

## **Chapter 8**

### **Section D**

#### **Warrant officer physical demands categories**

##### **8-4-1. General**

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

##### **8-4-2. Specifications for warrant officer physical demands**

This chapter contains physical demands for each warrant officer specialty. The chapter is organized by each specialty and defined as 8-XXXX-1 where XXXX represents the warrant officer specialty. For example the physical demands for 131A, Field Artillery Targeting Technician are located in section 8-131A-1. Additionally, a consolidate listing of the all warrant officer categories is located in figure 8-4-1.

**8-4-1. Warrant Officer OPAT Physical Demands Categories**

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

The OPAT categories for each warrant officer specialty are:

MOS	TITLE	PHYSICAL DEMANDS CATEGORY
120A	Construction Engineering Technician	MODERATE
125D	Geospatial Engineering Technician	MODERATE
131A	Field Artillery Technician	MODERATE
140A	Command & Control Systems Integrator	MODERATE
140E	Air & Missile Defense (AMD) Systems Tactician/Technician	MODERATE
140X	Air Defense Artillery (ADA) Immaterial	MODERATE
150A	Air Traffic & Air Space Management Technician	MODERATE
150U	Unmanned Aircraft Systems Operations Technician	MODERATE
151A	Aviation Maintenance Technician (Nonrated)	MODERATE
152B	OH-58A/C Scout Pilot (RC)	MODERATE
152C	OH-6 Pilot	MODERATE
152D	OH-58D Pilot	MODERATE
152E	AH-64E Pilot	MODERATE
152F	AH-64A Attack Pilot	MODERATE
152H	AH-64D Attack Pilot	MODERATE
153A	Rotary Wing Aviator (Aircraft Nonspecific)	MODERATE
153B	UH-1 Pilot (RC)	MODERATE
153D	UH-60 Pilot	MODERATE
153E	Mh-60 Pilot	MODERATE
153L	UH-72A Pilot (RC Only)	MODERATE
153M	UH-60M Pilot	MODERATE
154C	CH-47D Pilot	MODERATE
154E	MH-47 Pilot	MODERATE
154F	CH-47F Pilot	MODERATE
155A	Fixed Wing Aviator (Aircraft Nonspecific)	MODERATE
155E	C-12 Pilot	MODERATE
155F	Jet Aircraft Pilot	MODERATE
155G	O-5A/EO-5B/RC-7 Pilot	MODERATE
170A	Cyber Operations Technician	MODERATE
170B	Electronic Warfare Technician	MODERATE
170D	Cyber Capabilities Development Officer	MODERATE
180A	Special Forces Warrant Officer	HEAVY
255A	Information Services Technician	MODERATE
255A	Data Operations Warrant Officer (Effective 202310)	MODERATE
255N	Network Management Technician	MODERATE
255N	Network Operations Warrant Officer (Effective 202310)	MODERATE
255S	Information Protection Technician	MODERATE
255S	Cyberspace Defense Warrant Officer (Effective 202310)	MODERATE
255Z	Senior Network Operations Technician	MODERATE
270A	Legal Administrator	MODERATE
311A	Cid Special Agent	MODERATE
350F	All Source Intelligence Technician	MODERATE
350G	Geospatial Intelligence Imagery Technician	MODERATE
351L	Counterintelligence Technician	MODERATE
351M	Human Intelligence Collection Technician	MODERATE
351Y	Area Intelligence Technician	MODERATE
351Z	Attache Technician	MODERATE
352N	Signals Intelligence Analysis Technician	MODERATE
352S	Signals Collection Technician	MODERATE
353T	Intelligence Systems Integration & Maintenance Technician	MODERATE
420A	Human Resources Technician	MODERATE
420C	Bandmaster	MODERATE
490B	Artificial Intelligence and Machine Learning Operations Technician	MODERATE
640A	Food Safety Officer	MODERATE
670A	Health Services Maintenance Technician	MODERATE
740A	Chemical, Biological, Radiological & Nuclear (CBRN) Warrant Officer	MODERATE

<b>MOS</b>	<b>TITLE</b>	<b>PHYSICAL DEMANDS CATEGORY</b>
880A	Marine Deck Officer	MODERATE
881A	Marine Engineering Officer	MODERATE
882A	Mobility Officer	MODERATE
890A	Ammunition Technician	MODERATE
913A	Armament Systems Maintenance Warrant Officer	MODERATE
914A	Allied Trades Warrant Officer	MODERATE
915A	Automotive Maintenance Warrant Officer	MODERATE
915E	Senior Automotive Maintenance Warrant Officer/Senior Ordnance Logistics Warrant	MODERATE
915S	Stryker Maintenance Warrant Officer (Eff 202510)	MODERATE
915T	Track Maintenance Warrant Officer (Eff 202510)	MODERATE
919A	Engineer Equipment Maintenance Warrant Officer	MODERATE
920A	Property Accounting Technician	MODERATE
920B	Supply Systems Technician	MODERATE
921A	Airdrop Systems Technician	MODERATE
922A	Food Service Technician	MODERATE
923A	Petroleum Technician	MODERATE
948B	Electronic Systems Maintenance Warrant Officer	MODERATE
948D	Electronic Missile Systems Maintenance Warrant Officer	MODERATE
948E	Senior Electronics Maintenance Warrant Officer	MODERATE

**Table 8-120A-1**  
**Physical requirements for AOC 120A**

Skill level	Tasks numbers	Tasks
WO1-CW2	1	1. Occasionally lifts/lower 92 pounds (concrete blocks) prorated at 46 pounds per two soldier team .75 meters and carry 10 meters, while wearing/carrying ~ 40 pounds of uniform and combat equipment.
CW3	1	
CW4	1	
CW5	None	

**Table 8-125D-1**  
**Physical requirements for AOC 125D**

Skill level	Tasks numbers	Tasks
WO1-CW2	1	1. Occasionally lift/lower 395 pounds (distributed common ground system-A) prorated at 65 pounds per six soldier team .75 meters and carry 20 meters, while wearing/carrying ~40 pounds of uniform and combat equipment.
CW3	1	
CW4	1	
CW5		

