

	<b>Not Demanding</b>	Work is not demanding at all
	<b>Minimal effort</b>	Minimal effort required to keep on top of situation
	<b>Some spare time</b>	Active with some spare time to complete less essential jobs
	<b>Moderate Effort</b>	Work demanding but manageable with moderate effort
	<b>Moderate Pressure</b>	Moderate pressure, work is manageable
	<b>Very Busy</b>	Very busy but still able to do job
	<b>Extreme Effort</b>	Extreme effort and concentration necessary to ensure everything gets done
	<b>Struggling to Keep Up</b>	Very high level of effort and demand, struggling to keep up with everything
	<b>Work too Demanding</b>	Work too demanding – complex or multiple problems to deal with and even very high levels of effort is unmanageable