

3-1-1. Officer OPAT Physical Demands Categories

The occupational physical assessment test (OPAT), allows the Army to screen applicants for their ability to succeed in All General Officers are categorized Moderate (Gold) regardless of component.

The OPAT categories for each officer specialty are:

AOC	TITLE	GRADE BAND	CATRGORY
11A	Infantry	O1-O6	HEAVY
12A	Engineer	O1-O5	HEAVY
12A	Engineer	O6	MODERATE
13A	Field Artillery, General	O1-O2	HEAVY
13A	Field Artillery, General	O3-O6	MODERATE
14A	Air Defense Artillery Officer	O1-O2	SIGNIFICANT
14A	Air Defense Artillery Officer	O3-O6	MODERATE
15A	Aviation, General	O1-O2	MODERATE
15B	Aviation Combined Arms Operations	O3-O6	MODERATE
15C	Aviation All-Source Intelligence	O3-O6	MODERATE
15D	Aviation Maintenance Officer	O3-O6	MODERATE
17A	Cyber Warfare	O1-O6	MODERATE
17B	Cyber Electromagnetic Operations Officer	O1-O6	MODERATE
17D	Cyber Capabilities Development Officer	O1-O6	MODERATE
18A	Special Forces	O1-O6	HEAVY
19A	Armor	O1-O3	HEAVY
19A	Armor	O4-O6	MODERATE
25A	Signal, General	O1-O2	SIGNIFICANT
25A	Signal, General	O3-O6	MODERATE
26A	Network Systems Engineering	O1-O5	MODERATE
26B	Data Systems Engineering	O1-O5	MODERATE
26Z	Data Systems Engineering	O6-O6	MODERATE
27A	Judge Advocate General	O1-O6	MODERATE
27B	Military Judge	O1-O6	MODERATE
30A	Information Operations Officer	O3-O6	MODERATE
31A	Military Police	O1-O2	SIGNIFICANT
31A	Military Police	O3-O6	MODERATE
35A	Intelligence Officer	O1-O6	MODERATE
35B	Strategic Intelligence	O3-O6	MODERATE
36A	Financial Manager	O1-O6	MODERATE
37A	Psychological Operations	O3-O6	MODERATE
37X	Psychological Operations, Designated	O1-O6	MODERATE
38A	Civil Affairs (AA & USAR)	O3-O6	MODERATE
38G	Military Government (USAR Only)	O3-O6	MODERATE
38X	Civil Affairs, Designated	O1-O6	MODERATE
40A	Space Operations	O3-O6	MODERATE
40C	Army Astronaut	O3-O6	MODERATE
42B	Human Resources Officer	O1-O3	MODERATE
42C	Army Music	O1-O6	MODERATE
42H	Senior Human Resources Officer	O4-O6	MODERATE
46A	Public Affairs	O1-O6	MODERATE
46X	Public Affairs Designee	O3-O4	MODERATE
47	USMA Professor	O5-O6	MODERATE
48	Foreign Area Officer	O3-O6	MODERATE
49A	Operations Research and Systems Analysis	O3-O6	MODERATE
49B	Artificial Intelligence and Machine Learning Officer	O3-O6	MODERATE
50A	Force Development	O3-O6	MODERATE
51	Contracting Officer	O3-O6	MODERATE
52B	Nuclear and Counterproliferation	O1-O6	MODERATE
56A	Command & Unit Chaplain	O1-O6	MODERATE
56D	Clinical Pastoral Educator	O1-O6	MODERATE

AOC	TITLE	GRADE BAND	CATRGORY
56X	Chaplain Candidate	O1-O6	MODERATE
57A	Simulations Operations Officer	O3-O6	MODERATE
58A	Army Marketing	O3-O6	MODERATE
59A	Strategist	O3-O6	MODERATE
60A	Operational Medicine	O1-O6	MODERATE
60B	Nuclear Medicine Officer	O1-O6	MODERATE
60C	Preventive Medicine Officer	O1-O6	MODERATE
60D	Occupational Medicine Officer	O1-O6	MODERATE
60J	Obstetrician & Gynecologist	O1-O6	MODERATE
60K	Urologist	O1-O6	MODERATE
60L	Dermatologist	O1-O6	MODERATE
60N	Anesthesiologist	O1-O6	MODERATE
60P	Pediatrician	O1-O6	MODERATE
60Q	Pediatric Sub-Specialist	O1-O6	MODERATE
60S	Ophthalmologist	O1-O6	MODERATE
60T	Otolaryngologist	O1-O6	MODERATE
60U	Child Psychiatrist	O1-O6	MODERATE
60V	Neurologist	O1-O6	MODERATE
60W	Psychiatrist	O1-O6	MODERATE
60X	Critical Care Intensivist Officer	O3-O6	MODERATE
61E	Clinical Pharmacologist	O1-O6	MODERATE
61F	Internist	O1-O6	MODERATE
61G	Infectious Disease Officer	O1-O6	MODERATE
61H	Family Medicine	O1-O6	MODERATE
61J	General Surgeon	O1-O6	MODERATE
61K	Thoracic Surgeon	O1-O6	MODERATE
61M	Orthopedic Surgeon	O1-O6	MODERATE
61N	Flight Surgeon	O1-O6	MODERATE
61P	Physiatrist	O1-O6	MODERATE
61Q	Radiation Oncologist	O1-O6	MODERATE
61R	Diagnostic Radiologist	O1-O6	MODERATE
61U	Pathologist	O1-O6	MODERATE
61W	Peripheral Vascular Surgeon	O1-O6	MODERATE
61Z	Neurosurgeon	O1-O6	MODERATE
62A	Emergency Physician	O1-O6	MODERATE
62B	Field Surgeon (Positions Only)	O1-O6	MODERATE
62Z	General Medical Officer	O3-O6	MODERATE
63A	General Dentist	O1-O6	MODERATE
63B	Comprehensive Dentist	O1-O6	MODERATE
63D	Periodontist	O1-O6	MODERATE
63E	Endodontist	O1-O6	MODERATE
63F	Prosthodontist	O1-O6	MODERATE
63H	Public Health Dentist	O1-O6	MODERATE
63K	Pediatric Dentist	O1-O6	MODERATE
63M	Orthodontist	O1-O6	MODERATE
63N	Oral & Maxillofacial Surgeon	O1-O6	MODERATE
63P	Oral Pathologist	O1-O6	MODERATE
63R	Executive Dentist	O1-O6	MODERATE
64A	Field Veterinary Service	O1-O3	MODERATE
64B	Veterinary Preventive Medicine	O3-O6	MODERATE
64C	Veterinary Laboratory Animal Medicine	O3-O6	MODERATE
64D	Veterinary Pathology	O3-O6	MODERATE
64E	Veterinary Biomedical Scientist	O3-O6	MODERATE
64F	Veterinary Clinical Medicine	O3-O6	MODERATE
64Z	Senior Veterinarian (Immaterial)	O3-O6	MODERATE

