

# 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