**Table 8-131A-1**  
**Physical requirements for AOC 131A**

Skill level	Tasks numbers	Tasks
WO1	1,2	1. Occasionally lifts/ lowers 174 pounds (Q50 Transportation Case with equipment as part of a 2 soldier team prorated at 87 pounds per soldier) 1 meter and carries 20 meters wearing a 75-90 lb. fighting load dependent on the size of equipment issued. 2. Occasionally pushes and pulls 174 pounds (Q50 Transportation Case with equipment as part of a 2 soldier team prorated at 87 pounds per soldier) 2 meters as part of a 2 soldier team wearing a 75-90 lb. fighting load dependent on the size of equipment issued.
CW2	1,2	
CW3		
CW4		
CW5		

**Table 8-140A-1****Physical requirements for MOS 140A**

Skill level	Task numbers	Tasks
WO1	1	1. Occasionally climbs/descends ( <i>Ladder</i> ) 5.5 vertical feet, to gain access to ( <i>Command and Control Systems</i> ), while wearing ~80 lbs. of uniform and combat equipment.
CW2	1	
CW3	1	
CW4	1	
CW5	1	

**Table 8-140K-1 (Effective 201810)**  
**Physical requirements for MOS 140K**

Skill level	Task numbers	Tasks
WO1	1,2,3,4,5	<ol style="list-style-type: none"> <li>1. Occasionally reaches 4 feet to grasp (<i>Power Cable</i>), and pulls 45 lbs. of cable weight 60 feet, while wearing ~80 lbs. of uniform and combat equipment.</li> <li>2. Occasionally lifts 30 lbs. (<i>Power Cable</i>) overhead, turns (<i>Cable Head</i>) clockwise to seat while wearing ~80 lbs. of uniform and combat equipment.</li> <li>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.</li> <li>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.</li> <li>5. Occasionally pushes/pulls 3 feet (<i>Cranking Mechanism</i>), while wearing ~80 lbs. of uniform and combat equipment.</li> </ol>
CW2	1,2,3,4,5	
CW3	1,2,3,4,5	
CW4	3,4,5	
CW5	3,4,5	

**Table 8-140L-1 (Effective 201810)**  
**Physical requirements for MOS 140L**

Skill level	Task numbers	Tasks
WO1	1,2,3	1. Occasionally reaches 4 feet to grasp ( <i>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>Power Cable</i> ) overhead, turns ( <i>Cable Head</i> ) clockwise to seat while wearing ~80 lbs. of uniform and combat equipment. 3. 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.
CW2	1,2,3	
CW3	1,2,3	
CW4	2,3	
CW5	2,3	

**Table 8-150A-1**  
**Physical requirements for MOS 150A**

Skill level	Tasks numbers	Tasks
WO1	1	1. Occasionally climbs/descends 10 ft. using a ladder.
CW2	1	
CW3	1	
CW4		
CW5		

**Table 8-150U-1****Physical requirements for MOS 150U**

Skill level	Tasks numbers	Tasks
WO1	1	1. Occasionally climbs/descends 6 ft. using a ladder.
CW2	1	
CW3	1	
CW4	1	
CW5		

**Table 8-151A-1****Physical requirements for MOS 151A**

Skill level	Tasks numbers	Tasks
WO1	1	1. Occasionally climbs/descends 15-19 ft. from ground to top of aircraft using steps and handholds.
CW2	1	
CW3	1	
CW4	1	
CW5		

**Table 8-152B-1**  
**Physical requirements for AOC 152B**

Skill level	Tasks numbers	Tasks
WO1	1,2,3	1. Occasionally lifts and carries aviation flight-gear and publications weighing up to 50 lbs. waist high or shoulder position 3-5 ft. and carries approximately 300 ft. to and from the aircraft. 2. Occasionally climbs and descends (6 ft.) from ground to top of aircraft using footholds and grip bars on aircraft. 3 Occasionally wears up to 50 lbs. load-bearing of aviator life support and survival gear which may include combat gear and NVG equipment attached to flight helmet for extended period of time.
CW2	1,2,3	
CW3	1,2,3	
CW4	1,2,3	
CW5	1,2,3	

**Table 8-152C-1**  
**Physical requirements for MOS 152C**

Skill level	Tasks numbers	Tasks
WO1	1,2,3,	1. Occasional lifts and carries aviation flight-gear and publications weighing up to 50 lbs. waist high or shoulder at 3-5 ft. and carries approximately 300 ft. to and from the aircraft. 2. Occasionally climbs and descends (6 ft.) from ground to top of aircraft using footholds and grip bars on aircraft. 3. Occasionally Wears up to 50 lbs. load-bearing of aviator life support and survival gear which may include combat gear and NVG equipment attached to flight helmet for extended period of time.
CW2	1,2,3,	
CW3	1,2,3,	
CW4	1,2,3,	
CW5	1,2,3,	

**Table 8-152D-1****Physical requirements for MOS 152D**

Skill level	Tasks numbers	Tasks
WO1	1,2,3,	1. Occasional lifts and carries aviation flight-gear and publications weighing up to 50 lbs. waist high or shoulder at 3-5 ft. and carries approximately 300 ft. to and from the aircraft. 2. Occasionally climbs and descends (6 ft.) from ground to top of aircraft using footholds and grip bars on aircraft. 3. Occasionally Wears up to 50 lbs. load-bearing of aviator life support and survival gear which may include combat gear and NVG equipment attached to flight helmet for extended period of time.
CW2	1,2,3,	
CW3	1,2,3,	
CW4	1,2,3,	
CW5	1,2,3,	

**Table 8-152E-1****Physical requirements for MOS 152E**

Skill level	Tasks numbers	Tasks
WO1	1,2,3	1. Occasionally lifts aviation flight gear weighing up to 50 lbs. waist high or shoulder 3-5 ft. and carries approximately 300 ft. to and from the aircraft. 2 Occasionally climbs and descends (15 ft.) from ground to top of aircraft using footholds and grip bars on aircraft. 3. Occasionally wears up to 50 lbs. load-bearing of aviator life support and survival gear which may include combat gear and NVG equipment attached to flight helmet for extended period of time.
CW2	1,2,3	
CW3	1,2,3	
CW4	1,2,3	
CW5	1,2,3	

**Table 8-152F-1****Physical requirements for AOC 152F**

Skill level	Tasks numbers	Tasks
WO1	1,2,3	1. Occasionally lifts and carries aviation flight-gear and publications weighing up to 50 lbs. waist high or shoulder position 3-5 ft. and carries approximately 300 ft. to and from the aircraft. 2. Occasionally climbs and descends (15 ft.) from ground to top of aircraft using footholds and grip bars on aircraft. 3. Occasionally wears up to 50 lbs. load-bearing of aviator life support and survival gear which may include combat gear and NVG equipment attached to flight helmet for extended period of time.
CW2	1,2,3	
CW3	1,2,3	
CW4	1,2,3	
CW5	1,2,3	

