

IPCS Strength Definitions, Based on US DOL Strength Information

	Sedentary Lev 0 2	Light Level 0 3	Light-Medium Level 0.5 4	Medium Level 1 5	Medium-Heavy Level 1.5 6	Heavy Level 2 7	Heavy-Very Heavy Level 2.5 8	Very Heavy Level 3 9
SH Torque	-0.7160	39.2280	63.8180	88.4080	112.9980	137.5880	181.8500	226.1120
SH BW	0.1248	0.2950	0.4165	0.5381	0.6597	0.7812	1.0000	1.2188
KN Torque	9.6100	74.3070	125.0420	175.7770	226.5120	277.2470	368.5700	459.8930
KN BW	0.1274	0.2970	0.4182	0.5394	0.6606	0.7818	1.0000	1.2182
TR Torque	0.0000	25.2000	41.9140	58.6280	88.0680	117.5080	170.5000	223.4920
TR BW	0.0000	0.1581	0.3033	0.4484	0.5940	0.7387	1.0000	1.2613
Overall	27.6920	137.3540	208.5740	279.7940	351.0140	422.2340	550.4300	678.6260
IPCS Score -KS	0.2522	0.5920	0.8348	1.0775	1.3203	1.5632	2.0000	2.4370
IPCS Score -KSB	0.2500	0.7500	1.1400	1.5300	1.9100	2.3000	3.0000	3.7000

Less than Sedentary - Exerting up to 5 pounds of force occasionally (activity or condition exists up to 1/3 of the time), and/or a negligible amount of force frequently (activity or condition exists from 1/3 to 2/3 of the time) to move objects.

Sedentary - Exerting up to 10 pounds of force occasionally (activity or condition exists up to 1/3 of the time), and/or a negligible amount of force frequently (activity or condition exists from 1/3 to 2/3 of the time) to move objects.

Light: Exerting up to 15 pounds of force occasionally (activity or condition exists up to 1/3 of the time), and/or up to 5 pounds of force frequently (activity or condition exists from 1/3 to 2/3 of the time), and/or a negligible amount of force constantly to move objects.

Light - Medium: Exerting 15 to 20 pounds of force occasionally (activity or condition exists up to 1/3 of the time), and/or 5 to 10 pounds of force frequently (activity or condition exists from 1/3 to 2/3 of the time), and/or greater than negligible up to 5 pounds of force constantly to move objects.

Medium: Exerting 20 to 35 pounds of force occasionally (activity or condition exists up to 1/3 of the time), and/or 10 to 15 pounds of force frequently (activity or condition exists from 1/3 to 2/3 of the time), and/or greater than negligible up to 10 pounds of force constantly to move objects.

Medium-Heavy: Exerting 35 to 50 pounds of force occasionally (activity or condition exists up to 1/3 of the time), and/or 15 to 25 pounds of force frequently (activity or condition exists from 1/3 to 2/3 of the time), and/or 10 pounds of force constantly to move objects.

Heavy: Exerting 50 to 75 pounds of force occasionally (activity or condition exists up to 1/3 of the time), and/or 25 to 40 pounds of force frequently (activity or condition exists from 1/3 to 2/3 of the time), and/or 10 to 15 pounds of force constantly to move objects.

Heavy-Very Heavy: Exerting 75 to 100 pounds of force occasionally (activity or condition exists up to 1/3 of the time), and/or 40 to 50 pounds of force frequently (activity or condition exists from 1/3 to 2/3 of the time), and/or 15 to 20 pounds of force constantly to move objects.

Very Heavy: Exerting in excess of 100 pounds of force occasionally (activity or condition exists up to 1/3 of the time), and/or in excess of 50 pounds of force frequently (activity or condition exists from 1/3 to 2/3 of the time), and/or in excess of 20 pounds of force constantly to move objects.