

SSR TABLE RELATED TO PARTICULAR LIMITATIONS

Activity	RFC	SSR	
Amputation	Medium	<u>83-12</u>	Cannot be performed with an above-elbow amputation
Amputation	Heavy	<u>83-12</u>	Cannot be performed with an above-elbow amputation
Arm	Medium	<u>83-12</u>	Cannot be performed with an above-elbow amputation
Arm	Heavy	<u>83-12</u>	Cannot be performed with an above-elbow amputation
Arms	Sedentary	<u>83-12</u>	Sedentary work cannot be performed by one who has lost use of an upper extremity since most unskilled, sedentary jobs require good use of hands and fingers
Arms	Sedentary	<u>83-10</u>	Most unskilled, sedentary jobs require good use of hands and fingers for repetitive hand-finger actions
Arms	Light	<u>83-10</u>	Requires use of arms and hands to grasp, hold and turn objects and generally does not require use of the fingers for fine activities to the extent required in sedentary work
Arms	Medium	<u>83-10</u>	Use of the arms and hands is necessary to grasp, hold and turn objects as opposed to finer activities in much sedentary work
Arms	All	<u>83-14</u>	The claimant must have certain use of the arms and head to grasp, hold, turn, raise and lower objects
Assistive Devices	Sedentary	<u>96-9p</u>	If a medically required hand-held assistive device is needed only for prolonged ambulation, walking on uneven terrain, or ascending or descending slopes, the unskilled sedentary occupational base will not be ordinarily significantly eroded
Balancing	Sedentary	<u>96-9p</u>	Postural limitations or restrictions related to climbing ladders, ropes or scaffolds, balancing, kneeling, crouching or crawling would not usually erode the occupational

			base for a full range of sedentary unskilled work significantly because those activities are not usually required in sedentary work
Balancing	All	<u>85-15</u>	"Some" limitations in climbing and balancing are not significant
Bending	Sedentary	<u>83-14</u> , <u>85-15</u>	Stooping, crouching and bending required occasionally at most
Bending	Light	<u>83-14</u> , <u>85-15</u>	Stooping and bending are required occasionally
Bending	Medium	<u>85-15</u>	Stooping, crouching and bending are required frequently
Bending	Heavy	<u>85-15</u>	Stooping, crouching and bending are required frequently
Cane	Sedentary	<u>96-9p</u>	If a medically required hand-held assistive device is needed only for prolonged ambulation, walking on uneven terrain, or ascending or descending slopes, the unskilled sedentary occupational base will not be ordinarily significantly eroded
Climbing	Sedentary	<u>96-9p</u>	Postural limitations or restrictions related to climbing ladders, ropes or scaffolds, balancing, kneeling, crouching or crawling would not usually erode the occupational base for a full range of sedentary unskilled work significantly because those activities are not usually required in sedentary work
Climbing	All	<u>85-15</u>	"Some" limitations in climbing and balancing are not significant
Climbing	All	<u>83-14</u>	The inability to ascend or descend ladders or scaffolding is not significant
Communication	Sedentary	<u>96-9p</u>	If a claimant retains the abilities to hear and understand simple, oral instructions or to communicate

			simple information, the sedentary occupational base is not significantly eroded
Crawling	Sedentary	<u>96-9p</u>	Postural limitations or restrictions related to climbing ladders, ropes or scaffolds, balancing, kneeling, crouching or crawling would not usually erode the occupational base for a full range of sedentary unskilled work significantly because those activities are not usually required in sedentary work
Crawling	Sedentary	<u>85-15</u>	Inability to crawl does not significantly affect range of sedentary work
Crawling	All	<u>85-15</u>	Kneeling and crawling limitations do not have a significant impact on the broad world of work
Crouching	Sedentary	<u>96-9p</u>	Postural limitations or restrictions related to climbing ladders, ropes or scaffolds, balancing, kneeling, crouching or crawling would not usually erode the occupational base for a full range of sedentary unskilled work significantly because those activities are not usually required in sedentary work
Crouching	Sedentary	<u>83-14</u> , <u>85-15</u>	Stooping, crouching and bending required occasionally at most
Crouching	Sedentary	<u>83-14</u>	Crouching is not required
Crouching	Light	<u>83-14</u>	Crouching in not required
Crouching	Medium	<u>85-15</u>	Stooping, crouching and bending are required frequently
Crouching	Heavy	<u>85-15</u>	Stooping, crouching and bending are required frequently
Crutches	Sedentary	<u>96-9p</u>	If a medically required hand-held assistive device is needed only for prolonged ambulation, walking on uneven terrain, or ascending or descending slopes, the unskilled sedentary occupational base will not be ordinarily

significantly eroded

Dexterity	Sedentary	<u>96-9p</u>	Significant manipulative limitation of one's ability to handle and work with small objects justifies a finding of disabled
Dexterity	Sedentary	<u>83-10</u>	Most unskilled, sedentary jobs require good use of hands and fingers for repetitive hand-finger actions