**Table 8-152H-1**  
**Physical requirements for MOS 152H**

Skill level	Tasks numbers	Tasks
WO1	1,2,3	1. Occasionally lifts aviation flight gear weighing up to 50 lbs. waist high or shoulder 3-5 ft. and carries approximately 300 ft. to and from the aircraft. 2. Occasionally climbs and descends (15 ft.) from ground to top of aircraft using footholds and grip bars on aircraft. 3 Occasionally wears up to 50 lbs. load-bearing of aviator life support and survival gear which may include combat gear and NVG equipment attached to flight helmet for extended period of time.
CW2	1,2,3	
CW3	1,2,3	
CW4	1,2,3	
CW5	1,2,3	

**Table 8-153A-1****Physical requirements for MOS 153A**

Skill level	Tasks numbers	Tasks
WO1	1,2,3	1. Occasionally lifts aviation flight gear weighing up to 50 lbs. waist high or shoulder 3-5 ft. and carries approximately 300 ft. to and from the aircraft. 2. Occasionally climbs and descends (15 ft.) from ground to top of aircraft using footholds and grip bars on aircraft. 3 Occasionally wears up to 50 lbs. load-bearing of aviator life support and survival gear which may include combat gear and NVG equipment attached to flight helmet for extended period of time.
CW2	1,2,3	
CW3	1,2,3	
CW4	1,2,3	
CW5	1,2,3	

**Table 8-153D-1**  
**Physical requirements for MOS 153D**

Skill level	Tasks numbers	Tasks
WO1	1,2,3	1. Occasionally lifts aviation flight gear weighing up to 50 lbs. waist high or shoulder 3-5 ft. and carries approximately 300 ft. to and from the aircraft. 2. Occasionally climbs and descends (15 ft.) from ground to top of aircraft using footholds and grip bars on aircraft. 3. Occasionally wears up to 50 lbs. load-bearing of aviator life support and survival gear which may include combat gear and NVG equipment attached to flight helmet for extended period of time.
CW2	1,2,3	
CW3	1,2,3	
CW4	1,2,3	
CW5	1,2,3	

**Table 8-153E-1****Physical requirements for MOS 153E**

Skill level	Tasks numbers	Tasks
WO1	1,2,3	1. Occasionally lifts aviation flight gear weighing up to 50 lbs. waist high or shoulder 3-5 ft. and carries approximately 300 ft. to and from the aircraft. 2 Occasionally climbs and descends (15 ft.) from ground to top of aircraft using footholds and grip bars on aircraft. 3. Occasionally wears up to 50 lbs. load-bearing of aviator life support and survival gear which may include combat gear and NVG equipment attached to flight helmet for extended period of time.
CW2	1,2,3	
CW3	1,2,3	
CW4	1,2,3	
CW5	1,2,3	

**Table 8-153L-1****Physical requirements for MOS 153L**

Skill level	Tasks numbers	Tasks
WO1	1,2,3	1. Occasionally lifts aviation flight gear weighing up to 50 lbs. waist high or shoulder 3-5 ft. and carries approximately 300 ft. to and from the aircraft. 2. Occasionally climbs and descends (15 ft.) from ground to top of aircraft using footholds and grip bars on aircraft. 3 Occasionally wears up to 50 lbs. load-bearing of aviator life support and survival gear which may include combat gear and NVG equipment attached to flight helmet for extended period of time.
CW2	1,2,3	
CW3	1,2,3	
CW4	1,2,3	
CW5	1,2,3	

**Table 8-153M-1****Physical requirements for MOS 153M**

Skill level	Tasks numbers	Tasks
WO1	1,2,3	1. Occasionally lifts aviation flight gear weighing up to 50 lbs. waist high or shoulder 3-5 ft. and carries approximately 300 ft. to and from the aircraft. 2. Occasionally climbs and descends (15 ft.) from ground to top of aircraft using footholds and grip bars on aircraft. 3 Occasionally wears up to 50 lbs. load-bearing of aviator life support and survival gear which may include combat gear and NVG equipment attached to flight helmet for extended period of time.
CW2	1,2,3	
CW3	1,2,3	
CW4	1,2,3	
CW5	1,2,3	

**Table 8-154C-1**  
**Physical requirements for MOS 154C**

Skill level	Tasks numbers	Tasks
WO1	1,2,3	1. Occasionally lifts aviation flight gear weighing up to 50 lbs. waist high or shoulder 3-5 ft. and carries approximately 300 ft. to and from the aircraft. 2. Occasionally climbs and descends (18 ft.) from ground to top of aircraft using footholds and grip bars on aircraft. 3. Occasionally wears up to 50 lbs. load-bearing of aviator life support and survival gear which may include combat gear and NVG equipment attached to flight helmet for extended period of time.
CW2	1,2,3	
CW3	1,2,3	
CW4	1,2,3	
CW5	1,2,3	

**Table 8-154E-1****Physical requirements for MOS 154E**

Skill level	Tasks numbers	Tasks
WO1	1,2,3	1. Occasionally lifts aviation flight gear weighing up to 50 lbs. waist high or shoulder 3-5 ft. and carries approximately 300 ft. to and from the aircraft. 2. Occasionally climbs and descends (18 ft.) from ground to top of aircraft using footholds and grip bars on aircraft. 3. Occasionally wears up to 50 lbs. load-bearing of aviator life support and survival gear which may include combat gear and NVG equipment attached to flight helmet for extended period of time.
CW2	1,2,3	
CW3	1,2,3	
CW4	1,2,3	
CW5	1,2,3	

**Table 8-154F-1****Physical requirements for MOS 154F**

Skill level	Tasks numbers	Tasks
WO1	1,2,3	1 Occasionally lifts aviation flight gear weighing up to 50 lbs. waist high or shoulder 3-5 ft. and carries approximately 300 ft. to and from the aircraft. 2. Occasionally climbs and descends (18 ft.) from ground to top of aircraft using footholds and grip bars on aircraft. 3. Occasionally wears up to 50 lbs. load-bearing of aviator life support and survival gear which may include combat gear and NVG equipment attached to flight helmet for extended period of time.
CW2	1,2,3	
CW3	1,2,3	
CW4	1,2,3	
CW5	1,2,3	