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65A	Occupational Therapy	O1-O6	MODERATE
65B	Physical Therapy	O1-O6	MODERATE
65C	Dietitian	O1-O6	MODERATE
65D	Physician Assistant	O1-O6	MODERATE
65X	Specialist Allied Operations	O3-O6	MODERATE
66B	Army Public Health Nurse	O1-O6	MODERATE
66C	Psychiatric/Behavioral Health Nurse	O1-O6	MODERATE
66E	Perioperative Nurse	O1-O6	MODERATE
66F	Nurse Anesthetist	O1-O6	MODERATE
66G	Obstetrics & Gynecology	O1-O6	MODERATE
66H	Medical-Surgical Nurse	O1-O6	MODERATE
66N	Generalist Nurse	O1-O6	MODERATE
66P	Family Nurse Practitioner	O1-O6	MODERATE
66R	Psychiatric/Behavioral Health Nurse Practitioner	O1-O6	MODERATE
66S	Critical Care Nursing	O1-O6	MODERATE
66T	Emergency Nursing	O1-O6	MODERATE
66W	Certified Nurse Midwife	O1-O6	MODERATE
67A	Health Services	O1-O6	MODERATE
67B	Laboratory Sciences	O1-O6	MODERATE
67C	Preventive Medicine Sciences	O1-O6	MODERATE
67D	Behavioral Sciences	O1-O6	MODERATE
67E	Pharmacy	O1-O6	MODERATE
67F	Optometry	O1-O6	MODERATE
67G	Podiatry	O1-O6	MODERATE
67J	Aeromedical Evacuation	O1-O2	SIGNIFICANT
67J	Aeromedical Evacuation	O3-O6	MODERATE
70A	Health Care Administration	O1-O6	MODERATE
70B	Health Services Administration	O1-O6	MODERATE
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70E	Patient Administration	O1-O6	MODERATE
70F	Health Services Human Resources	O1-O6	MODERATE
70H	Health Services Plans, Operations, Intelligence, Security, and Training	O1-O6	MODERATE
70K	Health Services Materiel	O1-O6	MODERATE
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71B	Biochemistry	O1-O6	MODERATE
71E	Clinical Laboratory	O1-O6	MODERATE
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72C	Audiology	O1-O6	MODERATE
72D	Environmental Science and Engineering	O1-O6	MODERATE
73A	Social Work	O1-O6	MODERATE
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88A	Transportation, General (Rescind 202610)	O1-O2	HEAVY
88A	Transportation, General (Rescind 202610)	O3-O3	MODERATE
89E	Explosive Ordnance Disposal	O1-O3	SIGNIFICANT
89E	Explosive Ordnance Disposal	O4-O6	SIGNIFICANT
90A	Logistics	O3-O6	MODERATE
91A	Maintenance & Munitions Materiel Officer (Rescind 202610)	O1-O3	MODERATE
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64C	Veterinary Laboratory Animal Medicine	O3-O6	MODERATE
64D	Veterinary Pathology	O3-O6	MODERATE
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64Z	Senior Veterinarian (Immaterial)	O3-O6	MODERATE

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65D	Physician Assistant	O1-O6	MODERATE
65X	Specialist Allied Operations	O3-O6	MODERATE
66B	Army Public Health Nurse	O1-O6	MODERATE
66C	Psychiatric/Behavioral Health Nurse	O1-O6	MODERATE
66E	Perioperative Nurse	O1-O6	MODERATE
66F	Nurse Anesthetist	O1-O6	MODERATE
66G	Obstetrics & Gynecology	O1-O6	MODERATE
66H	Medical-Surgical Nurse	O1-O6	MODERATE
66N	Generalist Nurse	O1-O6	MODERATE
66P	Family Nurse Practitioner	O1-O6	MODERATE
66R	Psychiatric/Behavioral Health Nurse Practitioner	O1-O6	MODERATE
66S	Critical Care Nursing	O1-O6	MODERATE
66T	Emergency Nursing	O1-O6	MODERATE
66W	Certified Nurse Midwife	O1-O6	MODERATE
67A	Health Services	O1-O6	MODERATE
67B	Laboratory Sciences	O1-O6	MODERATE
67C	Preventive Medicine Sciences	O1-O6	MODERATE
67D	Behavioral Sciences	O1-O6	MODERATE
67E	Pharmacy	O1-O6	MODERATE
67F	Optometry	O1-O6	MODERATE
67G	Podiatry	O1-O6	MODERATE
67J	Aeromedical Evacuation	O1-O2	SIGNIFICANT
67J	Aeromedical Evacuation	O3-O6	MODERATE
70A	Health Care Administration	O1-O6	MODERATE
70B	Health Services Administration	O1-O6	MODERATE
70C	Health Services Comptroller	O1-O6	MODERATE
70D	Health Services Systems Management	O1-O6	MODERATE
70E	Patient Administration	O1-O6	MODERATE
70F	Health Services Human Resources	O1-O6	MODERATE
70H	Health Services Plans, Operations, Intelligence, Security, and Training	O1-O6	MODERATE
70K	Health Services Materiel	O1-O6	MODERATE
71A	Microbiology	O1-O6	MODERATE
71B	Biochemistry	O1-O6	MODERATE
71E	Clinical Laboratory	O1-O6	MODERATE
71F	Research Psychology	O1-O6	MODERATE
72A	Nuclear Medical Science	O1-O6	MODERATE
72B	Entomology	O1-O6	MODERATE
72C	Audiology	O1-O6	MODERATE
72D	Environmental Science and Engineering	O1-O6	MODERATE
73A	Social Work	O1-O6	MODERATE
74A	Chemical, Biological, Radiological & Nuclear (CBRN)	O1-O6	MODERATE
88A	Transportation, General (Rescind 202610)	O1-O2	HEAVY
88A	Transportation, General (Rescind 202610)	O3-O3	MODERATE
89E	Explosive Ordnance Disposal	O1-O3	SIGNIFICANT
89E	Explosive Ordnance Disposal	O4-O6	SIGNIFICANT
90A	Logistics	O3-O6	MODERATE
91A	Maintenance & Munitions Materiel Officer (Rescind 202610)	O1-O3	MODERATE
92A	Quartermaster, General (Rescind 202610)	O1-O2	HEAVY
92A	Quartermaster, General (Rescind 202610)	O3-O3	MODERATE

