

What is considered a disability under the ADA?

Tell Me

1. A disability is defined as a physical or mental impairment that limits one or more of a person's major life activities.
 2. Major life activities can include seeing, hearing, walking, standing, sitting, breathing, caring for oneself, the operation of major bodily functions, learning, etc.
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Related FAQs

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- [What is accessibility?](#)
- [Do employees have to provide verification of disability if asking for a workplace accommodation?](#)
- [Who will receive information about my health condition and/or my request for a workplace accommodation?](#)
- [What steps do supervisors take when an employee asks for an accommodation?](#)