**Table 8-155A-1****Physical requirements for MOS 155A**

Skill level	Tasks numbers	Tasks
WO1	1	1. Occasionally lifts aviation flight gear weighing up to 20 lbs. waist high or shoulder 3-5 ft. and carries approximately 100 ft. to and from the aircraft.
CW2	1	
CW3	1	
CW4	1	
CW5	1	

**Table 8-155E-1****Physical requirements for MOS 155E**

Skill level	Tasks numbers	Tasks
WO1	1	1. Occasionally lifts aviation flight gear weighing up to 20 lbs. waist high or shoulder 3-5 ft. and carries approximately 100 ft. to and from the aircraft.
CW2	1	
CW3	1	
CW4	1	
CW5	1	

**Table 8-155F-1****Physical requirements for AOC 155F**

Skill level	Tasks numbers	Tasks
WO1	1	1. Occasionally lifts aviation flight gear weighing up to 20 lbs. waist high or shoulder 3-5 ft. and carries approximately 100 ft. to and from the aircraft.
CW2	1	
CW3	1	
CW4	1	
CW5	1	

**Table 8-155G-1****Physical requirements for MOS 155G**

Skill level	Tasks numbers	Tasks
WO1	1,2	1. Occasionally lifts aviation flight gear weighing up to 20 lbs. waist high or shoulder 3-5 ft. and carries approximately 100 ft. to and from the aircraft. 2. Occasionally wears up to 20 lbs. load-bearing of aviator life support and survival gear which may include combat gear and NVG equipment attached to flight helmet for extended period of time.
CW2	1,2	
CW3	1,2	
CW4	1,2	
CW5	1,2	

**Table 8-170A-1**  
**Physical requirements for MOS 170A**

Grade level	Task numbers	Tasks
CW2	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.
CW3	1,2	
CW4	2	
CW5	2	

**Table 8-170B-1 (Effective 20181001)**  
**Physical requirements for MOS 170B**

Grade level	Task numbers	Tasks
CW2	1,2	1. Occasionally lifts/lowers and carries 67 pounds (electronic warfare equipment transit cases) as part of a two (2) Soldier team (prorated 33.5 pounds per Soldier) a vertical distance of 5 feet and a horizontal distance of 100 feet while wearing/carrying ~80 pounds of uniform and combat equipment 2. Occasionally lifts/lowers and carries 15 pounds of commercial off the shelf equipment (laptop computer with case) a vertical distance of 5 feet and a horizontal distance of 100 feet while wearing/carrying ~80 pounds of uniform and combat equipment
CW3	1,2	
CW4	2	
CW5	2	

**Table 8-170D-1**  
**Physical requirements for MOS 170D**

Grade level	Task numbers	Tasks
CW2	1,2	1. Occasionally lifts/lowers and carries 67 pounds (electronic warfare equipment transit cases) as part of a two (2) Soldier team (prorated 33.5 pounds per Soldier) a vertical distance of 5 feet and a horizontal distance of 100 feet while wearing/carrying ~80 pounds of uniform and combat equipment 2. Occasionally lifts/lowers and carries 15 pounds of commercial off the shelf equipment (laptop computer with case) a vertical distance of 5 feet and a horizontal distance of 100 feet while wearing/carrying ~80 pounds of uniform and combat equipment
CW3	1,2	
CW4	2	
CW5	2	



**Table 8-180A-1**  
**Physical requirements for AOC 180A**

Skill level	Task numbers	Tasks
WO1	1,2,3,4,5,6,7,8,9,10, 11,12,13,14,15,16	1. Occasionally drags 268 lbs person (incapacitated Soldier) 15 meters, while wearing ~80 lbs consisting of uniform and load bearing equipment.
CW2	1,2,3,4,5,6,7,8,9,10, 11,12,13,14,15,16	2. Frequently walks, runs, crawls, and climbs over varying terrain and altitude changes for a distance of up to 15 miles, during a 24-hour period, while carrying 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.
CW3	1,3,4,7,8,10,15,16	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).
CW4	1,3,4,8,15,16	4. Frequently throws 1 lb object (hand grenade) 35 meters, while wearing ~80 lbs consisting of uniform and load bearing equipment.
CW5	1,2,4,8,15,16	5. Frequently digs, lifts, and shovels 11 lbs scoops of dirt in bent, stooped or kneeling position (digging fighting position), while wearing ~80 lbs consisting of uniform and load bearing equipment.
		6. Frequently lifts and lowers 40 lbs bags (sand bags) shoulder high, while wearing ~80 lbs consisting of uniform and load bearing equipment.
		7. Frequently scales and climbs over a 2-meter vertical obstacle (low wall), with assistance, while wearing ~80 lbs consisting of uniform and load bearing equipment.
		8. Occasionally raises a 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.
		9. Occasionally lifts 65 lbs (TOW missile) 3 feet high, moves laterally 5 feet and places object in tube (TOW missile launcher) , while wearing ~80 lbs consisting of uniform and load bearing equipment.
		10. Occasionally lifts, lowers and carries 153 lbs (M2 Machine Gun, tripod mounted) 1.5 meter high for distances up to 10 meters, as part of a two Soldier team, while wearing ~80 lbs consisting of uniform and load bearing equipment.
		11. Frequently raises, carries, and lifts 110 lbs (120 MM mortar system) 1.5 meters on a pivot point, while wearing ~80 lbs consisting of uniform and load bearing equipment.

