

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)
COMMERCIAL CARPENTER



JOB DESCRIPTION

| TASK # | TASK DESCRIPTION | % OF SHIFT |
|--------|---|------------|
| 1 | Set up/gathering tools and equipment. | 15% |
| 2 | Planning. | 5% |
| 3 | Carpentry tasks including cutting, grinding, assembly, installation, demolition, etc. | 75% |
| 4 | Clean up site. | 5% |

*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

- Chop saw (27 lbs.)
- Table saw
- Circular saw (13 lbs.)
- Dustless concrete grinder (37 lbs.)
- Handheld drills (4 lbs.)
- Hammer drills (10 lbs.)
- Grinder (5 lbs.)
- Nail gun (3 lbs.) & case (13 lbs.)
- Extension cords (up to 15 lbs.)
- Tool belt (22 lbs.)
- Ladders
- Caulking guns
- Shovel (6 lbs.)
- Sledgehammer (10 lbs.)
- Leaf blower
- Concrete sealer (15 lbs. empty)
- ¾" Plywood sheets – 4 x 8 sheets (up to 66 lbs.)

PERSONAL PROTECTIVE EQUIPMENT

- Dust mask
- Knee pads
- Gloves
- Work at height protection
- Safety glasses, work boots, hard hat, high-visibility vest

ENVIRONMENTAL EXPOSURE

Exposed to dusty indoor building sites. Glue and adhesive fumes. Noise from power tools and other trades. Occasional work at height or on knees.

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| | | | | | | | |
|---|----------------------|---|----------|---|---|---|----|
| JOB TITLE | COMMERCIAL CARPENTER | | | | | LENGTH OF SHIFT (HRS) | 10 |
| JOB DESCRIPTION | | | | | | | |
| The worker is required to complete carpentry tasks including preparing, installing, and completing demolition tasks that are set by the worker's Foreman. The journeyman may work alone or may work with an apprentice carpenter. | | | | | | | |
| 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 | | | | | - | |
| SITTING WITH VIBRATION/JARRING | X | | | | | - | |
| DRIVING | X | | | | | - | |
| STANDING | | | | X | | While using equipment and tools, during cutting, grinding, assembly, installation, and demolition phases, during task/site planning including while on ladders. | |
| RUNNING | X | | | | | - | |
| WALKING | | | | | | | |
| LEVEL | | | | X | | Walking site (indoors/outdoors); frequency depending on progress of site (beginning vs. finishing stages). | |
| UNEVEN GROUND | | | X | | | Walking site (indoors/outdoors); frequency depending on progress of site (beginning vs. finishing stages). | |
| SLOPES / RAMPS | X | | | | | - | |
| CLIMBING | | | | | | | |
| REGULAR STAIRS | | | X | | | Access various levels on site; dependent on site. | |
| STEEP STAIRS | X | | | | | - | |
| LADDERS | | | X | | | To access higher levels for measurements and installation; dependent on site. | |
| OTHER | | X | | | | Accessing scissor lifts, scaffolds. | |
| LOW LEVEL WORK | | | | | | | |
| KNEELING | | | X | | | Working on lower-level workspaces during installation and demolition as required, installing lumber, working in awkward and restricted spaces. | |
| SQUATTING | | | X | | | Working on lower-level workspaces during installation and demolition as required, installing lumber, working in awkward and restricted spaces. | |
| CRAWLING | X | | | | | - | |

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|------------------------------|---|---|---|---|---|---|
| SPECIFIC BODY DEMANDS | | | | | | |
| NECK MOVEMENTS | | | | | | |
| BENDING | | | | | | |
| SUSTAINED | | | | X | | During cutting, grinding, assembly, installation, and demolition phases, completing measurements and lower or higher levels, during set up & clean up, checking surroundings at work site, etc. |
| REPETITIVE | X | | | | | - |
| TWISTING | | | | | | |
| SUSTAINED | X | | | | | - |
| REPETITIVE | X | | | | | - |
| TRUNK MOVEMENTS | | | | | | |
| BENDING | | | | | | |
| SUSTAINED | X | | | | | - |
| REPETITIVE | | | | X | | Using equipment and tools (circular saw, hammer, level) on lower-level surfaces, working on below waist levels, framing wall, during installation and demolition phases, set up and clean up as required. |
| TWISTING | | | | | | |
| SUSTAINED | X | | | | | - |
| REPETITIVE | | X | | | | During assembly, installation and demolition phases, shovelling, working in awkward and restricted spaces, set up and clean up as required. |
| SHOULDER MOVEMENTS | | | | | | |
| OVERHEAD | | | X | | | Setting up/cleaning higher levels of work, working at/above shoulder height on ladders/scaffoldings during installation and demolition, etc. |
| FORWARD REACHING | | | | X | | Using table and circular saw, during assembly and installation tasks, retrieving materials including plywood, etc. |

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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 | Gripping materials, equipment and tools during loading/unloading work truck, materials preparation, and installation, removing and disposing of debris during site clean. |
| NON-DOMINANT HAND | | | | | | |
| REPETITIVE | X | | | | | - |
| CONTINUOUS | | | | X | | Gripping materials, equipment and tools during loading/unloading work truck, materials preparation, and installation, removing and disposing of debris during site clean. |
| FINGER DEXTERITY | | | X | | | When completing backing tasks, using pen/pencil while completing measurements, picking up or using drill bits and nails, etc. |
| MANUAL HANDLING DEMANDS | | | | | | |
| LIFTING | | | | | | |
| LIGHT (MAX 20 LB / 9 KG) | | | | X | | Lifting various tools and equipment during set up and clean up, throughout site as required, grinders (5 lbs.), circular saw (13 lbs.), nail gun and case (3/13 lbs.), etc. throughout shift during cutting, grinding, assembly, installation, and demolition phases. |
| MEDIUM (MAX 50 LB / 22.5 KG) | | | X | | | Tool belt up to 22 lb. Materials, equipment such as chop saw (27 lbs.), including wooden building materials. |
| HEAVY (MAX 100 LB / 45 KG) | | | X | | | Carrying plywood (66 lbs.) Heavier equipment and tools lifted during set-up and take-down. |
| VERY HEAVY (OVER 100 LB / 45 KG) | X | | | | | - |
| CARRYING | | | | | | |
| LIGHT (MAX 20 LB / 9 KG) | | | X | | | Carrying various tools and equipment during set up and clean up, throughout site as required, grinders (5 lbs.), circular saw (13 lbs.), nail gun and case (3/13 lbs.), extension cord (up to 15 lb.), 2 x4 studs, etc. throughout shift during cutting, grinding, assembly, installation and demolition phases. |
| MEDIUM (MAX 50 LB / 22.5 KG) | | X | | | | Tool belt up to 22 lb. Materials, equipment such as chop saw (27 lbs.), including wooden building materials. |
| HEAVY (MAX 100 LB / 45 KG) | | X | | | | Carrying plywood (66 lbs.) Heavier equipment and tools carried during set-up and take-down. |
| 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 | | | | Pushing plywood on cart (33 lbs.), wheelbarrow, pallet jacks. |
| 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 | | | Pushing materials through table saw (up to 55 lb.) |
| HEAVY (MAX 100 LB / 45 KG) | X | | | | | - |
| VERY HEAVY (OVER 100 LB / 45 KG) | X | | | | | - |