOS 92F (Effective 202610)

Skill level	Task numbers	Tasks
1	1,2,3,4	<p>1. Frequently lift/lower a ~166-pound Advanced Aviation Forward Area Refueling System engine module ~6-8 inches as part of a four Soldier team prorated 41.5 pounds and carry ~20 feet while wearing/carrying ~80 pounds of PPE.</p> <p>2. Occasionally lift/lower a ~68-pound fuel pump unit ~3 feet and carry ~50 feet while wearing/carrying ~80 pounds of PPE.</p> <p>3. Occasionally lift/lower a ~50-pound fire hose and walk ~150 feet (length of hose) when setting up the Fire Suppression Equipment Set while wearing/carrying ~80 pounds of PPE.</p> <p>4. Occasionally climb/descend ~6.25 feet (height of Fire Suppression Equipment Set) of stairs when conducting PMCS while wearing/carrying ~80 pounds of PPE.</p>
2	1,2,3,4	
3	1,2,3,4	
4	4	

Table 10-92F-1

Physical requirements for MOS 92F (Effective 202410)

Skill level	Task numbers	Tasks
1	1,2,3,4	<ol style="list-style-type: none">1. Frequently lift/lower a ~166 pound Advanced Aviation Forward Area Refueling System engine module ~6-8 inches as part of a four Soldier team prorated 41.5 pounds and carry ~20 feet while wearing/carrying ~80 pounds of PPE.2. Occasionally lift/lower a ~68 pound fuel pump unit ~3 feet and carry ~50 feet while wearing/carrying ~80 pounds of PPE.3. Occasionally lift/lower a ~50 pound fire hose and walk ~150 feet (length of hose) when setting up the Fire Suppression Equipment Set while wearing/carrying ~80 pounds of PPE.4. Occasionally climb/descend ~6.25 feet (height of Fire Suppression Equipment Set) of stairs when conducting PMCS while wearing/carrying ~80 pounds of PPE.
2	1,2,3,4	
3	1,2,3,4	
4	4	
5	4	

Table 10-92G-1**Physical requirements for MOS 92G (Effective 202410)**

Skill level	Task numbers	Tasks
1	1,2,3,4,5	1. Frequently lift/lower a ~50 pound UGR-H/S box ~3 feet and carry ~30 feet while wearing/carrying ~80 pounds of PPE.
2	1,2,3,4,5	2. Frequently push/pull a ~50 pound UGR-H/S box ~30 feet while wearing/carrying ~80 pounds of PPE.
3	1,2,3,4,5	3. Frequently climb/descend ~10 feet of stairs while carrying a ~50 pound UGR-H/S box while wearing/carrying ~80 pounds of PPE.
4	1,2,3,4	4. Frequently hammer/pound grounding rods and tent stakes using a ~25 pound sledge hammer while wearing/carrying ~80 pounds of PPE.
5	1,2,3	5. Occasionally, lift/lower ~3 feet (waist high), ~25 pound bucket of dirt while bending, stooping, and kneeling and while wearing/carrying ~80 pounds of PPE

Table 10-92L-1 (Effective 202110)
Physical requirements for MOS 92L

Skill level	Task numbers	Tasks
1	1,2,3,4,5	1. Frequently lift/lower a ~70 pound storage tote containing various chemicals ~3 feet as part of a two Soldier team prorated at ~35 pounds and carry ~10 feet while wearing/carrying ~80 pounds of PPE.
2	1,2,3,4,5	2. Frequently lift/lower a ~70 pound storage tote containing various chemicals overhead onto a shelf as part of a two Soldier team prorated as ~35 pounds while wearing/carrying ~80 pounds of PPE. 3. Frequently push/pull a ~70 pound storage tote ~2 feet as part of a two Soldier team prorated at ~35 pounds while wearing/carrying ~80 pounds of PPE. 4. Occasionally stand, hammer/pound grounding rods ~8 feet into various soil types with a 15 pound sledge hammer while wearing/carrying ~80 pounds of PPE. 5. Occasionally climb/descend a ~12.3 foot ladder when conducting PMCS while wearing/carrying ~80 pounds of PPE.