Skill level	Task numbers	Tasks
		<p 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 1411 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 8-255A-1**  
**Physical requirements for AOC 255A**

Skill level	Tasks numbers	Tasks
WO1	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.
CW2	1,2	
CW3	1,2	
CW4	2	

**Table 8-255N-1****Physical requirements for AOC 255N**

Skill level	Tasks numbers	Tasks
WO1	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.
CW2	1,2	
CW3	1,2	
CW4	2	

**Table 8-255S-1****Physical requirements for AOC 255S**

Skill level	Tasks numbers	Tasks
WO1	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.
CW2	1,2	
CW3	1,2	
CW4	2	

**Table 8-255Z-1**

**Physical requirements for MOS 255Z**

Skill level	Task numbers	Tasks
CW5	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 8-280A-1**

**Physical requirements for MOS 280A (Effective 202507)**

Grade level	Task numbers	Tasks
WO1-CW2	1,2	1. Occasionally lifts/lowers and carries 67 pounds transit cases as part of a two Soldier team (prorated 33.5 pounds per Soldier) of software operations equipment in tactical, garrison or combat environments. 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.
CW3	1,2	
CW4	2	
CW5	2	

**Table 8-280A-1**

**Physical requirements for MOS 280A (Effective 202507)**

Grade level	Task numbers	Tasks
WO1-CW2	1,2	1. Occasionally lifts/lowers and carries 67 pounds transit cases as part of a two Soldier team (prorated 33.5 pounds per Soldier) of software operations equipment in tactical, garrison or combat environments. 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.
CW3	1,2	
CW4	2	
CW5	2	

**Table 8-311A-1**

**Physical requirements for MOS 311A**

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

**Table 8-350F-1****Physical requirements for MOS 350F**

Skill level	Task numbers	Tasks
WO1-CW2	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.
CW3	1	
CW4	1	
CW5	1	

**Table 8-350G-1****Physical requirements for MOS 350G**

Skill level	Task numbers	Tasks
WO1-CW2	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.
CW3	1	
CW4	1	
CW5	1	

**Table 8-351L-1****Physical requirements for MOS 351L**

Skill level	Task numbers	Tasks
WO1-CW2	1	1. Occasionally lifts/lowers and carries 90 pounds (equipment transit case) as part of a two (2) Soldier team (prorated to 45 pounds) to waist height and horizontal distance of 10 meters while wearing approximately 80lbs of uniform and combat equipment.
CW3	1	
CW4	1	
CW5	1	

**Table 8-351M-1****Physical requirements for MOS 351M**

Skill level	Task numbers	Tasks
WO1-CW2	1	1. Occasionally lifts/lowers and carries 90 pounds (equipment transit case) as part of a two (2) Soldier team (prorated to 45 pounds) to waist height and horizontal distance of 10 meters while wearing approximately 80lbs of uniform and combat equipment.
CW3	1	
CW4	1	
CW5	1	

**Table 8-351Y-1****Physical requirements for MOS 351Y**

Skill level	Task numbers	Tasks
WO1-CW2	1	1. Occasionally lifts/lowers and carries 90 pounds (equipment transit case) as part of a two (2) Soldier team (prorated to 45 pounds) to waist height and horizontal distance of 10 meters while wearing approximately 80lbs of uniform and combat equipment.
CW3	1	
CW4	1	
CW5	1	

**Table 8-351Z-1****Physical requirements for MOS 351Z**

Skill level	Task numbers	Tasks
WO1-CW2	1	1. Occasionally lifts/lowers and carries 90 pounds (equipment transit case) as part of a two (2) Soldier team (prorated to 45 pounds) to waist height and horizontal distance of 10 meters while wearing approximately 80lbs of uniform and combat equipment.
CW3	1	
CW4	1	
CW5	1	

**Table 8-352N-1****Physical requirements for MOS 352N**

Skill level	Task numbers	Tasks
WO1-CW2	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.
CW3	1	
CW4	1	
CW5	1	

**Table 8-352S-1****Physical requirements for MOS 352S**

Skill level	Task numbers	Tasks
WO1-CW2	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.
CW3	1	
CW4	1	
CW5	1	

**Table 8-353T-1****Physical requirements for MOS 353T**

Skill level	Task numbers	Tasks
WO1-CW2	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.
CW3	1	
CW4	1	
CW5	1	

**Table 8-390A-1****Physical requirements for MOS 390A (Effective 202510)**

Skill level	Task numbers	Tasks
WO1	1,2	1. Occasionally lifts/lowers and carries 67 pounds (electronic warfare equipment transit cases) as part of a two (2) Soldier team (prorated 33.5 pounds per Soldier) a vertical distance of 5 feet and a horizontal distance of 100 feet while wearing/carrying ~80 pounds of uniform and combat equipment 2. Occasionally lifts/lowers and carries 15 pounds of commercial off the shelf equipment (laptop computer with case) a vertical distance of 5 feet and a horizontal distance of 100 feet while wearing/carrying ~80 pounds of uniform and combat equipment.
CW2	1,2	
CW3	1,2	
CW4	2	
CW5	2	

**Table 8-420A-1**  
**Physical requirements for MOS 420A**

Skill level	Task numbers	Tasks
WO1	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 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>RF Equipment case for VSAT</i>) 4 feet when loading/unloading and carries up to 50 feet, when transporting, as part of a 4 Soldier team (prorated 29.25 pounds per Soldier) while wearing/carrying ~80 pounds of uniform 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 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>
CW2	1,2,3,4,5,6,7,8	
CW3	1,2,3,4,5,6,7,8	
CW4	8	
CW5	8	

**Table 8-420C-1****Physical requirements for MOS 420C**

Skill level	Task numbers	Tasks
WO1	1,2,3,4,5	<p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p>
CW2	1,2,3,4,5	
CW3	1,2,3,4,5	
CW4	1,2,3,4,5	
CW5	1,2,3,4,5	

**Table 8-420T-1****Physical requirements for MOS 420A**

Skill level	Task numbers	Tasks
WO1	1	1. Frequently lifts/lowers a maximum of 30 pounds (Laptop Computer with accessories, recruiting publicity items, personal presentation items, business cards, and laptop computer carrying case) 3 feet from the ground, and carries 100 feet. while wearing/carrying ~50pounds of uniform and combat equipment.
CW2	1	
CW3	1	
CW4	1	
CW5	1	

**Table 8-490B-1****Physical requirements for MOS 490B (Effective 202610)**

Grade level	Task numbers	Tasks
WO1	1,2	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 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 ~70 pounds of uniform and combat equipment.
CW2	1,2	
CW3	1,2	
CW4	2	
CW5	2	

**Table 8-640A-1**  
**Physical requirements for AOC 640A**

Rank	Task numbers	Tasks
WO1	1,2,3,4,5,6 7,8	1. Occasionally lifts/lowers 255 pounds 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. Frequently lifts/lowers 25 pound food sample cases vertically 1-5 feet. 8. Frequently carries 25 pound food sample cases 50 feet.
CW2	7,8	
CW3	7,8	
CW4	7,8	
CW5	7,8	

**Table 8-670A-1**  
**Physical requirements for AOC 670A**

Rank	Task numbers	Tasks
WO1	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.
WO2	1,2,3,4,5,6,7,8	
WO3	7,8	
WO4	7,8	
WO5	7,8	