Table 3-11A-1
Physical requirements for AOC 11A

Skill level	Task numbers	Tasks
2LT-1LT	1,2,3,4,5,6,7,8,9,10,11	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 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. 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. 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. 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. 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. 8. Frequently throws 1-pound grenade distance of 35 meters while wearing ~80 pounds of uniform and combat equipment. 9. Frequently lifts 45 pounds (weight of ammo can), carries 15 meters at waist height while wearing ~80 pounds of uniform and combat equipment. 10. Frequently scales 2-meter vertical obstacles with assistance while wearing ~80 pounds of uniform and combat equipment. 11. 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.
CPT	1,2,3,4,5,6,10, 11	
MAJ	1,2,3,4,6,10,11	
LTC	1,2,3,4,6,10,11	
COL	1,6	

Table 3-12A-1
Physical requirements for AOC 12A

Skill level	Task numbers	Tasks
2LT-1LT	1,2,3,4,5,6,7,8	<p>1. Frequently conducts 12-mile foot march over varying terrain, completed within 5 hours, while wearing/carrying ~80 pounds of uniform and combat equipment.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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 ea H6 Cratering Charge within 15 minutes, while wearing/carrying ~40 pounds of uniform and combat equipment.</p> <p>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.</p>
CPT	1,2,3,4,5,6,7,8	
MAJ	1,2,3,4,5,6,7,8	
LTC	1,2,3,4,5,6,7,8	
COL		

Table 3-13A-1
Physical requirements for AOC 13A

Skill level	Tasks numbers	Tasks
2LT/1LT	1	1. Occasionally 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 wearing/carrying 126-141 pounds of uniform and combat equipment evenly distributed over entire body, after which Soldier must retain the ability to perform all other physical requirements.
CPT	1	
MAJ	1	
LTC	1	
COL		

Table 3-14A-1**Physical requirements for AOC 14A**

Skill level	Task numbers	Tasks
2LT/1LT	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. 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. 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. 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 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.
CPT	1,2,3,4,5,6,7	
MAJ	1,2,3,4,5,6,7	
LTC	1	
COL	1	

Table 3-15A-1**Physical requirements for AOC 15A**

Skill level	Tasks numbers	Tasks
2LT/1LT	1,2,3,4	1. Occasionally lifts/lowers aviation equipment weighing (approx. 50 lbs.) 3-5 ft and carries up to ¼ mile one way, from equipment storage to aircraft parking 2. Frequently sits up to 8 hour durations in high noise, high vibration environment, with 35 lbs. of equipment distributed evenly across the chest and shoulders (load bear). 3. Occasionally climbs a maximum distance of 18 ft. from ground to top of equipment using footholds and grip bars on equipment. 4. Frequently wears 3 lbs. of NVG equipment attached to flight helmet for 4-6 continuous hours of night flight
CPT	1,2,3,4	
MAJ		
LTC		
COL		

Table 3-15B-1**Physical requirements for AOC 15B**

Skill level	Tasks numbers	Tasks
2LT/1LT	1,2,3,4	1. Occasionally lifts/lowers 50 lbs. (Aviation flight equipment and publications) and (3-5 ft.) carries up to ¼ mile one way, from equipment storage to aircraft parking. 2. Occasionally climbs a maximum distance of 18 ft. from ground to top of equipment using footholds and grip bars on equipment. 3. Frequently sits up to 8 hour durations in high noise, high vibration environment, with 35 lbs. of equipment distributed evenly across the chest and shoulders (load bear). 4. Frequently wears 3 lbs. of NVG equipment attached to flight helmet for 4-6 continuous hours of night flight.
CPT	1,2,3,4	
MAJ	1,2,3,4	
LTC	1,2,3,4	
COL	1,2,3,4	

Table 3-15C-1
Physical requirements for AOC 15C

Skill level	Tasks numbers	Tasks
2LT/1LT	1,2,3	1. Occasionally lifts/lowers aviation equipment weighing (approx. 50 lbs.) 3-5 ft and carries up to ¼ mile one way, from equipment storage to aircraft parking. 2. Frequently sits up to 8 hour durations in high noise, high vibration environment, with 35 lbs. of equipment distributed evenly across the chest and shoulders (load bear). 4. Frequently wears 3 lbs. of NVG equipment attached to flight helmet for 4-6 continuous hours of night flight.
CPT	1,2,3	
MAJ	1,2,3	
LTC	1,2,3	
COL	1,2,3	

Table 3-15D-2
Physical requirements for Aviation Officer AOC 15D

Skill Level	Task numbers	Tasks
CPT	1,2,3,4	<ol style="list-style-type: none"> 1. Occasionally lifts/lowers aviation equipment weighing (approx. 50 lbs.) 3-5 ft. and carries up to ¼ mile one way, from equipment storage to aircraft parking. 2. Frequently sits up to 8 hour durations in high noise, high vibration environment, with 35 lbs. of equipment distributed evenly across the chest and shoulders (load bear). 3. Occasionally climbs a maximum distance of 18 ft. from ground to top of equipment using footholds and grip bars on equipment. 4. Frequently wears 3 lbs. of NVG equipment attached to flight helmet for up to 6 continuous hours of night flight.
MAJ	1,2,3,4	
LTC	1,2,3,4	
COL	1,2,3,4	

Table 3-17A-1

Physical requirements for AOC 17A

Grade level	Task numbers	Tasks
LT	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 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.
CPT	1,2	
MAJ	2	
LTC	2	
COL	2	

Table 3-17B-1 (Effective 201812)
Physical requirements for AOC 17B

Grade level	Task numbers	Tasks
LT	1,2	1, Occasionally lifts/lowers and carries 67 pounds (electronic warfare 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 lbs of uniform and combat equipment.
CPT	1,2	
MAJ	1,2	
LTC	2	
COL	2	

Table 3-17D-1 (effective 202101)
Physical requirements for AOC 17D

Grade level	Task numbers	Tasks
2LT-1LT	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 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.
CPT	1,2	
MAJ	2	
LTC	2	
COL	2	

Table 3-18A-1
Physical requirements for AOC 18A

Skill level	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8,9,10, 11,12,13,14,15,16	<p>1. Occasionally drags 268 lbs person (incapacitated Soldier) 15 meters, while wearing ~80 lbs consisting of uniform and load bearing equipment.</p> <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 130-160 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 238 lbs person (incapacitated Soldier) 3 feet (MRAP turret) as a member of a two Soldier team, 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, 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>
MAJ	1,2,3,4,5,6,7,8,9,10, 11,12,13,14,15,16	
LTC	1,3,4,7,8,10,15,16	
COL	1,3,4,8,15,16	

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 863">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 data-bbox="833 867 1354 987">16. Constantly performs all other tasks while wearing/carrying a minimum of ~80 pounds (uniform and combat equipment), evenly distributed over entire body.</p>

Table 3-19A-1
Physical requirements for AOC 19A

Grade level	Task numbers	Tasks
2LT-1LT	1,2,3,4, 5, 6,7	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 14.7oz (grenade) distance of 30 meters from the standing position while wearing 30-44 pounds (IOTV/ACH). 3. Occasionally drags a 188 pounds (person) 15 meters utilizing while wearing 30-44 pounds (IOTV/ACH). 4. 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). 5. Occasionally pulls and lowers 60 pounds (M242 feeder Assembly) 1 meter, while seated, wearing 30-44 pounds (IOTV/ACH). 6. 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. 7. Occasionally 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).
CPT	1,2,3,4,5,6,7	
MAJ	1,2,5	
LTC	1,2,5	
COL	1,2,5	

Table 3-25A-1**Physical requirements for AOC 25A**

Grade level	Task numbers	Tasks
2LT-1LT	1,2	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. 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.
CPT	1,2	
MAJ	1,2	
LTC	2	

Table 3-25Z-1 (Rescind 20210930)
Physical requirements for AOC 25Z

Skill level	Task numbers	Tasks
COL	1	1. 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.