Table 10-92M-1

Physical requirements for MOS 92M (Effective 202410)

Skill level	Task numbers	Tasks
1	1,2,3,4	<p>1. Frequently lift/lower ~450 pounds (consisting of but not limited to human remains, gear, personnel effects, wet ice, and transfer case) ~1 meter as part of a four Soldier team prorated ~112.5 pounds and carry ~50 meters while wearing/carrying ~12 pounds of PPE.</p> <p>2. Frequently push/pull ~280 pounds (human remains and gear) ~10 feet as part of a two Soldier team prorated at ~140 pounds while wearing/carrying ~80 pounds of PPE.</p> <p>3. Occasionally lift/lower ~50 pounds (Recovery Kit) ~1 meter and carry ~100 meters while wearing/carrying ~80 pounds of PPE.</p> <p>4. Frequently climb/descend ~8 feet of ladder to assemble and disassemble equipment while wearing/carrying ~80 pounds of PPE</p>
2	1,2,3,4	
3	1,2,3,4	
4	3,4	
5	4	

Table 10-92R-1**Physical requirements for MOS 92R (Effective 202410)**

Skill level	Task numbers	Tasks
1	1,2	1. Frequently lift/lower a ~250 pound G-11B/C cargo parachute ~3 feet as part of a three Soldier team prorated at ~83 pounds and carry for ~3 meters while wearing/carrying ~12 pounds of PPE. 2. Frequently sit for one to two hours during an airborne operation with a ~53 pound personal parachute system and walk ~300 meters while wearing/carrying ~12 pounds of PPE.
2	1,2	
3	1,2	
4	2	
5	2	

Table 10-92S-1

Physical requirements for MOS 92S (Effective 202410)

Skill level	Task numbers	Tasks
1	1,2,3,4	<ol style="list-style-type: none">1. Occasionally lift/lower a ~490 pound water heater ~5 feet as part of a six Soldier team, prorated at ~81 pounds and carry ~50 feet while wearing/carrying ~80 pounds of PPE.2. Frequently push/pull ~80 pounds (five laundry bags) ~3 feet while wearing/carrying ~80 pounds of PPE.3. Frequently lift/lower ~80 pounds (five laundry bags) ~3 feet high and climb ~5 feet of stairs while wearing/carrying ~80 pounds of PPE.4. Frequently stand, hammer/pound tent stakes with a 15 pound sledge hammer while wearing/carrying ~80 pounds of PPE.
2	1,2,3,4	
3	1,2,3,4	
4	2,3,4	
5	3,4	

Table 10-92W-1

Physical requirements for MOS 92W

Skill level	Task numbers	Tasks
1	1,2,3,4,5,6	1. Frequently lift/lower a ~375 pound hypo-chlorination unit ~2.5 feet as part of a six Soldier team prorated ~62.5 pounds and carry ~300 feet while wearing/carrying ~80 pounds of pounds PPE.
2	1,2,3,4,5,6	2. Occasionally push/pull a ~375 pound hypo-chlorination unit ~3 feet as part of a six Soldier team prorated ~62.5 pounds while wearing/carrying ~80 pounds of pounds PPE.
3	1,2,3,4,5,6	3. Occasionally lift/lower a 43 pound storage tank ~3 feet while wearing/carrying ~80 pounds of pounds PPE.
4	4,6	4. Occasionally climb ~4 feet of ladder when conducting PMCS on the ROWPU while wearing/carrying ~80 pounds of pounds PPE. 5. Occasionally lift/lower ~15 pounds (calcium hypochlorite container) when conducting water purification operations while wearing/carrying ~80 pounds of pounds PPE. 6. Occasionally hammer stakes 8 feet into various soil types with a 15 pound sledge hammer while wearing/carrying ~80 pounds of pounds PPE.

