

## RELEASE TO RETURN TO WORK FROM MEDICAL ABSENCES

Program Name: \_\_\_\_\_

Apprentice Name: \_\_\_\_\_

Date(s) of Absence from work: \_\_\_\_\_

I give permission for the physician named on this form to provide information on my medical status to the apprenticeship program named above.

Signature of Apprentice: \_\_\_\_\_ Date: \_\_\_\_\_

### To the Apprentice:

You have been absent from work and/or classes due to a medical condition. As a condition of future assignments the Committee needs to make sure that you are able to safely return to the performance of the essential functions of the job of an apprentice electrical worker. Please have your personal physician complete the following form and return it to the Training Director. If your physician indicates that you can only work with restrictions, you must meet with the Training Director to discuss whether these restrictions affect your ability to perform the essential tasks of an electrical worker, and whether there are accommodations that will enable you to safely perform the essential functions of the position.

### To the Physician:

This patient of yours is an apprentice electrical worker. The JATC wants to ensure that apprentices who have been out of work for medical reasons can safely perform the essential tasks required of electrical workers. Electrical work is a demanding occupation that requires good sensory abilities, dexterity, endurance, strength, balance, and agility. Attached to this form is a job description for this position. If you are not familiar with the job duties of electrical workers, we ask that you review this description before giving your opinion.

The apprentice can return to work and safely perform all of the tasks of electrical work.

The apprentice can return to work with the following restrictions: \_\_\_\_\_

\_\_\_\_\_

These restrictions will last until at least (insert date): \_\_\_\_\_

Physician Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Physician Information

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Address: \_\_\_\_\_ E-mail: \_\_\_\_\_

## **ELECTRICIANS – PHYSICAL DEMANDS**

### **ELECTRICIANS FREQUENTLY:**

- Stand for long periods of time.
- Use their hands to handle, control, or feel objects, tools, or controls.
- Bend or twist their body.
- Repeat the same movements.
- Climb ladders, scaffolds, or poles.
- Walk or run for long periods of time.

### **IT IS IMPORTANT FOR ELECTRICIANS TO BE ABLE TO:**

- See details of objects that are less than a few feet away.
- See differences between colors, shades, and brightness.
- Hold the arm and hand in one position or hold the hand steady while moving the arm.
- Use fingers to grasp, move, or assemble very small objects.
- Use one or two hands to grasp, move, or assemble objects.
- Bend, stretch, twist, or reach out.
- Use stomach and lower back muscles to support the body for long periods without getting tired.
- Move two or more limbs together (for example, two arms, two legs, or one leg and one arm) while remaining in place.
- See details of objects that are more than a few feet away.
- Speak clearly so listeners can understand.
- Determine the distance between objects.
- Understand the speech of another person.
- React quickly using hands, fingers, or feet.
- Make quick, precise adjustments to machine controls.
- Keep or regain the body's balance or stay upright when in an unstable position.

### **IT IS NOT AS IMPORTANT, BUT STILL NECESSARY, FOR ELECTRICIANS TO BE ABLE TO:**

- Use muscles to lift, push, pull, or carry heavy objects.
- Be physically active for long periods of time without getting tired or out of breath.
- Focus on one source of sound and ignore others.
- Hear sounds and recognize the difference between them.
- Choose quickly and correctly among various movements when responding to different signals.
- Make fast, repeated movements of fingers, hands, and wrists.
- Move arms and legs quickly.
- Use muscles for extended periods without getting tired.
- Coordinate movement of several parts of the body, such as arms and legs, while the body is moving.
- See objects in very bright or glaring light.
- Determine from which direction a sound came.
- Adjust body movements or equipment controls to keep pace with speed changes of moving objects.