**Table 8-740A-1****Physical requirements for MOS 740A**

Grade level	Task numbers	Tasks
CW2	1,2,3,4,5	1. Frequently performs CBRN operations in MOPP 4 (~92 lbs.) for up to 3 continuous/10 non-continuous hours.
CW3	2	2. Occasionally performs CBRN operations in MOPP 4 (Total ~92 lbs) for up to 3 continuous/10 non-continuous hours.
CW4	2	3. Occasionally lifts/lowers ~283 lbs., (contaminated casualties and litter, prorated to 70.75 lbs., by four person carry), up to 42 in high (roller system), 20 times per hour up to four hours, while wearing MOPP 4 (11.72 lbs.).
CW5		4. Occasionally push/pulls ~283 lbs., (contaminated casualties and litter) on a roller system, up to 20 ft., 20 times per hour up to four hours, while wearing MOPP 4 (11.72 lbs.).
		5. Occasionally digs, lifts, and shovels 11 lb., scoops of dirt in bent, stooped or kneeling position; waist high; up to 50 ft.; while wearing MOPP 4 (11.72 lbs.).

**Table 8-880A-1**  
**Physical requirements for MOS 880A**

Skill level	Task numbers	Tasks
WO1	1,2,3,4,5,6	1. Occasionally lifts/lower up to 25 pounds (dunnage, shoring and tools) 3 feet and climb/descend 15 feet while wearing ~80 pounds consisting of uniform and load bearing equipment. 2. Occasionally carry up to 25 pounds (dunnage, shoring and tools), 100 feet while wearing ~80 pounds consisting of uniform and load bearing equipment. 3. Occasionally swim/dive (wade through water) with up to 25 pounds (dunnage, shoring and tools) up to 100 feet. 4. Occasionally hammer/pound (dunnage and shoring) with 15 pound sledge hammer to shore up structure damage to vessel while wearing ~80 pounds consisting of uniform and load bearing equipment. 5. Occasionally reach out arm length with 15 pounds (chain saw) to saw dunnage. 6. Occasionally stoop/kneel/crouch while holding up to 25 pounds (dunnage, shoring and tools) while wearing ~80 pounds consisting of uniform and load bearing equipment.
CW2	1,2,3,4,5,6	
CW3	1,2,3,4,5,6	
CW4	1,2,3,4,5,6	
CW5		

**Table 8-881A-1****Physical requirements for MOS 881A**

Skill level	Task numbers	Tasks
WO1	1,2,3,4,5,6	<ol style="list-style-type: none"><li>1. Occasionally lifts/lower up to 25 pounds (dunnage, shoring and tools) 3 feet and climb/descend 15 feet while wearing ~80 pounds consisting of uniform and load bearing equipment.</li><li>2. Occasionally carry up to 25 pounds (dunnage, shoring and tools), 100 feet while wearing ~80 pounds consisting of uniform and load bearing equipment.</li><li>3. Occasionally swim/dive (wade through water) with up to 25 pounds (dunnage, shoring and tools) up to 100 feet.</li><li>4. Occasionally hammer/pound (dunnage and shoring) with 15 pound sledge hammer to shore up structure damage to vessel while wearing ~80 pounds consisting of uniform and load bearing equipment.</li><li>5. Occasionally reach out arm length with 15 pounds (chain saw) to saw dunnage.</li><li>6. Occasionally stoop/kneel/crouch while holding up to 25 pounds (dunnage, shoring and tools) while wearing ~80 pounds consisting of uniform and load bearing equipment.</li></ol>
CW2	1,2,3,4,5,6	
CW3	1,2,3,4,5,6	
CW4	1,2,3,4,5,6	
CW5		

**Table 8-882A-1**  
**Physical requirements for MOS 882A**

Skill level	Task numbers	Tasks
WO1	1,2,3,4,5,6,7	1. Occasionally lifts 290 pounds (463L Pallet) 6 feet as part of a 4 Soldier team prorated at 72 pounds per Soldier and carry 6 feet (horizontal distance) and lower (3 feet) to loading position (on top of 4X4 dunnage) while wearing ~80 pounds consisting of uniform and load bearing equipment. 2. Occasionally stands for 6-12 hour duration to construct or record documentation of 463L pallet while wearing ~80 pounds of uniform and load bearing equipment. 3. Occasionally lifts, carry, lower, push and pull 80 pounds (baggage and other equipment from MHE) 3 feet to load on pallet while wearing ~80 pounds of uniform and load bearing equipment. 4. Occasionally climb/descend 4 feet to apply 25 pound top net. 5. Occasionally lift and lower 65 pounds top and side nets 3 feet, separate and pull to spread out the nets for inspection while wearing ~80 pounds of uniform and load bearing equipment. 6. Occasionally reaches up to 6 feet and stoop, kneel or crouch to apply side or top nets (20-25 lbs.) while wearing ~80 pounds of uniform and load bearing equipment. 7. Occasionally walks up to 1 mile while inspecting Soldiers and equipment during A/DACG operations wearing ~80 pounds of uniform and load bearing equipment.
CW2	1,2,3,4,5,6,7	
CW3	7	
CW4	7	
CW5	7	

**Table 8-890A-1 (Rescind 202710)**  
**Physical requirements for AOC 890A**

Skill level	Tasks numbers	Tasks
WO1	1,2,3	1. Occasionally lifts/lowers 77 pounds (ammo box containing 2 cans of .50 cal ammunition) 4 feet and carries 10 feet while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally pushes and pulls 200 pounds (pallet jack carrying ammunition) 25 feet while wearing/carrying ~80 pounds of uniform and combat equipment.
CW2	1,2,3	
CW3	1,2,3	
CW4		
CW5		

**Table 8-890A-1**  
**Physical requirements for AOC 890A**

Skill level	Tasks numbers	Tasks
WO1	1,2,3	1. Occasionally lifts/lowers 77 pounds (ammo box containing 2 cans of .50 cal ammunition) 4 feet and carries 10 feet while wearing/carrying ~80 pounds of uniform and combat equipment. 2. Occasionally pushes and pulls 200 pounds (pallet jack carrying ammunition) 25 feet while wearing/carrying ~80 pounds of uniform and combat equipment.
CW2	1,2,3	
CW3	1,2,3	
CW4		
CW5		

