

# Physical Job Demands (JPA)

The physical job demands (JPA) portion of your pre-employment screen is an assessment of *your safe work capabilities*. The JPA will last about 45 to 60 minutes, and you will be assessed on lifting capability, aerobic capacity, repetitive hand tolerance, and other specific physical demands of the position you are applying for.

## Things to Bring

- Loose comfortable clothing
- Sneakers (no black soles)
- Job description (provided by Employee Health)
- List of any medication you are currently taking
- Braces, splints, or other functional aids that you normally use during activity

## Scheduled

**Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_

**With:**

If you have any questions, feel free to call the Central Maine Conditioning clinic at 783-0018.