Table 3-26A-1**Physical requirements for AOC 26A (Effective 201610)**

Grade level	Task numbers	Tasks
CPT	1,2	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. 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.
MAJ	1,2	
LTC	2	

Table 3-26B-1**Physical requirements for AOC 26B (Effective 201610)**

Grade level	Task numbers	Tasks
CPT	1,2	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. 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.
MAJ	1,2	
LTC	2	

Table 3-26Z-1

Physical requirements for AOC 26Z (Effective 201610)

Skill level	Task numbers	Tasks
COL	1	1. 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.

Table 3-28A-1

Physical requirements for AOC 28A (Effective 202507)

Grade level	Task numbers	Tasks
CPT	1,2	1. Occasionally lifts/lowers and carries 67 pounds (computer equipment transit cases) as part of a two Soldier team (prorated 33.5 pounds per Soldier) a vertical distance of 5 feet and a horizontal distance of 100 feet while wearing/carrying ~60 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 ~60 pounds of uniform and combat equipment
MAJ	2	
LTC	2	
COL	2	

Table 3-28A-1

Physical requirements for AOC 28A (Effective 202507)

Grade level	Task numbers	Tasks
CPT	1,2	1. Occasionally lifts/lowers and carries 67 pounds (computer equipment transit cases) as part of a two Soldier team (prorated 33.5 pounds per Soldier) a vertical distance of 5 feet and a horizontal distance of 100 feet while wearing/carrying ~60 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 ~60 pounds of uniform and combat equipment
MAJ	2	
LTC	2	
COL	2	

Table 3-30A-1
Physical requirements for AOC 30A

Skill level	Task numbers	Tasks
CPT-COL	1,	1. Occasionally lifts 30 lbs (assault pack with laptop and office supplies) shoulder level, carries 100 yards, and lowers to waist level.

Table 3-31A-1

Physical requirements for AOC 31A

Skill level	Task numbers	Tasks
LT	1,2	1. Occasionally 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.
CPT	1,2	
MAJ	1,2	
LTC		
COL		

Table 3-35A-1 (Eff 202110)

Physical requirements for AOC 35A

Skill level	Task numbers	Tasks
LT-COL	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 3-35B-1 (Eff 202401)

Physical requirements for AOC 35B

Skill level	Task numbers	Tasks
CPT-COL	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.

Table 3-35B-1 (Eff 202110)

Physical requirements for AOC 35B

Skill level	Task numbers	Tasks
CPT-COL	1	1. Occasionally lifts/lowers and carries 15 pounds of commercial off the shelf equipment (laptop computer with case) to waist height and horizontal distance of 10 meters while wearing approximately 80lbs of uniform and combat equipment.

Table 3-36A-1
Physical requirements for AOC 36A

Skill level	Task numbers	Tasks
1LT-CPT	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 personal protective 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 personal protective 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 personal protective 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. Frequently 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>
MAJ	1,2,3,8	
LTC	8	
COL	8	

Table 3-37A-1

Physical requirements for AOC 37A

Skill level	Task numbers	Tasks
CPT	1,2,3,4,5	1. Occasionally lifts, lowers, carries, pushes, pulls, handles 90 pounds for 3 meters.
MAJ	1,2,3,4,5	2. Occasionally walks, marches, climbs, descends up to 20 kilometers while load bearing 90 pounds (uniform and equipment), evenly distributed over entire body.
LTC	2,3,5	3. Must possess finger dexterity in both hands.
COL	2,3,5	4. Occasionally runs, rushes, digs, crawls, stands, stoops, kneels, and crouches while load bearing 90 pounds.
		5. Frequently sits and/or stands for extended periods of time..

Table 3-38A-1

Physical requirements for AOC 38A

Grade level	Task numbers	Tasks
CPT	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 50 pounds of equipment 1 meter to load on vehicle. 3. Occasionally walks up to 6 hours while wearing/ carrying a minimum of 80 pounds (uniform and combat equipment), evenly distribute over entire body. 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.
MAJ	1,2,3,4,5,6,7,8	
LTC	1,5,6,7,8	
COL	1,5,6,7,8	

Table 3-38G-1

Physical requirements for AOC 38G

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

Table 3-38S-1

Physical requirements for AOC 38S (Effective 202110)

Grade level	Task numbers	Tasks
CPT	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 50 pounds of equipment 1 meter to load on vehicle. 3. Occasionally walks up to 6 hours while wearing/ carrying a minimum of 80 pounds (uniform and combat equipment), evenly distribute over entire body. 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.
MAJ	1,2,3,4,5,6,7,8	
LTC	1,5,6,7,8	
COL	1,5,6,7,8	

Table 3-42B-1
Physical requirements for AOC 42B

Skill level	Task numbers	Tasks
2LT	1,2,3,4,5,6,7,8	1. Occasionally lifts/lowers 70 pounds (<i>mail bag or piece of mail</i>) 4 feet when loading/unloading and carries 50 feet when transporting while wearing ~12 pounds of uniform. 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. 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. 4. Frequently lifts/lowers 136 pounds (<i>Reflector 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 34 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and personal protective equipment. 5. Frequently pulls 136 pounds (<i>Reflector Case for VSAT</i>) with wheels 50 feet while wearing/carrying ~80 pounds of uniform and personal protective equipment. 6. Frequently lifts/lowers 117 pounds (<i>Radio Frequency 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 and personal protective equipment. 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 uniform and personal protective equipment. 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.
1LT	1,2,3,4,5,6,7,8	
CPT	1,2,3,4,5,6,7,8	