**Table 8-913A-1 (Rescind 202710)**  
**Physical requirements for MOS 913A**

Skill level	Tasks numbers	Tasks
WO1	1	1. Occasionally lifts/lowers 370 pounds (M777 Cannon Muzzle Brake) up to 4 feet and carries 10 feet as part of a 4 Soldier team (prorated 93 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently).
CW2	1	
CW3	1	
CW4	1	

**Table 8-913A-1 (Eff 202010)****Physical requirements for MOS 913A**

Skill level	Tasks numbers	Tasks
WO1	1	1. Occasionally lifts/lowers 370 pounds (M777 Cannon Muzzle Brake) up to 4 feet and carries 10 feet as part of a 4 Soldier team (prorated 93 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently).
CW2	1	
CW3	1	
CW4	1	

**Table 8-914A-1 (Rescind 202710)**  
**Physical requirements for MOS 914A**

Skill level	Tasks numbers	Tasks
WO1	1	1. Occasionally lifts and lowers up to 200 pounds (raw material for machining, fabrication, and welding) 4 feet as part of a 2 Soldier team (prorated 100 pounds per Soldier).
CW2	1	
CW3	1	
CW4	1	

**Table 8-914A-1 (Eff 202010)**  
**Physical requirements for MOS 914A**

Skill level	Tasks numbers	Tasks
WO1	1	1. Occasionally lifts and lowers up to 200 pounds (raw material for machining, fabrication, and welding) 4 feet as part of a 2 Soldier team (prorated 100 pounds per Soldier).
CW2	1	
CW3	1	
CW4	1	

**Table 8-915A-1****Physical requirements for MOS 915A (Effective 202510)**

Skill level	Tasks numbers	Tasks
WO1	1,2	1. Occasionally pushes/pulls (on wheels) up to 100 pounds (General Mechanic's Tool Kit) up to 25 feet individually; lifts/lowers 100 pounds 4 feet, and carries 25 feet as part of a two Soldier team (prorated 50 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently). 2. Occasionally climbs 4-8 feet to access vehicles while wearing/carrying ~80 pounds of uniform and combat equipment.
CW2	1,2	
CW3	1,2	
CW4	1,2	

**Table 8-915A-1****Physical requirements for MOS 915A (Rescind 202710)**

Skill level	Tasks numbers	Tasks
WO1	1,2	1. Occasionally pushes/pulls (on wheels) up to 100 pounds (General Mechanic's Tool Kit) up to 25 feet individually; lifts/lowers 100 pounds 4 feet, and carries 25 feet as part of a two Soldier team (prorated 50 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently). 2. Occasionally climbs 4-8 feet to access vehicles while wearing/carrying ~80 pounds of uniform and combat equipment.
CW2	1,2	
CW3	1,2	
CW4	1,2	

**Table 8-915E-1**

**Physical requirements for MOS 915E (Effective 202510)**

Skill level	Tasks numbers	Tasks
CW5		None.

**Table 8-915E-1**  
**Physical requirements for MOS 915E (Rescind 202710)**

Skill level	Tasks numbers	Tasks
CW5		None.

**Table 8-915E-1**

**Physical requirements for AOC 915E**

Skill level	Tasks numbers	Tasks
CW4		None.
CW5		

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**Table 8-915S-1****Physical requirements for MOS 915S (Effective 202510)**

Skill level	Tasks numbers	Tasks
WO1	1,2	1. Occasionally pushes/pulls (on wheels) up to 100 pounds (General Mechanic's Tool Kit) up to 25 feet individually; lifts/lowers 100 pounds 4 feet, and carries 25 feet as part of a two Soldier team (prorated 50 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently). 2. Occasionally climbs 4-8 feet to access vehicles while wearing/carrying ~80 pounds of uniform and combat equipment.
CW2	1,2	
CW3	1,2	
CW4	1,2	

**Table 8-915S-1****Physical requirements for MOS 915S (Rescind 202710)**

Skill level	Tasks numbers	Tasks
WO1	1,2	1. Occasionally pushes/pulls (on wheels) up to 100 pounds (General Mechanic's Tool Kit) up to 25 feet individually; lifts/lowers 100 pounds 4 feet, and carries 25 feet as part of a two Soldier team (prorated 50 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently). 2. Occasionally climbs 4-8 feet to access vehicles while wearing/carrying ~80 pounds of uniform and combat equipment.
CW2	1,2	
CW3	1,2	
CW4	1,2	

**Table 8-915T-1****Physical requirements for MOS 915T (Effective 202510)**

Skill level	Tasks numbers	Tasks
WO1	1,2	1. Occasionally pushes/pulls (on wheels) up to 100 pounds (General Mechanic's Tool Kit) up to 25 feet individually; lifts/lowers 100 pounds 4 feet, and carries 25 feet as part of a two Soldier team (prorated 50 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently). 2. Occasionally climbs 4-8 feet to access vehicles while wearing/carrying ~80 pounds of uniform and combat equipment.
CW2	1,2	
CW3	1,2	
CW4	1,2	

**Table 8-915S-1****Physical requirements for MOS 915S (Rescind 202710)**

Skill level	Tasks numbers	Tasks
WO1	1,2	1. Occasionally pushes/pulls (on wheels) up to 100 pounds (General Mechanic's Tool Kit) up to 25 feet individually; lifts/lowers 100 pounds 4 feet, and carries 25 feet as part of a two Soldier team (prorated 50 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently). 2. Occasionally climbs 4-8 feet to access vehicles while wearing/carrying ~80 pounds of uniform and combat equipment.
CW2	1,2	
CW3	1,2	
CW4	1,2	

**Table 8-919A-1**

**Physical requirements for MOS 919A (Effective 202510)**

Skill level	Tasks numbers	Tasks
WO1	1	1. Occasionally pushes/pulls (on wheels) up to 100 pounds (General Mechanic's Tool Kit) up to 25 feet individually; lifts/lowers 100 pounds 4 feet, and carries 25 feet as part of a two Soldier team (prorated 50 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently). 2. Occasionally uses jack to lift/lower up to 150 pounds (armor plates and access panels) and pushes/pulls (on wheels) up to 25 feet.
CW2	1	

