

Difficulty opening doors which have door knobs rather than lever handles, or gripping handrails on steps or gradient

Difficulty pressing the buttons on keyboards or keypads at the same speed as someone who does not have an impairment

Difficulty in dealing with buttons and fasteners when dressing and activities associated with toileting

Ability to pour hot water into a cup to make a cup of tea only with unusual slowness or concentration

Difficulty placing food into one's own mouth with a fork or spoon, without unusual concentration or assistance

Inability to place a key in a lock without unusual concentration or requiring assistance

Infrequent loss of control of the bowels, if it is entirely unpredictable and leads to immediate major soiling

Loss of control of the bladder while asleep at least once a month

Frequent minor faecal incontinence or frequent minor leakage from the bladder, particularly if it is unpredictable

Difficulty picking up objects of moderate weight with one hand

Difficulty opening a moderately heavy door

Difficulty carrying a moderately loaded tray steadily.

Difficulty giving clear basic instructions orally to colleagues or providers of a service

Difficulty asking specific questions to clarify instructions

Taking longer than someone who does not have an impairment to say things.

Difficulty hearing someone talking at a sound level which is normal for everyday conversations, and in a moderately noisy environment.

Difficulty hearing and understanding another person speaking clearly over the voice telephone (where the telephone is not affected by bad reception).

Difficulty hearing or understanding normal conversations because of interference caused by auditory hallucinations as a result of a mental impairment

Inability to see to pass the eyesight test for a standard driving test (however where this is corrected by glasses, this is not a substantial adverse effect)

Difficulty recognising by sight a known person across a moderately-sized room (unless this can be corrected by glasses)

Inability to distinguish any colours at all

Difficulty reading ordinary newsprint (unless this can be corrected by reading glasses)

Difficulty walking safely without bumping into things (unless this can be corrected by glasses)

Intermittent loss of consciousness and associated confused behaviour

Persistent difficulty in remembering the names of familiar people such as family or friends.

Difficulty in adapting after a reasonable period to minor changes in work routine

Persistent and significant difficulty with reading

Persistent difficulty in remembering the spelling and meaning of words in common usage

Considerable difficulty in following a short sequence such as a simple recipe or a brief list of domestic tasks

Significant difficulty taking part in normal social interaction or forming social relationship

Disordered perception of reality

Difficulty in safely operating properly-maintained equipment

Persistent difficulty crossing a road safely

Persistent failure to nourish oneself, where nourishment is available

Inability to recognise the physical dangers of touching an object which is very hot or cold

Experiencing some discomfort as a result of travelling in a car for a journey lasting more than two hours

Experiencing some tiredness or minor discomfort as a result of walking unaided for a distance of about 1.5 kilometres or one mile

Inability to undertake activities requiring delicate hand movements, such as threading a small needle

Inability to reach typing speeds standardised for secretarial work

Inability to pick up a single small item, such as a pin

Simple clumsines

Inability to catch a tennis ball

Infrequent (less than once a month) loss of control of the bladder while asleep

Infrequent and minor leakage from the bladder

Incontinence in a very young child who would not be expected to be able to control urination and/or defecation

Inability to carry heavy luggage without assistance

Inability to move heavy objects without a mechanical aid, such as moving a heavy piece of furniture without a trolley.

Inability to articulate fluently due to a lisp or other minor speech impediment

Inability to speak in front of an audience simply as a result of nervousness.

Inability to be understood because of having a strong accent

Inability to converse in a language which is not the speaker's native language

Inability to hold a conversation in a very noisy place, such as a factory floor, a pop concert or alongside a busy main road

Inability to sing in tune

Inability to read very small or indistinct print without the aid of a magnifying glass

Inability to distinguish a known person across a substantial distance (e.g. across the width of a football pitch).

Simple inability to distinguish between red and green, which is not accompanied by any other effect such as blurring of visio

Occasionally forgetting the name of a familiar person, such as a colleague

Inability to concentrate on a task requiring application over several hours

Some shyness or timidity

Inability to fill in a long, detailed, technical document without assistance

Inability to read at faster than normal speed.

Minor problems with writing or spelling

Inability to sing in tune

Fear of significant heights

Underestimating the risk associated with dangerous hobbies, such as mountain climbing

A person consciously taking a higher than normal risk on their own initiative, such as persistently crossing a road when the signals are adverse, or driving fast on highways for own pleasure

Underestimating risks – other than obvious ones – in unfamiliar workplaces