Table 3-42C-1
Physical requirements for AOC 42C

Skill level	Task numbers	Tasks
2LT	1,2,3,4,5	1. Occasionally stands in ceremonial formation for up to 2 hours while carrying/handling ~0.5 pounds of band music equipment (baton), while wearing/carrying ~15 pounds of uniform and combat equipment. 2. Occasionally walks/marches up to 6 miles carrying/handling ~0.5 pounds of band music equipment (baton) while wearing/carrying ~15 pounds of uniform and combat equipment. 3. 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. 4. 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. 5. 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.
1LT	1,2,3,4,5	
CPT	1,2,3,4,5	
MAJ	1,2,3,4,5	
LTC	1,2,3,4,5	
COL	1,2,3,4,5	

Table 3-42H-1
Physical requirements for AOC 42H

Skill level	Task numbers	Tasks
MAJ	1,2,3,4,5,6,7,8	<p>1. Occasionally lifts/lowers 70 pounds (<i>mail bag 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 feet, 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 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>Radio Frequency 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 and 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 uniform and 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>
LTC	8	
COL	8	

Table 3-49B-1**Physical Requirements for AOC 49B (Effective 202610)**

Grade level	Task numbers	Tasks
1LT	1,2	<ol style="list-style-type: none">1. Occasionally lifts/lowers and carries 67 pounds (computer 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 ~70 pounds of uniform and combat equipment2. 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 ~70 pounds of uniform and combat equipment.
CPT	1,2	
MAJ	1,2	
LTC	2	
COL	2	

Table 3-56A-1
Physical requirements for AOC 56A

Skill level	Tasks numbers	Tasks
2LT-CPT	1,2,3,4	1. Occasionally lifts, lowers, and carries up to 98 lbs. (Altar, Lectern and Pulpit) a vertical distance of 3ft. and a horizontal distance of 50 ft., while wearing or carrying ~80 lbs., of uniform and combat equipment. 2. Occasionally pushes/pulls up to 98 lbs. (Altar, Lectern and Pulpit) a horizontal distance of 50ft while wearing ~80 lbs., of uniform and combat equipment. 3. Frequently 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. 4. Frequently lift/lower 35 lbs. (misc. sustainment items) shoulder height and walk/march a horizontal distance of 6 miles while wearing or carrying ~80 lbs. of uniform and combat equipment.
MAJ	1,2,3,4	
LTC	1,2,3,4	
COL	1,2,3,4	

Table 3-58A-1

Physical requirements for AOC 58A

Grade level	Task numbers	Tasks
MAJ	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 2 miles (from central OCAEM office to contractor's office and return, or similar urban pedestrian travel).
LTC	1	
COL	1	

Table 3-60A-1
Physical requirements for AOC 60A

Skill level	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-60B-1
Physical requirements for AOC 60B

Skill level	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-60C-1
Physical requirements for AOC 60C

Skill level	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none"> 1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-60D-1
Physical requirements for AOC 60D

Skill level	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-60F-1 (Effective 202410)
Physical requirements for AOC 60F

Skill level	Task numbers	Tasks

Table 3-60J-1
Physical requirements for AOC 60J

Skill level	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-60K-1
Physical requirements for AOC 60K

Skill level	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none"> 1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-60L-1
Physical requirements for AOC 60L

Skill level	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-60N-1
Physical requirements for AOC 60N

Skill level	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-60P-1
Physical requirements for AOC 60P

Skill level	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none"> 1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-60Q-1**Physical requirements for AOC 60Q**

Skill level	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-60S-1
Physical requirements for AOC 60S

Skill level	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-60T-1
Physical requirements for AOC 60T

Skill level	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-60U-1
Physical requirements for AOC 60U

Skill level	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-60V-1
Physical requirements for AOC 60V

Skill level	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-60W-1**Physical requirements for AOC 60W**

Skill level	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-60X-1**Physical Requirements for AOC 60X**

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	1,2,3,4,5,6,7,8	
LTC	1,2,3,4,5,6,7,8	
COL	7,8	

Table 3-61E-1**Physical Requirements for AOC 61E**

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<p>1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.</p> <p>2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.</p> <p>3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.</p> <p>4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.</p> <p>5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.</p> <p>6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.</p> <p>7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.</p> <p>8. Occasionally carries 25 pound medical equipment 50 feet.</p>
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-61F-1**Physical Requirements for AOC 61F**

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-61G-1
Physical Requirements for AOC 61G

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-61H-1**Physical Requirements for AOC 61H**

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-61J-1**Physical Requirements for AOC 61J**

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-61K-1**Physical Requirements for AOC 61K**

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-61M-1**Physical Requirements for AOC 61M**

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-61N-1**Physical Requirements for AOC 61N**

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-61P-1**Physical Requirements for AOC 61P**

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-61Q-1
Physical Requirements for AOC 61Q

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-61R-1
Physical Requirements for AOC 61R

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-61U-1
Physical Requirements for AOC 61U

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-61W-1**Physical Requirements for AOC 61W**

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-61Z-1**Physical Requirements for AOC 61Z**

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-62A-1
Physical Requirements for AOC 62A

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-62B-1
Physical Requirements for AOC 62B

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-62Z-1**Physical Requirements for AOC 62Z**

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	1,2,3,4,5,6,7,8	
LTC	7,8	
COL	7,8	

Table 3-63A-1
Physical requirements for AOC 63A

Skill level	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers 25 pound medical or dental equipment vertically 1-5 feet. 8. Occasionally carries 25 pound medical or dental equipment 50 feet.
MAJ	7,8	
LTC	7,8	

Table 3-63B-1
Physical requirements for AOC 63B

Skill level	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers 25 pound medical or dental equipment vertically 1-5 feet. 8. Occasionally carries 25 pound medical or dental equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-63D-1
Physical requirements for AOC 63D

Skill level	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none"> 1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers 25 pound medical or dental equipment vertically 1-5 feet. 8. Occasionally carries 25 pound medical or dental equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-63E-1**Physical requirements for AOC 63E**

Skill level	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical or dental equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical or dental equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-63F-1
Physical requirements for AOC 63F

Skill level	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers 25 pound medical or dental equipment vertically 1-5 feet. 8. Occasionally carries 25 pound medical or dental equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-63H-1
Physical requirements for AOC 63H

Skill level	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<p>1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.</p> <p>2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.</p> <p>3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.</p> <p>4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.</p> <p>5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.</p> <p>6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.</p> <p>7. Occasionally lifts/lowers 25 pound medical or dental equipment vertically 1-5 feet.</p> <p>8. Occasionally carries 25 pound medical or dental equipment 50 feet.</p>
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-63K-1**Physical requirements for AOC 63K**

Skill level	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical or dental equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical or dental equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-63M-1**Physical requirements for AOC 63M**

Skill level	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical or dental equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical or dental equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-63N-1
Physical requirements for AOC 63N

