

Supplementary Table 1.

*Definitions of ten motor O*NET factors measured within each occupation kit.*

ONET factor	Definition
Arm-Hand Steadiness	The ability to keep your hand and arm steady while moving your arm or while holding your arm and hand in one position.
Manual Dexterity	The ability to quickly move your hand, your hand together with your arm, or your two hands to grasp, manipulate, or assemble objects.
Finger Dexterity	The ability to make precisely coordinated movements of the fingers or one or both hands to grasp, manipulate, or assemble very small objects.
Upper Extremity Speed	The ability to make fast, simple, repeated movements of the fingers, hands, wrists, arms and shoulder.
Static Strength	The ability to exert maximum muscle force to lift, push, pull, or carry objects.
Explosive strength	The ability to use short bursts of muscle force to propel oneself (as in jumping or sprinting) or to throw an object.
Dynamic strength	The ability to exert muscle force repeatedly or continuously over time. This involves muscular endurance and resistance to muscle fatigue.
Extent flexibility	The ability to bend, stretch, twist, or reach with your arms, hands, or fingers.
Dynamic flexibility	The ability to quickly and repeatedly bend, stretch, twist, or reach out with your arms, hands, or fingers.
Bilateral coordination	The ability to coordinate the movement of your upper extremities together to complete a task.