Table 10-92Y-1**Physical requirements for MOS 92Y (Effective 202610)**

Skill level	Task numbers	Tasks
1	1,2,3,4,5	1. Occasionally lift/lower a ~84-pound M2A1 machine gun ~6 feet and carry ~20 feet while wearing/carrying ~80 pounds of PPE.
2	1,2,3,4,5	2. Frequently push/pull ~5 pounds (20-bond ream of paper) ~3 feet (depth of storage shelving) while wearing/carrying ~80 pounds of PPE.
3	1,2,3,4,5	3. Frequently reach ~2 feet, lift/lower a ~50-pound case of 20-bond paper ~3 feet and carry ~20 feet while wearing/carrying ~80 pounds of PPE.
4	3,4,5	4. Occasionally climb/descend ~13 feet of ladder when handling equipment while wearing/carrying ~80 pounds of PPE. 5. Occasionally hammer/pound tent stakes using a 15-pound sledge hammer while wearing/carrying ~80 pounds of PPE.

Table 10-92Y-1**Physical requirements for MOS 92Y**

Skill level	Task numbers	Tasks
1	1,2,3,4,5	1. Occasionally lift/lower a ~84 pound M2A1 machine gun ~6 feet and carry ~20 feet while wearing/carrying ~80 pounds of PPE.
2	1,2,3,4,5	2. Frequently push/pull ~5 pounds (20-bond ream of paper) ~3 feet (depth of storage shelving) while wearing/carrying ~80 pounds of PPE.
3	1,2,3,4,5	3. Frequently reach ~2 feet, lift/lower a ~50 pound case of 20-bond paper ~3 feet and carry ~20 feet while wearing/carrying ~80 pounds of PPE.
4	3,4,5	4. Occasionally climb/descend ~13 feet of ladder when handling equipment while wearing/carrying ~80 pounds of PPE.
5	5	5. Occasionally hammer/pound tent stakes using a 15 pound sledge hammer while wearing/carrying ~80 pounds of PPE.

Table 10-92Z-1**Physical requirements for MOS 92Z (Effective 202610)**

Skill level	Task numbers	Tasks
5	1,2,3,4,5,6,7,8,9,10,11,12	1. Occasionally lift/lower a ~25-pound laptop transit case ~3 feet and carry ~100 feet while wearing/carrying ~80 pounds of PPE.
6	1,2,3,4,5,6,7,8,9,10,11,12	<p>2. Occasionally push/pull ~5 pounds (one ream of 20-bond paper) ~3 feet (shelf depth) when handling property book records while wearing/carrying ~80 pounds of PPE.</p> <p>3. Occasionally climb/descend a ~8-foot ladder when verifying equipment data while wearing/carrying ~80 pounds of PPE.</p> <p>4. Frequently stand, hammer/pound tent stakes with a 15 pound sledge hammer while wearing/carrying ~80 pounds of PPE.</p> <p>5. Frequently sit for one to two hours during an airborne operation with a ~53-pound personal parachute system and walk ~300 meters while wearing/carrying ~12 pounds of PPE.</p> <p>6. Frequently climb/descend ~8 feet of ladder to assemble and disassemble equipment while wearing/carrying ~80 pounds of PPE.</p> <p>7. Frequently lift/lower a ~50-pound UGR-H/S box ~3 feet and carry ~30 feet while wearing/carrying ~80 pounds of PPE.</p> <p>8. Frequently push/pull a ~50-pound UGR-H/S box ~30 feet while wearing/carrying ~80 pounds of PPE.</p> <p>9. Frequently climb/descend ~10 feet of stairs while carrying a ~50-pound UGR-H/S box while wearing/carrying ~80 pounds of PPE.</p> <p>10. Occasionally climb/descend ~6.25 feet (height of Fire Suppression Equipment Set) of stairs when conducting PMCS while wearing/carrying ~80 pounds of PPE.</p> <p>11. Frequently push/pull a ~70-pound storage tote ~2 feet as part of a two Soldier team prorated at ~35 pounds while wearing/carrying ~80 pounds of PPE.</p> <p>12. Occasionally climb/descend a ~12.3 foot ladder when conducting PMCS while wearing/carrying ~80 pounds of PPE.</p>