Skill level	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<p>1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.</p> <p>2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.</p> <p>3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.</p> <p>4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.</p> <p>5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.</p> <p>6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.</p> <p>7. Occasionally lifts/lowers 25 pound medical or dental equipment vertically 1-5 feet.</p> <p>8. Occasionally carries 25 pound medical or dental equipment 50 feet.</p>
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-63P-1
Physical requirements for AOC 63P

Skill level	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers 25 pound medical or dental equipment vertically 1-5 feet. 8. Occasionally carries 25 pound medical or dental equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-63R-1
Physical requirements for AOC 63R

Skill level	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers 25 pound medical or dental equipment vertically 1-5 feet. 8. Occasionally carries 25 pound medical or dental equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-64A-1
Physical requirements for AOC 64A

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6 7,8,9,10	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
MAJ	9,10	2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
LTC	9,10	3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
COL	9,10	4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
		5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
		6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
		7. Occasionally Lifts/lowers up to 90 pound Military Working Dog 36 inches as part of a 2-person team (prorated to 45 lbs)
		8. Occasionally carry up to 90 Military Working Dog 50 feet as part of a 2-person team (prorated to 45 lbs)
		9. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.
		10. Occasionally carries 25 pound medical equipment 50 feet.

Table 3-64B-1
Physical requirements for AOC 64B

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6, 7,8,9,10	<ol style="list-style-type: none"> 1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally Lifts/lowers up to 90 pound Military Working Dog 36 inches as part of a 2-person team (prorated to 45 lbs) 8. Occasionally carry up to 90 Military Working Dog 50 feet as part of a 2-person team (prorated to 45 lbs) 9. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 10. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	9,10	
LTC	9,10	
COL	9,10	

Table 3-64C-1
Physical requirements for AOC 64C

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6, 7,8,9,10	<ol style="list-style-type: none"> 1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally Lifts/lowers up to 90 pound Military Working Dog 36 inches as part of a 2-person team (prorated to 45 lbs) 8. Occasionally carry up to 90 Military Working Dog 50 feet as part of a 2-person team (prorated to 45 lbs) 9. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 10. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	9,10	
LTC	9,10	
COL	9,10	

Table 3-64D-1
Physical requirements for AOC 64D

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6, 7,8,9,10	<ol style="list-style-type: none"> 1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally Lifts/lowers up to 90 pound Military Working Dog 36 inches as part of a 2-person team (prorated to 45 lbs) 8. Occasionally carry up to 90 Military Working Dog 50 feet as part of a 2-person team (prorated to 45 lbs) 9. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 10. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	9,10	
LTC	9,10	
COL	9,10	

Table 3-64E-1
Physical requirements for AOC 64E

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6, 7,8,9,10	<ol style="list-style-type: none"> 1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally Lifts/lowers up to 90 pound Military Working Dog 36 inches as part of a 2-person team (prorated to 45 lbs) 8. Occasionally carry up to 90 Military Working Dog 50 feet as part of a 2-person team (prorated to 45 lbs) 9. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 10. Occasionally carries 25 pound medical equipment 50 feet
MAJ	9,10	
LTC	9,10	
COL	9,10	

Table 3-64F-1
Physical requirements for AOC 64F

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6, 7,8,9,10	<ol style="list-style-type: none"> 1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally Lifts/lowers up to 90 pound Military Working Dog 36 inches as part of a 2-person team (prorated to 45 lbs) 8. Occasionally carry up to 90 Military Working Dog 50 feet as part of a 2-person team (prorated to 45 lbs) 9. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 10. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	9,10	
LTC	9,10	
COL	9,10	

Table 3-65A-1
Physical Requirements for AOC 65A

Rank	Task numbers	Tasks
LT	1,2,3,4,5,6,7,8	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 8. Occasionally carries 25 pound medical equipment 50 feet.
CPT	1,2,3,4,5,6,7,8	
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-65B-1**Physical Requirements for AOC 65B**

Rank	Task numbers	Tasks
LT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
CPT	1,2,3,4,5,6,7,8	
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-65C-1
Physical Requirements for AOC 65C

Rank	Task numbers	Tasks
LT	1,2,3,4,5,6,7,8	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 8. Occasionally carries 25 pound medical equipment 50 feet.
CPT	1,2,3,4,5,6,7,8	
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-65D-1**Physical Requirements for AOC 65D**

Rank	Task numbers	Tasks
LT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
CPT	1,2,3,4,5,6,7,8	
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-66B-1
Physical Requirements for AOC 66B

Rank	Task numbers	Tasks
LT	1,2,3,4,5,6,7,8,9,10,11	<ol style="list-style-type: none"> 1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers a 201 pound patient 3 inches vertical distance and 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform. 8. Occasionally pulls a 201 pound patient 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform. 9. Occasionally reaches for a 201 pound patient moving 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform. 10. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 11. Occasionally carries 25 pound medical equipment 50 feet.
CPT	1,2,3,4,5,6,7,8,9,10,11	
MAJ	10,11	
LTC	10,11	
COL	10,11	

Table 3-66C-1
Physical Requirements for AOC 66C

Rank	Task numbers	Tasks
LT	1,2,3,4,5,6,7,8,9,10,11	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers a 201 pound patient 3 inches vertical distance and 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform. 8. Occasionally pulls a 201 pound patient 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform. 9. Occasionally reaches for a 201 pound patient moving 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform. 10. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 11. Occasionally carries 25 pound medical equipment 50 feet.
CPT	1,2,3,4,5,6,7,8,9,10,11	
MAJ	10,11	
LTC	10,11	
COL	10,11	

Table 3-66E-1**Physical Requirements for AOC 66E**

Rank	Task numbers	Tasks
LT	1,2,3,4,5,6,7,8,9,10,11	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
CPT	1,2,3,4,5,6,7,8,9,10,11	2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
MAJ	10,11	3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
LTC	10,11	4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
COL	10,11	5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
		6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
		7. Occasionally lifts/lowers a 201 pound patient 3 inches vertical distance and 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform.
		8. Occasionally pulls a 201 pound patient 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform.
		9. Occasionally reaches for a 201 pound patient moving 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform.
		10. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.
		11. Occasionally carries 25 pound medical equipment 50 feet.

Table 3-66F-1**Physical Requirements for AOC 66F**

Rank	Task numbers	Tasks
LT	1,2,3,4,5,6,7,8,9,10,11	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
CPT	1,2,3,4,5,6,7,8,9,10,11	2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
MAJ	10,11	3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
LTC	10,11	4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
COL	10,11	5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
		6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
		7. Occasionally lifts/lowers a 201 pound patient 3 inches vertical distance and 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform.
		8. Occasionally pulls a 201 pound patient 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform.
		9. Occasionally reaches for a 201 pound patient moving 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform.
		10. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.
		11. Occasionally carries 25 pound medical equipment 50 feet.

