

## Evaluating the Demands of an Activity

Anything you do counts as an activity, little or big. Demands can fall into 4 categories:

BALANCE	VISION	COGNITION	PRESSURE
---------	--------	-----------	----------

How do you know if an activity is demanding in these areas? Ask yourself the following questions for each category, and decide if there is a little, medium amount or a lot of demand in each area.

### BALANCE

- Will I be moving my head or body?
- Will my body be in a moving vehicle?
- Do I need to stand, sit, or do both?
- Do I need to look around while moving my head?

B = a little

B = medium amount

**B = a lot**

### VISION

- Will there be fluorescent lights or a glare?
- Will I need to use my eyes to scan for information?
- Will there be movement around me?
- How busy will the visual environment be?

V = a little

V = medium amount

**V = a lot**

### COGNITION

- Will I need to track a lot of details?
- Is there problem-solving involved?

C = a little

C = medium amount

**C = a lot**

### PRESSURE

- Is there a time pressure or deadline?
- Will I feel like people are judging my performance?
- Do I have any fears about this activity?

P = a little

P = medium amount

**P = a lot**