do very heavy work, the Board determines that he or she can also do heavy, medium, light and sedentary work.

§ 220.133 Skill requirements.

(a) General. To evaluate skills and to help determine the existence in the national economy of work the claimant is able to do, occupations are classified as unskilled, semi-skilled, and skilled. In classifying these occupations, the Board uses materials published by the Department of Labor.

(b) Unskilled work. Unskilled work is work which needs little or no judgment to do simple duties that can be learned on the job in a short period of time (30 days). The job may or may not require considerable strength. A job is considered unskilled if the claimant can usually learn to do the job in 30 days, and little job training and judgment are needed. The claimant does not gain work skills by doing unskilled jobs. For example, jobs are considered unskilled if primary work duties are—

1. Handling;
2. Feeding;
3. Offbearing (placing or removing materials from machines which are automatic or operated by others); or

(c) Semi-skilled work. Semi-skilled work is work which needs some skills but does not require doing the more complex work duties. A job may be classified as semi-skilled where coordination and dexterity are necessary, as when hand or feet must be moved quickly to do repetitive tasks. Semi-skilled jobs may require—

1. Alertness and close attention to watching machine processes;
2. Inspecting, testing, or otherwise looking for irregularities;
3. Tending or guarding equipment, property, materials, or persons against loss, damage, or injury; or
4. Other types of activities which are similarly less complex than skilled work but more complex than unskilled work.

(d) Skilled work. Skilled work requires qualifications in which a person uses judgment to determine the machine and manual operations to be performed in order to obtain the proper form, quality, or quantity of material to be produced. Skilled jobs may require—

1. Laying out work;
2. Estimating quality;
3. Determining suitability and needed quantities of materials;
4. Making precise measurements;
5. Reading blueprints or other specifications;
6. Making necessary computations or mechanical adjustments to control or regulate work; or
7. Dealing with people, facts, figures or abstract ideas at a high level of complexity.

(e) Skills that can be used in other work (transferability)—(1) What the Board means by transferable skills. The Board considers the claimant to have skills that can be used in other jobs, when the skilled or semi-skilled work activities the claimant did in past work can be used to meet the requirements of skilled or semi-skilled work activities of other jobs or kinds of work. This depends largely on the similarity of occupationally significant work activities among different jobs.

(2) How the Board determines skills that can be transferred to other jobs. Transferability is most probable and meaningful among jobs in which—

(i) The same or a lesser degree of skill is required;
(ii) The same or similar tools and machines are used; and
(iii) The same or similar raw materials, products, processes, or services are involved.

(3) Degrees of transferability. There are degrees of transferability of skills ranging from very close similarities to remote and incidental similarities among jobs. A complete similarity of all three factors is not necessary for transferability. However, when skills are so specialized or have been acquired in such an isolated vocational setting (like many jobs in mining, agriculture, or fishing) that they are not readily usable in other industries, jobs, and work settings, they are considered not transferable.

§ 220.134 Medical-vocational guidelines in appendix 2 of this part.

(a) The Dictionary of Occupational Titles includes information about jobs (classified by their exertional and skill requirements) that exist in the national economy. Appendix 2 of this part
§ 220.135 Exertional and nonexertional limitations.

(a) **General.** The claimant’s impairment(s) and related symptoms, such as pain, may cause limitations of function or restrictions which limit the claimant’s ability to meet certain demands of jobs. These limitations may be exertional, nonexertional, or a combination of both. Limitations are classified as exertional if they affect the claimant’s ability to meet the strength demands of jobs (sitting, standing, walking, lifting, carrying, pushing, and pulling). The Board considers that the claimant has only exertional limitations. When the claimant’s impairment(s) and related symptoms only impose exertional limitations and the claimant’s specific vocational profile is listed in a rule contained in Appendix 2 of this part, the Board will directly apply that rule to determine whether the claimant is disabled.

(b) **Exertional limitations.** When the limitations and restrictions imposed by the claimant’s impairment(s) and related symptoms, such as pain, affect only the strength demands of jobs, the Board considers that the claimant has only exertional limitations. When the claimant’s impairment(s) and related symptoms only impose exertional limitations, the Board considers that the claimant has only exertional limitations. When the claimant’s impairment(s) and related symptoms only impose exertional limitations and the claimant’s specific vocational profile is listed in a rule contained in Appendix 2 of this part, the Board will directly apply that rule to determine whether the claimant is disabled.

(c) **Nonexertional limitations.** (1) When the limitations and restrictions impose the claimant’s impairment(s) and related symptoms, such as pain, affect only the claimant’s ability to meet the strength demands of jobs, the Board considers that the claimant has only nonexertional limitations or restrictions. Some examples of nonexertional limitations or restrictions include the following:

(i) Difficulty functioning because the claimant is nervous, anxious, or depressed;

(ii) Inability to concentrate for extended periods of time;

(iii) Inability to perform tasks requiring sustained mental effort;

(iv) Inability to understand complex instructions;

(v) Inability to make judgments or decisions;

(vi) Inability to tolerate changes in the work environment;

(vii) Inability to work in a structured or disciplined work setting.

(ii) Inability to perform tasks requiring fine or gross motor coordination;

(iii) Inability to perform tasks requiring manual dexterity;

(iv) Inability to perform tasks requiring endurance or stamina;

(v) Inability to perform tasks requiring physical strength;

(vi) Inability to perform tasks requiring balance or coordination.

§ 220.135 Exertional and nonexertional limitations.

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