Table 3-66G-1
Physical Requirements for AOC 66G

Rank	Task numbers	Tasks
LT	1,2,3,4,5,6,7,8,9,10,11	<ol style="list-style-type: none"> 1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers a 201 pound patient 3 inches vertical distance and 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform. 8. Occasionally pulls a 201 pound patient 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform. 9. Occasionally reaches for a 201 pound patient moving 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform. 10. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 11. Occasionally carries 25 pound medical equipment 50 feet.
CPT	1,2,3,4,5,6,7,8,9,10,11	
MAJ	10,11	
LTC	10,11	
COL	10,11	

Table 3-66H-1
Physical Requirements for AOC 66H

Rank	Task numbers	Tasks
LT	1,2,3,4,5,6,7,8,9,10,11	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers a 201 pound patient 3 inches vertical distance and 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform. 8. Occasionally pulls a 201 pound patient 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform. 9. Occasionally reaches for a 201 pound patient moving 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform. 10. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 11. Occasionally carries 25 pound medical equipment 50 feet.
CPT	1,2,3,4,5,6,7,8,9,10,11	
MAJ	10,11	
LTC	10,11	
COL	10,11	

Table 3-66N-1
Physical Requirements for AOC 66N

Rank	Task numbers	Tasks
LT	1,2,3,4,5,6,7,8,9,10,11	<ol style="list-style-type: none"> 1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers a 201 pound patient 3 inches vertical distance and 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform. 8. Occasionally pulls a 201 pound patient 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform. 9. Occasionally reaches for a 201 pound patient moving 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform. 10. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 11. Occasionally carries 25 pound medical equipment 50 feet.
CPT	1,2,3,4,5,6,7,8,9,10,11	
MAJ	10,11	
LTC	10,11	
COL	10,11	

Table 3-66P-1**Physical Requirements for AOC 66P**

Rank	Task numbers	Tasks
LT	1,2,3,4,5,6,7,8,9,10,11	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
CPT	1,2,3,4,5,6,7,8,9,10,11	2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
MAJ	10,11	3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
LTC	10,11	4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
COL	10,11	5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
		6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
		7. Occasionally lifts/lowers a 201 pound patient 3 inches vertical distance and 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform.
		8. Occasionally pulls a 201 pound patient 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform.
		9. Occasionally reaches for a 201 pound patient moving 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform.
		10. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.
		11. Occasionally carries 25 pound medical equipment 50 feet.

Table 3-66R-1
Physical Requirements for AOC 66R

Rank	Task numbers	Tasks
LT	1,2,3,4,5,6,7,8,9,10,11	<ol style="list-style-type: none"> 1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers a 201 pound patient 3 inches vertical distance and 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform. 8. Occasionally pulls a 201 pound patient 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform. 9. Occasionally reaches for a 201 pound patient moving 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform. 10. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 11. Occasionally carries 25 pound medical equipment 50 feet.
CPT	1,2,3,4,5,6,7,8,9,10,11	
MAJ	10,11	
LTC	10,11	
COL	10,11	

Table 3-66S-1**Physical Requirements for AOC 66S**

Rank	Task numbers	Tasks
LT	1,2,3,4,5,6,7,8,9,10,11	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
CPT	1,2,3,4,5,6,7,8,9,10,11	2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
MAJ	10,11	3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
LTC	10,11	4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
COL	10,11	5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
		6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
		7. Occasionally lifts/lowers a 201 pound patient 3 inches vertical distance and 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform.
		8. Occasionally pulls a 201 pound patient 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform.
		9. Occasionally reaches for a 201 pound patient moving 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform.
		10. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.
		11. Occasionally carries 25 pound medical equipment 50 feet.

Table 3-66T-1**Physical Requirements for AOC 66T**

Rank	Task numbers	Tasks
LT	1,2,3,4,5,6,7,8,9,10,11	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
CPT	1,2,3,4,5,6,7,8,9,10,11	2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
MAJ	10,11	3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
LTC	10,11	4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
COL	10,11	5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
		6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
		7. Occasionally lifts/lowers a 201 pound patient 3 inches vertical distance and 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform.
		8. Occasionally pulls a 201 pound patient 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform.
		9. Occasionally reaches for a 201 pound patient moving 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform.
		10. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.
		11. Occasionally carries 25 pound medical equipment 50 feet.

Table 3-66W-1
Physical Requirements for AOC 66W

Rank	Task numbers	Tasks
LT	1,2,3,4,5,6,7,8,9,10,11	<ol style="list-style-type: none"> 1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment. 7. Occasionally lifts/lowers a 201 pound patient 3 inches vertical distance and 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform. 8. Occasionally pulls a 201 pound patient 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform. 9. Occasionally reaches for a 201 pound patient moving 2-5 feet horizontal as a 2-Soldier team (prorated to 100 pounds per soldier) as part of a transfer from a litter to a hospital bed including wearing 12.7 pounds of clothing/uniform. 10. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet. 11. Occasionally carries 25 pound medical equipment 50 feet.
CPT	1,2,3,4,5,6,7,8,9,10,11	
MAJ	10,11	
LTC	10,11	
COL	10,11	

Table 3-67A-1**Physical Requirements for AOC 67A**

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-67B-1**Physical Requirements for AOC 67B**

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-67C-1**Physical Requirements for AOC 67C**

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-67D-1**Physical Requirements for AOC 67D**

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-67E-1**Physical Requirements for AOC 67E**

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-67F-1**Physical Requirements for AOC 67F**

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-67G-1**Physical Requirements for AOC 67G**

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-67J-1**Physical Requirements for AOC 67J**

Rank	Task numbers	Tasks
LT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
CPT	1,2,3,4,5,6,7,8	
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-70A-1**Physical Requirements for AOC 70A**

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-70B-1**Physical Requirements for AOC 70B**

Rank	Task numbers	Tasks
LT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
CPT	1,2,3,4,5,6,7,8	
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-70C-1**Physical Requirements for AOC 70C**

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-70D-1**Physical Requirements for AOC 70D**

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-70E-1**Physical Requirements for AOC 70E**

Rank	Task numbers	Tasks
LT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
CPT	1,2,3,4,5,6,7,8	
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-70F-1**Physical Requirements for AOC 70F**

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-70H-1**Physical Requirements for AOC 70H**

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-70K-1**Physical Requirements for AOC 70K**

Rank	Task numbers	Tasks
LT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
CPT	1,2,3,4,5,6,7,8	
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-71A-1**Physical Requirements for AOC 71A**

Rank	Task numbers	Tasks
LT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
CPT	1,2,3,4,5,6,7,8	
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-71B-1**Physical Requirements for AOC 71B**

Rank	Task numbers	Tasks
LT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
CPT	1,2,3,4,5,6,7,8	
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-71E-1**Physical Requirements for AOC 71E**

Rank	Task numbers	Tasks
LT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
CPT	1,2,3,4,5,6,7,8	
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-71F-1**Physical Requirements for AOC 71F**

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
MAJ	7,8	2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
LTC	7,8	3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
COL	7,8	4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
		5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
		6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
		7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.
		8. Occasionally carries 25 pound medical equipment 50 feet.

