

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)
ROOFER | DEMOLITION PHASE

JOB DESCRIPTION

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Load materials, drive to the site and unload	5%
2	Set up fall protection plan and load materials and equipment to roof.	5%
3	Demolition Phase – remove existing membrane, coverboard, insulation, vapour barrier and Q decking by cutting the materials into cubes. Dispose of previous roof material using chute/hoist. Uses chain saw, utility knives, shovels, spades, roof cutter.	60%
4	Clean site of excess Q decking, densdeck, insulation, membrane, and garbage. Remove ladders.	30%

*The physical demands may vary depending on company and location.
 Confirm this physical demands analysis is an accurate representation of the specific job.*

ITEMS HANDLED

- Chain saws (12 lb.)
- Utility knives (0.5 lb.)
- Shovels (6 lb.)
- Spades (6 lb.)
- Roof cutter
- Hoist
- Power pack blower (22 lb.)
- Drill (2 lb.)
- Tape measure
- Ladders (up to 36 ft. – 70 lb.)
- Fall arrest equipment (23 lb.)
- Safety railings
- Pylons (12 lb.)

MATERIALS

- Pre-existing roofing materials (insulation, vapour barrier, membrane) – 41 lb.

PERSONAL PROTECTIVE EQUIPMENT

- Work boots
- Gloves
- High-visibility vest
- Long sleeves and pants
- Fall protection equipment

ENVIRONMENTAL EXPOSURE

Works on rooftops. Exposed to heat, wind, storms, rain, dust, adhesive fumes.

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JOB TITLE	ROOFER - DEMOLITION PHASE					LENGTH OF SHIFT (HRS)	8
JOB DESCRIPTION							
The worker is required to complete demolition of the pre-existing roof and complete site cleaning tasks throughout the phase.							
PHYSICAL JOB DEMANDS - Grade using a scale of 0 - 4							
0 = NOT REQUIRED		1 = SELDOM REQUIRED: < 5%			2 = MINOR REQUIREMENT: 5-33%		
-		Less than 30 minutes per day or not daily			30 minutes up to 3.5 hours per day or 1 repetition every 30 minutes		
3 = OCCASIONAL REQUIREMENT: 34-66%				4 = FREQUENT REQUIREMENT: 67-100%			
3.5 hours up to 6.5 hours per day or 1 repetition every 2 minutes				6.5 hours per day up to shift length or 1 repetition every 30 seconds			
INSTRUCTIONS: Place an X under number 0,1,2,3 or 4 to identify the frequency of each body demand or exposure.							
PHYSICAL JOB DEMANDS	0	1	2	3	4	DESCRIBE THE TASK(S) PERFORMED	
WHOLE BODY DEMANDS							
SITTING		X				Driving to and from site, during breaks.	
SITTING WITH VIBRATION/JARRING	X					-	
DRIVING		X				Driving to and from site.	
STANDING					X	While on roof, during demolition and installation, walking on site.	
RUNNING	X					-	
WALKING							
LEVEL				X		Roof	
UNEVEN GROUND			X			Exterior of site.	
SLOPES / RAMPS	X					-	
CLIMBING							
REGULAR STAIRS		X				To access the roof.	
STEEP STAIRS		X				To access roof using elevating work platform or scissor lift or scaffolding.	
LADDERS			X			To access roof or access scissor lift.	
OTHER	X					-	
LOW LEVEL WORK							
KNEELING				X		During installation of fall arrest equipment and safety railings, removing pre-existing materials, during site clean up.	
SQUATTING		X				During installation of fall arrest equipment and demolition, during site clean up.	
CRAWLING	X					-	

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PHYSICAL JOB DEMANDS	0	1	2	3	4	DESCRIBE THE TASK(S) PERFORMED
SPECIFIC BODY DEMANDS						
NECK MOVEMENTS						
BENDING						
SUSTAINED			X			Loading/unloading materials and equipment, during installation of fall arrest equipment and safety railings, demolition of previous roof and site clean up. Looking up when using manual (rope) or mechanical (hoist) method to load/unload materials and equipment on roof (ground position), reviewing site from ground level, loading/unloading materials, and equipment onto/from truck, checking surroundings.
REPETITIVE	X					-
TWISTING						
SUSTAINED	X					-
REPETITIVE				X		While loading/unloading materials and equipment, during installation of fall arrest equipment and safety railings, demolition of previous roof, operating roof cutter, power pack blower, checking surroundings.
TRUNK MOVEMENTS						
BENDING						
SUSTAINED	X					-
REPETITIVE				X		During installation of fall arrest equipment and safety railings, guiding hoist, lifting pre-existing roofing materials.
TWISTING						
SUSTAINED	X					-
REPETITIVE			X			Checking progress of roof demolition, while operating power pack blower, during site clean up.
SHOULDER MOVEMENTS						
OVERHEAD		X				Assisting/controlling materials and equipment while using hoist, setting up/securing ladder, pushing ladder onto work truck rack, removing garbage from site as necessary, etc.
FORWARD REACHING					X	Operating the roof cutter, power pack blower, hoist, and chain saw, using spades and shovels, retrieving pre-existing materials during demolition phase and site clean up. Tossing materials down chute or into bin on ground.

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PHYSICAL JOB DEMANDS	0	1	2	3	4	DESCRIBE THE TASK(S) PERFORMED
GRIPPING DEMANDS						
DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS					X	Handling materials and using hoist/crane/rope method, using roof cutter, chain saw, when lifting or carrying, power pack blower, installing fall protection equipment, safety railings and ladders, using various tools or handling garbage.
NON-DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS				X		Handling materials and using hoist/crane/rope method, using roof cutter, chain saw, when lifting or carrying, power pack blower, installing fall protection equipment, safety railings and ladders, using various tools or handling garbage.
FINGER DEXTERITY				X		Retrieving pre-existing screws and small items from demolition area.
MANUAL HANDLING DEMANDS						
LIFTING						
LIGHT (MAX 20 LB / 9 KG)				X		Lifting lighter materials and equipment including chainsaws (12 lb.), various tools, garbage on site, etc.
MEDIUM (MAX 50 LB / 22.5 KG)			X			Lifting heavier materials and equipment including power pack blower (22 lb.), fall arrest equipment (23 lb.), tool bag (26 lb.), pre-existing roofing materials (41 lb.) etc. when demolishing and cleaning site.
HEAVY (MAX 100 LB / 45 KG)		X				Ladders (up to 70 lb)
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
CARRYING						
LIGHT (MAX 20 LB / 9 KG)				X		Carrying various materials and equipment including chainsaw (12 lb.), spades and shovels (6 lb.), garbage, etc. throughout site and on the roof.
MEDIUM (MAX 50 LB / 22.5 KG)			X			Carrying materials and equipment including fall arrest equipment (23 lb.), tool bag (26 lb.) pre-existing roofing materials (41 lb.), etc.
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-

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PHYSICAL JOB DEMANDS	0	1	2	3	4	DESCRIBE THE TASK(S) PERFORMED
MOBILE PUSHING						
LIGHT (MAX 20 LB / 9 KG)	X					-
MEDIUM (MAX 50 LB / 22.5 KG)	X					-
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
MOBILE PULLING						
LIGHT (MAX 20 LB / 9 KG)	X					-
MEDIUM (MAX 50 LB / 22.5 KG)	X					-
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
STATIC PUSHING/PULLING						
LIGHT (MAX 20 LB / 9 KG)	X					-
MEDIUM (MAX 50 LB / 22.5 KG)			X			Using spades/shovels, to remove old roofing materials, etc.
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-