**Table 8-919A-1****Physical requirements for MOS 919A (Rescind 202710)**

Skill level	Tasks numbers	Tasks
WO1	1	1. Occasionally pushes/pulls (on wheels) up to 100 pounds (General Mechanic's Tool Kit) up to 25 feet individually; lifts/lowers 100 pounds 4 feet, and carries 25 feet as part of a two Soldier team (prorated 50 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently). 2. Occasionally uses jack to lift/lower up to 150 pounds (armor plates and access panels) and pushes/pulls (on wheels) up to 25 feet.
CW2	1	

**Table 8-919A-1****Physical requirements for AOC 919A**

Skill level	Tasks numbers	Tasks
WO1	1	1. Occasionally pushes/pulls (on wheels) up to 100 pounds (General Mechanic's Tool Kit) up to 25 feet individually; lifts/lowers 100 pounds 4 feet, and carries 25 feet as part of a two Soldier team (prorated 50 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently). 2. Occasionally uses jack to lift/lower up to 150 pounds (armor plates and access panels) and pushes/pulls (on wheels) up to 25 feet.
CW2	1	
CW3	1	

**Table 8-920A-1****Physical requirements for MOS 920A**

Skill level	Task numbers	Tasks
WO1-CW2	1,2,3	<ol style="list-style-type: none"><li>1. Occasionally lift/lower a ~25 pound laptop with transit case ~3 feet and carry for ~100 feet while wearing/carrying ~80 pounds of PPE.</li><li>2. Occasionally push/pull five pounds (one ream of 20-bond paper) ~3 feet (shelf depth) when handling property book records while wearing/carrying ~80 pounds of PPE.</li><li>3. Occasionally climb/descend ~8 feet of ladder when verifying equipment data while wearing/carrying ~80 pounds of PPE</li></ol>
CW3	3	
CW4	3	
CW5	3	

**Table 8-920B-1****Physical requirements for MOS 920B**

Skill level	Task numbers	Tasks
WO1-CW2	1,2,3	<ol style="list-style-type: none"><li>1. Occasionally lift/lower a ~25 pound laptop with transit case ~3 feet and carry for ~100 feet while wearing/carrying ~80 pounds of PPE.</li><li>2. Occasionally push/pull ~5 pounds (one ream of 20-bond paper) ~3 feet (shelf depth) when handling records while wearing/carrying ~80 pounds of PPE.</li><li>3. Occasionally climb/descend ~4 feet (M10A 10K forklift height) while verifying stockage information while wearing/carrying ~80 pounds of PPE.</li></ol>
CW3	3	
CW4	3	
CW5	3	

**Table 8-921A-1****Physical requirements for MOS 921A**

Skill level	Task numbers	Tasks
WO1-CW2	1,2,3,4	1. Occasionally lifting/lowering a ~250-pound G-11B/C cargo parachute ~3 feet as part of a three Soldier team, prorated at ~83 pounds and carry ~3 meters while wearing/carrying ~12 pounds of PPE. 2. Occasionally bearing ~53 pounds and walking ~300 meters when recovering a personnel parachute while moving off a Drop Zone while wearing/carrying ~80 pounds of PPE. 3. Occasionally sitting for one to two hours during an airborne operation with a ~53-pound personnel parachute while wearing/carrying ~80 pounds of PPE. 4. Occasionally kneeling/crouching for several minutes during the packing/rigging of cargo parachutes.
CW3	1,2,3,4	
CW4	3,4	
CW5	3,4	

**Table 8-922A-1****Physical requirements for MOS 922A**

Skill level	Task numbers	Tasks
WO1-CW2	1,2,3	1. Occasionally lift/lower ~5 pounds (one ream of 20-bond paper) ~3 feet and carry ~10 feet while wearing/carrying ~80 pounds of PPE. 2. Occasionally push/pull ~5 pounds (one ream of 20-bond paper) ~3 feet (shelf depth) when handling food program records while wearing/carrying ~80 pounds of PPE. 3. Occasionally climb/descend a ~8 foot ladder while conducting evaluations and inspections of food service operations and equipment while wearing/carrying ~80 pounds of PPE.
CW3	1,2,3	
CW4	1,2,3	
CW5	1,2,3	

**Table 8-923A-1****Physical requirements for MOS 923A**

Skill level	Task numbers	Tasks
WO1-CW2	1,2,3	1. Occasionally lift/lower ~25 pounds of petroleum and water hoses and equipment ~3 feet and carry ~20 feet while wearing/carrying ~80 pounds of PPE. 2. Occasionally climb/descend ~6.25 feet (height of Fire Suppression Set) of ladder when supervising PMCS while wearing/carrying ~80 pounds of PPE. 3. Occasionally lift/lower and handle ~20 pounds (chemical fire extinguisher) ~3 feet when performing fire suppression operations and carry ~25 feet while wearing/carrying ~80 pounds of PPE.
CW3	2,3	
CW4	3	
CW5	3	

**Table 8-948B-1****Physical requirements for AOC 948B (Rescind 202710)**

Skill level	Tasks numbers	Tasks
WO1	1	1. Occasionally lifts/lowers up to 50 pounds (Army Automated Test Equipment (ATE)) up to 4 feet and carries up to 25 feet while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently).
CW2	1	
CW3	1	

**Table 8-948B-1****Physical requirements for AOC 948B**

Skill level	Tasks numbers	Tasks
WO1	1	1. Occasionally lifts/lowers up to 50 pounds (Army Automated Test Equipment (ATE)) up to 4 feet and carries up to 25 feet while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently).
CW2	1	
CW3	1	

**Table 8-948D-1**

**Physical requirements for AOC 948D (Rescind 202710)**

Skill level	Tasks numbers	Tasks
WO1	1	1. Occasionally lifts/lowers 150 pounds (Elevation Transmission) 4 feet and carries up to 25 feet as part of a 2 Soldier team (prorated at 75 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently).
CW2	1	
CW3	1	

**Table 8-948D-1****Physical requirements for AOC 948D**

Skill level	Tasks numbers	Tasks
WO1	1	1. Occasionally lifts/lowers 150 pounds (Elevation Transmission) 4 feet and carries up to 25 feet as part of a 2 Soldier team (prorated at 75 pounds per Soldier) while wearing/carrying ~80 pounds of uniform and combat equipment (can be carried intermittently).
CW2	1	
CW3	1	

**Table 8-948E-1**

**Physical requirements for AOC 948E (Rescind 202710)**

Skill level	Tasks numbers	Tasks
CW5		None

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**Table 8-948E-1**

**Physical requirements for AOC 948E**

Skill level	Tasks numbers	Tasks
CW5		None

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