Table 10-92Z-1

Physical requirements for MOS 92Z (Effective 202410)

Skill level	Task numbers	Tasks
6	1,2,3,4,5,6	<ol style="list-style-type: none">1. Occasionally lift/lower a ~25 pound laptop transit case ~3 feet and carry ~100 feet while wearing/carrying ~80 pounds of PPE.2. Occasionally push/pull ~5 pounds (one ream of 20-bond paper) ~3 feet (shelf depth) when handling property book records while wearing/carrying ~80 pounds of PPE.3. Occasionally climb/descend a ~8 foot ladder when verifying equipment data while wearing/carrying ~80 pounds of PPE.4. Occasionally roll 80 pounds (HMMWV tire without run flats) while wearing/carrying ~80 pounds of PPE.5. Occasionally hammer/pound tent stakes using a 15 pound sledge hammer while wearing/carrying ~80 pounds of gear.6. Occasionally sit for one to two hours during an airborne operation with a ~53 pound personal parachute system and walk ~300 meters while wearing/carrying ~12 pounds of PPE.

Table 10-94A-1**Physical requirements for MOS 94A**

Skill level	Task numbers	Tasks
1	1,2,3	1. Occasionally lifts/lowers 60 pounds (TOW 2 Subsystem Test Set Test Controller) up to 4 feet and carries up to 10 feet while climbing a 65 degree, 7 foot incline and wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally lifts/lowers 35 pounds (Day Night sight collimator/tilt stage assembly) up to 6 feet and carries a distance of 10 feet while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally climbs 7 feet (Bradley Fighting Vehicle) while wearing/carrying ~80 pounds of uniform and combat equipment.
2	1,2,3	
3	1,2,3	

Table 10-94D-1**Physical requirements for MOS 94D**

Skill level	Task numbers	Tasks
1	1,2	1. Occasionally lifts/lowers 70 pounds (TS-4317) 4 feet and carries 25 feet as part of a 2 soldier team (prorated 35 pounds per soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently). 2. Occasionally lifts/lowers 20 pounds (VHF/UHF-AM antenna mast) 3 feet and pushes 15 feet while wearing/carrying ~80 pounds of uniform and combat equipment.
2	1,2	
3	1,2	
4	1,2	

Table 10-94E-1
Physical requirements for MOS 94E

Skill level	Task numbers	Tasks
1	1,2	1. Occasionally lifts/lowers 175 pounds (OMN-373B Ground Cable Kit) 4 feet as part of a 2 soldier team (prorated 88 pounds per soldier) and carries 25 feet while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently). 2. Occasionally lifts/lowers 75 pounds (AN/GRM-122) 4 feet and carries 25 feet as part of a 2 soldier team (prorated 37.5 pounds per soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently).
2	1,2	
3	1,2	

Table 10-94F-1

Physical requirements for MOS 94F

Skill level	Task numbers	Tasks
1	1	1. Occasionally lifts/lowers 70 pounds (Equipment Transit Case) 4 feet as part of a 2 Soldier team (prorated 35 pounds per Soldier) and carries up to 25 feet while wearing/carrying ~80 pounds of uniform and combat equipment.
2	1	
3	1	

Table 10-94H-1**Physical requirements for MOS 94H**

Skill level	Task numbers	Tasks
1	1,2	1. Occasionally lifts/lowers 150 pounds (Counter Weights) 3 feet as part of a 2 Soldier team (prorated 75 pounds per soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally pushes/pulls with 120 foot-pounds of force (Torque Wrench) while wearing/carrying ~80 pounds of uniform and combat equipment.
2	1,2	
3	1,2	