Table 3-72A-1**Physical Requirements for AOC 72A**

Rank	Task numbers	Tasks
LT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
CPT	1,2,3,4,5,6,7,8	
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-72B-1**Physical Requirements for AOC 72B**

Rank	Task numbers	Tasks
LT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
CPT	1,2,3,4,5,6,7,8	
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-72C-1**Physical Requirements for AOC 72C**

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
MAJ	7,8	2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
LTC	7,8	3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
COL	7,8	4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
		5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
		6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
		7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.
		8. Occasionally carries 25 pound medical equipment 50 feet.

Table 3-72D-1**Physical Requirements for AOC 72D**

Rank	Task numbers	Tasks
LT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
CPT	1,2,3,4,5,6,7,8	
MAJ	7,8	
LTC	7,8	
COL	7,8	

Table 3-73A-1**Physical Requirements for AOC 73A**

Rank	Task numbers	Tasks
LT	1,2,3,4,5,6,7,8	<ol style="list-style-type: none">1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.8. Occasionally carries 25 pound medical equipment 50 feet.
CPT	1,2,3,4,5,6,7,8	
MAJ	7,7	
LTC	7,8	
COL	7,8	

Table 3-73B-1**Physical Requirements for AOC 73B**

Rank	Task numbers	Tasks
CPT	1,2,3,4,5,6,7,8	1. Occasionally lifts/lowers 255 pounds (average standard weight of an occupied litter with casualty and associated medical equipment) 63 inches as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
MAJ	7,8	2. Occasionally carries 255 pounds 50 feet as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
LTC	7,8	3. Occasionally pushes 255 pounds 2-5 feet onto litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
COL	7,8	4. Occasionally pulls 255 pounds 2-5 feet from litter rack of evacuation vehicle as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
		5. Occasionally climbs/descends 50 feet over uneven terrain with 255 pounds as part of a 4-Soldier litter team (prorated 64 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
		6. Occasionally reaches 2-5 feet into and out of evacuation vehicle to load/unload 255 pounds as part of a 2-Soldier litter team (prorated 128 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment.
		7. Occasionally lifts/lowers 25 pound medical equipment vertically 1-5 feet.
		8. Occasionally carries 25 pound medical equipment 50 feet.

Table 3-74A-1
Physical requirements for AOC 74A

Grade level	Task numbers	Tasks
LT	1,2,,4	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 11.72 lbs.). 2. Frequently performs CBRN operations in MOPP 4 (~92 lbs.) for up to 3 continuous/10 noncontinuous hours. 3. Occasionally performs CBRN operations in MOPP 4 (Total ~92 lbs.) for up to 3 continuous/10 non-continuous hours. 4. Frequently performs Hazardous Material (HazMat) Task at the Technician Level while wearing CBRN protective garments (Level A) with Self Contained Breathing Apparatus (SCBA) (Total weight 32.8 lbs.) for up to 1 hour.
CPT	2,4	
MAJ	3	
LTC	3	
COL		

Table 3-88A-1
Physical requirements for AOC 88A(Rescind 202610)

Skill level	Task numbers	Tasks
2LT-CPT	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 walk up to one mile to conduct vehicle inspections, surveys 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 3-89E-1
Physical requirements for AOC 89E (Effective 202710)

Skill level	Task numbers	Tasks
2LT-CPT	1,2,3,4	1. Frequently lifts and carries up to 40 pounds of EOD specific equipment (tools or radiographic equipment) while wearing a 76-pound Bomb Suit for a distance of 381 meters. 2. Occasionally transport five-gallon container of simulated chemical decontaminate for 50m and perform a gross decontamination procedure while wearing assigned chemical protection garment to include assigned mask with filters (MOPP Level 4) for a minimum of 30 minutes. 3. Occasionally lifts 50 pounds overhead without assistance. 4. Occasionally conducts ammunition stacking for disposal operations IAW TM 60A-1-1-22 while wearing full and proper PPE to include assigned protective vest, helmet, eye protection and gloves within 60 minutes.
MAJ-COL	None	

Physical requirements for AOC 89E

Skill level	Task numbers	Tasks
2LT-CPT	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.
MAJ-COL	None	

Table 3-90A-1

Physical requirements for AOC 90A (Rescind 202610)

Skill level	Task numbers	Tasks
2LT-1LT	1, 2, 3, 4, 5, 6	<ol style="list-style-type: none">1. Frequently climbs/descent 4 feet to get into or onto vehicles while wearing ~80 pounds consisting of uniform and load bearing equipment.2. Occasionally walk up to one mile to conduct vehicle inspections, surveys 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.4. Occasionally lift/lower a ~300 pound 225 gpm fuel pump ~3 feet as part of a four-Soldier team, prorated at ~75 pounds and carry ~50 feet while wearing/carrying ~80 pounds of PPE.5. Occasionally push/pull ~40 pound water container one meter while wearing ~80 pounds of PPE.6. Occasionally lift, lower a ~25 pound laptop with transit case ~3 feet and carry for ~5 meters while wearing/carrying ~80 pounds of PPE. <hr/> <ol style="list-style-type: none">7. Occasionally climbs and descend 8 feet and crouches to ground level while wearing / carrying ~ 80 pounds of PPE
CPT-LTC	7	
COL		

Table 3-90A-1

Physical requirements for AOC 90A

Skill level	Task numbers	Tasks
CPT-LTC	1	1. Occasionally climbs and descend 8 feet and crouches to ground level while wearing / carrying ~ 80 pounds of uniform and combat equipment.
COL		

Table 3-91A-1
Physical requirements for AOC 91A (Rescind 202610)

Grade level	Task numbers	Tasks
LT	None.	
CPT		

Table 3-92A-1

Physical requirements for AOC 92A (Rescind 202610)

Skill level	Task numbers	Tasks
2LT, 1LT	1,2,3,	<ol style="list-style-type: none">1. Occasionally lift/lower a ~300 pound 225 gpm fuel pump ~3 feet as part of a four Soldier team, prorated at ~75 pounds and carry ~50 feet while wearing/carrying ~80 pounds of PPE.2. Occasionally push/pull ~40 pound water container one meter while wearing ~80 pounds of PPE.3. Occasionally lift, lower a ~25 pound laptop with transit case ~3 feet and carry for ~5 meters while wearing/carrying ~80 pounds of PPE.