Dexterity	Sedentary	<u>83-12</u>	Sedentary work cannot be performed by one who has lost use of an upper extremity since most unskilled, sedentary jobs require good use of hands and fingers
Dexterity	Sedentary	<u>85-15</u>	Fine manual dexterity is required
Dexterity	Sedentary	<u>85-15</u>	Bilateral manual dexterity is required
Dexterity	Light	<u>83-10</u>	Requires use of arms and hands to grasp, hold and turn objects and generally does not require use of the fingers for fine activities to the extent required in sedentary work
Dexterity	Medium	<u>83-10</u>	Use of the arms and hands is necessary to grasp, hold and turn objects as opposed to finer activities in much sedentary work
Dexterity	All	<u>83-14</u>	The claimant must have certain use of the arms and hand to grasp, hold, turn, raise and lower objects
Environmental	Sedentary	<u>96-9p</u>	The need to avoid all exposure to extreme cold, extreme heat, wetness, humidity, vibration, or unusual hazards such as moving mechanical parts of equipment, tools or machinery; electrical shock; working in high, exposed places; exposure to radiation; working with explosives; and exposure to toxic, caustic chemicals would not result in significant erosion of the

			sedentary occupational base.
Environmental	Sedentary	<u>83-12</u>	The need to avoid frequent contact with petroleum-based solvents does not significantly compromise the full range of sedentary work.
Environmental	Sedentary	<u>83-14</u>	The vast majority of sedentary occupations are performed indoors, so outside environmental limitations (like ragweed pollen) are not significant
Feeling	Sedentary	<u>96-9p</u>	Ability to feel the size, shape, temperature or texture of an object by the fingertips is required in very few jobs and impairment of this ability, by itself would not significantly erode the unskilled, sedentary job base
Feeling	All	<u>85-15</u>	The ability to feel the size, shape, temperature or texture by fingertips is not significant
Fingers	Sedentary	<u>83-10</u>	Most unskilled, sedentary jobs require good use of hands and fingers for repetitive hand-finger actions
Fingertips	All	<u>85-15</u>	The ability to feel the size, shape, temperature or texture by fingertips is not significant
Grasping	All	<u>83-14</u>	The claimant must have certain use of the arms and head to grasp, hold, turn, raise and lower objects
Handling	All	<u>85-15</u>	Significant limitations in reaching and handling significantly limit jobs
Hands	Sedentary	<u>83-10</u>	Most unskilled, sedentary jobs require good use of hands and fingers for repetitive hand-finger actions

Hands Sedentary 83-12 Sedentary work cannot be performed by one who has lost use of an upper extremity since most unskilled, sedentary jobs require good use of hands and fingers

Hands	Light	<u>83-10</u>	Requires use of arms and hands to grasp, hold and turn objects and generally does not require use of the fingers for fine activities to the extent required in sedentary work
Hands	Medium	<u>83-10</u>	Use of the arms and hands is necessary to grasp, hold and turn objects as opposed to finer activities in much sedentary work
Hearing	Sedentary	<u>96-9p</u>	If a claimant retains the abilities to hear and understand simple, oral instructions or to communicate simple information, the sedentary occupational base is not significantly eroded
Heights	All	<u>85-15</u>	Restrictions against unprotected elevations and proximity to dangerous, moving machinery are not significant at all exertional levels
Holding	All	<u>83-14</u>	The claimant must have certain use of the arms and head to grasp, hold, turn, raise and lower objects
Indoors	Sedentary	<u>83-14</u>	The vast majority of sedentary occupations are performed indoors, so outside environmental limitations (like ragweed pollen) are not significant
Kneeling	Sedentary	<u>96-9p</u>	Postural limitations or restrictions related to climbing ladders, ropes or scaffolds, balancing, kneeling, crouching or crawling would not usually erode the occupational base for a full range of sedentary unskilled work significantly because those activities are not usually required in sedentary work
Kneeling	All	<u>85-15</u>	Kneeling and crawling limitations do not have a significant impact on the broad world of work
Lifting	Sedentary	<u>96-9p</u>	Inability to lift or carry more than one or two pounds justifies finding of disabled
Lifting	Sedentary	<u>96-9p</u>	If a claimant has the ability to lift/carry slightly less than 10 pounds, with no other limitations or restrictions in the ability to perform

			the requirements of sedentary work, the unskilled sedentary occupational base would not be significantly
Machinery	All	<u>85-15</u>	Restrictions against unprotected elevations and proximity to dangerous, moving machinery are not significant at all exertional levels
Manipulation	Sedentary	<u>96-9p</u>	Significant manipulative limitation of one's ability to handle and work with small objects justifies a finding of disabled
Manipulation	Light	<u>83-10</u>	Requires use of arms and hands to grasp, hold and turn objects and generally does not require use of the fingers for fine activities to the extent required in sedentary work