Table 10-94M-1**Physical requirements for MOS 94M**

Skill level	Task numbers	Tasks
1	1	1. Occasionally lifts/lowers 130 pounds (Q53 Line Replacement Unit) 4 feet and carries 25 feet as part of a 2 soldier team (prorated at 65 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently).
2	1	
3	1	

Table 10-94P-1
Physical requirements for MOS 94P

Skill level	Task numbers	Tasks
1	1,2,3	1. Occasionally lifts and lowers 150 pounds (Elevation Transmission) 4 feet and carries up to 25 feet as part of a 2 Soldier team (prorated at 75 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently). 2. Occasionally lifts/lowers 110 pounds (Hydraulic Reservoir) 4 feet, climbs/descends 4 to 6 feet while carrying up to 25 feet as a two Soldier team (prorated 55 pounds per Soldier), while wearing/ carrying ~80 pounds of uniform and combat equipment (can be carried intermittently). 3. Occasionally lifts/lowers 45 pounds (Hydraulic Pump Unit) 4 feet and carries 25 feet while wearing/carrying while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently).
2	1,2,3	
3	1,2,3	

Table 10-94R-1**Physical requirements for MOS 94R**

Skill level	Task numbers	Tasks
1	1	1. Occasionally lifts/lowers 90 pounds (Automatic Flight Control System) as part of a 2 Soldier team (prorated to 45 pounds per Soldier) 3 feet and carries 25 feet while wearing/ carrying ~80 pounds of uniform and combat equipment.
2	1	
3	1	

Table 10-94S-1**Physical requirements for MOS 94S**

Skill level	Task numbers	Tasks
1	1,2	1. Occasionally lifts/lowers 87 pounds (Q65 Interrogator Set) 6
2	1,2	feet and carries up to 25 feet as part of a 2 Soldier team
3	1,2	(prorated at approximately 43.5 pounds per Soldier) while
4	1,2	wearing/ carrying ~80 pounds of uniform and combat
		equipment (can be carried intermittently).
		2. Occasionally climbs 15 feet while wearing/ carrying ~80
		pounds of uniform and combat equipment.

Table 10-94T-1**Physical requirements for MOS 94T**

Skill level	Task numbers	Tasks
1	1,2	1. Occasionally lifts/lowers 98 pounds (Avenger Environmental Control Unit/Prime Power Unit) up to 4 feet and carries up to 25 feet while climbing/descending 4 feet (platform ladder) as part of a two Soldier team (prorated 49 pounds per Soldier) while wearing/ carrying ~80 pounds of uniform and combat equipment. 2. Occasionally lifts and lowers 75 pounds (Avenger Electronic Control Assembly) up to 5 feet and carries up to 10 feet as a two Soldier team (prorated at 38 pounds per Soldier) while wearing/ carrying ~80 pounds of uniform and combat equipment.
2	1,2	
3	1,2	

Table 10-94W-1

Physical requirements for MOS 94W

Skill level	Task numbers	Tasks
4	None.	

Table 10-94Y-1**Physical requirements for MOS 94Y**

Skill level	Task numbers	Tasks
1	1,2	1. Occasionally lifts/lowers 130 pounds (various Line Replaceable Units (LRUs)) 4 feet as part of a 2 Soldier team (prorated 65 pounds per Soldier) while wearing/ carrying ~80 pounds of uniform and combat equipment.
2	1,2	2. Occasionally lifts/lowers 84 pounds (Test Program Sets Box) up to 4 feet and carries up to 15 feet as part of a 2 Soldier team (prorated 42 pounds per Soldier) while wearing/ carrying ~80 pounds of uniform and combat equipment.
3	1,2	

Table 10-94Z-1

Physical requirements for MOS 94Z

Skill level	Task numbers	Tasks
5		None.
6		