



# Functional Abilities

Worker's Last Name	First Name	Claim Number
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**Identify the worker's overall abilities and restrictions.**

## A. Abilities and Restrictions

1. Please indicate <b>Abilities</b> that apply. Include additional details in section 3.			
Walking: <input type="checkbox"/> Full abilities <input type="checkbox"/> Up to 100 metres <input type="checkbox"/> 100 - 200 metres <input type="checkbox"/> Other (please specify)	Standing: <input type="checkbox"/> Full abilities <input type="checkbox"/> Up to 15 minutes <input type="checkbox"/> 15 - 30 minutes <input type="checkbox"/> Other (please specify)	Sitting: <input type="checkbox"/> Full abilities <input type="checkbox"/> Up to 30 minutes <input type="checkbox"/> 30 minutes - 1 hour <input type="checkbox"/> Other (please specify)	Lifting from floor to waist: <input type="checkbox"/> Full abilities <input type="checkbox"/> Up to 5 kilograms <input type="checkbox"/> 5 - 10 kilograms <input type="checkbox"/> Other (please specify)
Lifting from waist to shoulder: <input type="checkbox"/> Full abilities <input type="checkbox"/> Up to 5 kilograms <input type="checkbox"/> 5 - 10 kilograms <input type="checkbox"/> Other (please specify)	Stair climbing: <input type="checkbox"/> Full abilities <input type="checkbox"/> Up to 5 steps <input type="checkbox"/> 5 - 10 steps <input type="checkbox"/> Other (please specify)	Ladder climbing: <input type="checkbox"/> Full abilities <input type="checkbox"/> 1 - 3 steps <input type="checkbox"/> 4 - 6 steps <input type="checkbox"/> Other (please specify)	
2. Please indicate <b>Restrictions</b> that apply. Include additional details in section 3.			
<input type="checkbox"/> Bending/twisting repetitive movement of: (please specify)	<input type="checkbox"/> Work at or above shoulder activity:	<input type="checkbox"/> Chemical exposure to:	<input type="checkbox"/> Environment exposure to: (e.g. heat, cold, noise or scents)
		<input type="checkbox"/> Limited use of hand(s):	
		Left <input type="checkbox"/> Gripping <input type="checkbox"/> Pinching <input type="checkbox"/> Other (please specify)	Right <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<input type="checkbox"/> Limited pushing/pulling with: <input type="checkbox"/> Left arm <input type="checkbox"/> Right arm <input type="checkbox"/> Other (please specify)	<input type="checkbox"/> Operating motorized equipment: (e.g. forklift)	<input type="checkbox"/> Potential side effects from medications (please specify). Do not include names of medications.	<input type="checkbox"/> Exposure to vibration: <input type="checkbox"/> Whole body <input type="checkbox"/> Hand/arm
3. Additional comments on <b>Abilities and Restrictions</b> .			
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4. From the date of this assessment, the above will apply for approximately:		5. Have you discussed return to work with the worker?	
<input type="checkbox"/> 1 - 2 days <input type="checkbox"/> 3 - 7 days <input type="checkbox"/> 8 - 14 days <input type="checkbox"/> 14 + days		<input type="checkbox"/> Yes <input type="checkbox"/> No	
6. Recommendation for work hours and start date:			
<input type="checkbox"/> Regular full-time hours <input type="checkbox"/> Modified hours <input type="checkbox"/> Graduated hours Start Date: MM   DD   YY      Please specify:    Please specify:			

## B. Date of Next Appointment

Recommended date of next appointment to review <b>Abilities and Restrictions</b> .    MM   DD   YY
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I have provided this completed Functional Abilities form to the worker: <input type="checkbox"/> Yes <input type="checkbox"/> No    Date: MM   DD   YY      Health Care Provider's Signature: _____
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