

The Limited Capability for Work-Related Activity Test

You will have limited capability for work-related activity if you are exempt from the WCA or if you satisfy at least one of sixteen descriptors:

- for the majority of the time *or* on the majority of occasions on which you attempt to undertake the activity described by that descriptor

Your ability to perform an activity must be assessed as if you were wearing:

- any prosthesis with which you are fitted or
- using any aid or appliance which you normally wear or use. (3)

Activity 1: Mobilising unaided by another person with or without a walking stick, manual wheelchair or other aid if such aid can reasonably be used

Cannot either:-

- (i) mobilise more than 50 metres on level ground without stopping in order to avoid significant discomfort or exhaustion or
- (ii) repeatedly mobilise 50 metres within a reasonable timescale because of significant discomfort or exhaustion

Activity 2: Transferring from one seated position to another

Cannot move between one seated position and another seated position located next to one another without receiving physical assistance from another person.

Activity 3: Reaching

Cannot raise either arm as if to put something in the top pocket of a coat or jacket.

Activity 4: Picking up and moving or transferring by use of the upper body and arms (excluding standing, sitting, bending or kneeling and all other activities specified in this schedule)

Cannot pick up and move 0.5 litre full of liquid

Activity 5: Manual Dexterity

Cannot either –

- a. press a button such as a telephone keypad or
- b. turn the pages of a book with either hand

Activity 6: Making self understood through speaking, writing, typing or other means normally used

Cannot convey a simple message, such as the presence of a hazard

Activity 7: Understanding communication by hearing, lip reading, reading 16 point print or using any aid if reasonably use

Cannot understand a simple message due to sensory impairment, such as the location of a fire escape.

Activity 8: Absence or loss of control over extensive evacuation of bowel and/or voiding of the bladder, other than enuresis (bed-wetting), despite the presence of any aids or adaptations normally used

At least once a week experiences:-

- (i) loss of control leading to extensive evacuation of the bowel and/or voiding of the bladder or
- (ii) substantial leakage of the contents of a collecting device; sufficient to require the individual to clean themselves and change clothing.

Activity 9: Learning tasks

Cannot learn how to complete a simple task, such as setting an alarm clock, due to cognitive impairment or mental disorder

Activity 10: Awareness of hazard

Reduced awareness of everyday hazards, due to cognitive impairment or mental disorder, leads to significant risk of:-

- (i) injury to self or others or
- (ii) damage to property or possessions such that they require supervision for the majority of the time to maintain safety.

Activity 11: Initiating and completing personal action (which means planning, organisation, problem solving, prioritising or switching tasks)

Cannot, due to impaired mental function, reliably initiate and complete at least 2 sequential personal actions.

Activity 12: Coping with change

Cannot cope with any change, due to cognitive impairment or mental disorder, to the extent that day to day life cannot be managed.

Activity 13: Coping with social engagement, due to cognitive impairment or mental disorder

Engagement in social contact is always precluded due to difficulty relating to others or significant distress experienced by the individual.

Activity 14: Appropriateness of behaviour with other people due to cognitive impairment or mental disorder

Has, on a daily basis, uncontrollable episodes of aggressive or disinhibited behaviour that would be unreasonable in any workplace.

Activity 15: Conveying food or drink to mouth

- (a) Cannot convey food or drink to the claimant's own mouth without receiving physical assistance from someone else
- (b) Cannot convey food or drink to the claimant's own mouth without repeatedly stopping, experiencing breathlessness or severe discomfort
- (c) Cannot convey food or drink to the claimant's own mouth without receiving regular prompting given by someone else in the claimant's physical presence
- (d) Owing to a severe disorder of mood or behaviour, fails to convey food or drink to the claimant's own mouth without receiving:-
 - (i) physical assistance from someone else or
 - (ii) regular prompting given by someone else in the claimant's presence.

Activity 16: Chewing or swallowing food or drink

- (a) Cannot chew or swallow food or drink
- (b) Cannot chew or swallow food or drink without repeatedly stopping, experiencing breathlessness or severe discomfort
- (c) Cannot chew or swallow food or drink without receiving regular prompting given by someone else in the claimant's presence
- (d) Owing to a severe disorder of mood or behaviour, fails to:-
 - (i) chew or swallow food or drink or
 - (ii) chew or swallow food or drink without regular prompting by someone else in the claimant's presence