

# Approximate Scales Showcard

## Occupational Requirement Survey (ORS)

The ORS captures duration, or total time, workers spend actively performing a certain physical demand or are exposed to a specific environmental condition, while performing critical tasks. The following scales are intended to assist respondents provide data on duration, based on four example weekly work schedules.

### Approximate Scale – 8 hours per day, 40 hours per week

| Percent       | Daily                      | Weekly                    |
|---------------|----------------------------|---------------------------|
| Up to 2%      | Less than 10 minutes       | Less than 45 minutes      |
| 2% up to 1/3  | 10 minutes up to 2 ½ hours | 45 minutes up to 13 hours |
| 1/3 up to 2/3 | 2 ½ hours up to 5 ½ hours  | 13 hours up to 3 ½ days   |
| 2/3 or more   | 5 ½ hours or more          | 3 ½ days or more          |

### Approximate Scale – 10 hours per day, 40 hours per week

| Percent       | Daily                      | Weekly                    |
|---------------|----------------------------|---------------------------|
| Up to 2%      | Less than 12 minutes       | Less than 45 minutes      |
| 2% up to 1/3  | 12 minutes up to 3 ½ hours | 45 minutes up to 13 hours |
| 1/3 up to 2/3 | 3 ½ hours up to 6 ½ hours  | 13 hours up to 2 ½ days   |
| 2/3 or more   | 6 ½ hours or more          | 2 ½ days or more          |

### Approximate Scale – 4 hours per day, 20 hours per week

| Percent       | Daily                     | Weekly                     |
|---------------|---------------------------|----------------------------|
| Up to 2%      | Less than 5 minutes       | Less than 25 minutes       |
| 2% up to 1/3  | 5 minutes up to 1 ½ hours | 25 minutes up to 6 ½ hours |
| 1/3 up to 2/3 | 1 ½ hours up to 2 ½ hours | 6 ½ hours up to 13 ½ hours |
| 2/3 or more   | 2 ½ hours or more         | 13 ½ hours or more         |

### Approximate Scale – 5 hours per day, 20 hours per week

| Percent       | Daily                     | Weekly                     |
|---------------|---------------------------|----------------------------|
| Up to 2%      | Less than 6 minutes       | Less than 25 minutes       |
| 2% up to 1/3  | 6 minutes up to 1 ½ hours | 25 minutes up to 6 ½ hours |
| 1/3 up to 2/3 | 1 ½ hours up to 3 ½ hours | 6 ½ hours up to 13 ½ hours |
| 2/3 or more   | 3 ½ hours or more         | 13 ½ hours or more         |