Manipulation	All	<u>83-14</u>	The claimant must have certain use of the arms and head to grasp, hold, turn, raise and lower objects
Mental	Sedentary	<u>96-9p</u>	Substantial loss of ability to meet any one of the mental activities generally required by competitive, remunerative, unskilled work justifies a finding of disabled
Outdoors	Sedentary	<u>83-14</u>	The vast majority of sedentary occupations are performed indoors, so outside environmental limitations (like ragweed pollen) are not significant
Petroleum	Sedentary	<u>83-12</u>	The need to avoid frequent contact with petroleum-based solvents does not significantly compromise the full range of sedentary work.
Postural Limitations	Sedentary	<u>96-9p</u>	Postural limitations or restrictions related to climbing ladders, ropes or scaffolds, balancing, kneeling, crouching or crawling would not usually erode the occupational base for a full range of sedentary unskilled work significantly because those activities are not

			usually required in sedentary work
Pushing/pulling	Sedentary	<u>96-9p</u>	Limitations or restrictions on the ability to push or pull will generally have little effect on the unskilled sedentary occupational base
Raising	All	<u>83-14</u>	The claimant must have certain use of the arms and head to grasp, hold, turn, raise and lower objects
Reaching	All	<u>85-15</u>	Significant limitations in reaching and handling significantly limit jobs
Sight	Light	<u>85-15</u> , <u>96-9p</u>	As long as sufficient visual acuity to be able to handle and work with rather large objects and avoid workplace hazards exists, substantial numbers of jobs remain at the light exertional level and greater.
Sight	Medium	<u>85-15</u> , <u>96-9p</u>	As long as sufficient visual acuity to be able to handle and work with rather large objects and avoid workplace hazards exists, substantial numbers of jobs remain at the light exertional level and greater.
Sight	Heavy	<u>85-15</u> , <u>96-9p</u>	As long as sufficient visual acuity to be able to handle and work with rather large objects and avoid workplace hazards exists, substantial numbers of jobs remain at the light exertional level and greater.
Sit/Stand	Sedentary	<u>83-12</u>	Sedentary work does not contain sit/stand jobs
Sit/stand	Light	<u>83-12</u>	Does not include sit/stand jobs
Solvents	Sedentary	<u>83-12</u>	The need to avoid frequent contact with petroleum-based solvents does not significantly compromise the full range of sedentary work.
Speaking	Sedentary	<u>96-9p</u>	If a claimant retains the abilities to hear and understand simple, oral instructions or to communicate simple information, the sedentary

occupational base is not significantly eroded

Standing	Sedentary	<u>96-9p</u>	If an individual can stand and walk slightly less than two hours per eight hour day, this, by itself, would not cause the sedentary occupational base to be significantly eroded
Standing	Sedentary	<u>96-9p</u>	A limitation to standing and walking for a total of only a few minutes during the workday justifies finding of disabled
Stooping	Sedentary	<u>96-9p</u>	A restriction to occasional stooping would, by itself, only minimally erode the unskilled occupational base of sedentary work
Stooping	Sedentary	<u>96-9p</u>	Complete inability to stoop justifies finding of disabled
Stooping	Sedentary	<u>83-14,</u> <u>85-15</u>	Stooping, crouching and bending required occasionally at most
Stooping	Light	<u>83-14,</u> <u>85-15</u>	Stooping and bending are required occasionally
Stooping	Medium	<u>85-15</u>	Stooping, crouching and bending are required frequently
Stooping	Heavy	<u>85-15</u>	Stooping, crouching and bending are required frequently
Turning	All	<u>83-14</u>	The claimant must have certain use of the arms and head to grasp, hold, turn, raise and lower objects
Understanding	Sedentary	<u>96-9p</u>	If a claimant retains the abilities to hear and understand simple, oral instructions or to communicate simple information, the sedentary occupational base is not significantly eroded
Upper	Medium	<u>83-10</u>	Use of the arms and hands is

extremities			necessary to grasp, hold and turn objects as opposed to finer activities in much sedentary work
Upper Extremities	All	<u>83-14</u>	The claimant must have certain use of the arms and head to grasp, hold, turn, raise and lower objects
Upper Extremity	Sedentary	<u>83-12</u>	Sedentary work cannot be performed by one who has lost use of an upper extremity since most unskilled, sedentary jobs require good use of hands and fingers
Vision	Light	<u>85-15,</u> <u>96-9p</u>	As long as sufficient visual acuity to be able to handle and work with rather large objects and avoid workplace hazards exists, substantial numbers of jobs remain at the light exertional level and greater.
Vision	Medium	<u>85-15,</u> <u>96-9p</u>	As long as sufficient visual acuity to be able to handle and work with rather large objects and avoid workplace hazards exists, substantial numbers of jobs remain at the light exertional level and greater.
Vision	Heavy	<u>85-15,</u> <u>96-9p</u>	As long as sufficient visual acuity to be able to handle and work with rather large objects and avoid workplace hazards exists, substantial numbers of jobs remain at the light exertional level and greater.

Walking	Sedentary	<u>96-9p</u>	If an individual can stand and walk slightly less than two hours per eight hour day, this, by itself, would not cause the sedentary occupational base to be significantly eroded
Walking	Sedentary	<u>96-9p</u>	If a medically required hand-held assistive device is needed only for prolonged ambulation, walking on uneven terrain, or ascending or descending slopes, the unskilled

		sedentary occupational base will not be ordinarily significantly eroded
Walking	Sedentary <u>96-9p</u>	A limitation to standing and walking for a total of only a few minutes during the work day justifies a finding of disabled