

PHYSICAL DEMANDS ANALYSIS (EXAMPLE) COMMERCIAL FINISHING CARPENTER

JOB DESCRIPTION

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Office planning and office meetings, order materials, quality control.	70%
2	Assist team by completing carpentry work. Operate skid steer, forklift, mini excavator, scissor/boom lift as needed.	20%
3	Meet with other trades on site and arrange.	10%

*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

- Skid steer
- Alternating forklift
- Mini Excavator
- Scissor/Boom lift
- iPad, Cell phone
- Jackhammer
- Tape measure
- Level (builders, laser)
- Chalk lines
- Chop saw (27 lbs.)
- Table saw
- Circular saw (13 lbs.)
- Dustless concrete grinder (37 lbs.)
- Handheld drills (4 lbs.)
- Hammer drills (10 lbs.)
- Hammer
- Grinder (5 lbs.)
- Nail gun (3 lbs.) and case (13 lbs.)
- Extension cords (up to 15 lbs.)
- Tool belt (21 lbs.)
- Ladders
- Caulking guns
- Shovel (6 lbs.)
- Sledgehammer (10 lbs.)
- Concrete sealer (15 lbs. empty)
- ¾" Plywood sheets – 4 x 8 sheets (up to 66 lbs.)
- Personal Protective Equipment

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. Occasionally working at height.

PHYSICAL DEMANDS ANALYSIS (EXAMPLE) COMMERCIAL FINISHING CARPENTER

JOB TITLE	COMMERCIAL FINISHING CARPENTER					LENGTH OF SHIFT (HRS)	10
JOB DESCRIPTION							
Worker is required to lead the Carpenters on site, complete office paperwork as required and participate in on site carpentry work as required.							
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			Completing office planning, ordering materials and paperwork as required.	
SITTING WITH VIBRATION/JARRING		X				Operating various equipment on site including scissor/boom lift, forklift, mini excavator, skid steer, etc.	
DRIVING	X					-	
STANDING				X		While using equipment and tools, during cutting, grinding, assembly, installation, and demolition phases, during task/site planning, various meetings throughout the day, completing quality control around site.	
RUNNING	X					-	
WALKING							
LEVEL				X		Walking throughout site (indoors/outdoors); frequency depending on progress of site (beginning vs. finishing stages). During quality control around site.	
UNEVEN GROUND				X		Walking throughout site (indoors/outdoors); frequency depending on progress of site (beginning vs. finishing stages). During quality control around site.	
SLOPES / RAMPS		X				Ramps up/down outside sites.	
CLIMBING							
REGULAR STAIRS			X			Throughout site to access various levels, while assisting crew members, during quality control.	
STEEP STAIRS	X					-	
LADDERS			X			While working on higher level areas including ceiling and roof work, during quality control.	
OTHER			X			Accessing scissor/boom lift, mini excavator, forklift, climbing garbage bins to dispose of garbage, scaffolds, etc.	

PHYSICAL DEMANDS ANALYSIS (EXAMPLE) COMMERCIAL FINISHING CARPENTER

PHYSICAL JOB DEMANDS	0	1	2	3	4	DESCRIBE THE TASK(S) PERFORMED
LOW LEVEL WORK						
KNEELING			X			Working on lower level workspaces during installation and demolition as required, installing lumber, working in awkward and restricted spaces, for quality control reviews.
SQUATTING			X			Working on lower level workspaces during installation and demolition as required, working in awkward spaces, during quality control reviews around the site.
CRAWLING		X				Working on lower level workspaces during installation and demolition as required, working in awkward spaces, during quality control reviews around the site.
SPECIFIC BODY DEMANDS						
NECK MOVEMENTS						
BENDING						
SUSTAINED				X		During cutting, grinding, assembly, installation, and demolition phases, completing measurements, during set up and clean up, checking surroundings at work site, etc. Completing office planning, paperwork, using iPad and cell phone, operating equipment, during quality control reviews around the site.
REPETITIVE	X					-
TWISTING						
SUSTAINED		X				During cutting, grinding, assembly, installation, and demolition phases, completing measurements, during set up and clean up, checking surroundings at work site, etc.
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, operating equipment, reviewing blueprints, during quality control reviews around site.
TWISTING						
SUSTAINED	X					-
REPETITIVE		X				During assembly, installation, and demolition phases, working in awkward and confined spaces, set up and clean up as needed.
SHOULDER MOVEMENTS						
OVERHEAD			X			Reaching to place plywood down on floor/cart, setting up/cleaning higher levels of workstation on site, 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. Using iPad and cell phone throughout the day, completing various paperwork.

PHYSICAL DEMANDS ANALYSIS (EXAMPLE) COMMERCIAL FINISHING CARPENTER

PHYSICAL JOB DEMANDS	0	1	2	3	4	DESCRIBE THE TASK(S) PERFORMED
GRIPPING DEMANDS						
DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS				X		Gripping power/hand tools, during material handling tasks (listed above), during cutting, grinding, assembly, installation and demolition phases, gripping iPad and cell phone as required, using computer/cell phone to order materials.
NON-DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS				X		Gripping power/hand tools, during material handling tasks (listed above), during cutting, grinding, assembly, installation and demolition phases, gripping iPad and cell phone as required, using computer/cell phone to order materials.
FINGER DEXTERITY				X		When completing backing tasks, using pen/pencil while completing measurements and adjusting blueprints, scheduling, various paperwork, picking up or using drill bits and nails, etc..
MANUAL HANDLING DEMANDS						
LIFTING						
LIGHT (MAX 20 LB / 9 KG)					X	Lifting tools and materials from floor onto workstation table, 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			Lifting heavier tools and materials - chop saw (27 lbs.), when sheeting.
HEAVY (MAX 100 LB / 45 KG)		X				Full sheets of plywood (66 lbs.).
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
CARRYING						
LIGHT (MAX 20 LB / 9 KG)			X			Carrying tools and materials throughout site as required - 2 x4 studs, extension cords (15 lb.), grinders (5 lbs.), circular saw (13 lbs.), nail gun and case (3/13lbs.), etc.
MEDIUM (MAX 50 LB / 22.5 KG)			X			Carrying plywood (66 lbs.)
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-

PHYSICAL DEMANDS ANALYSIS (EXAMPLE) COMMERCIAL FINISHING CARPENTER

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					-
HEAVY (MAX 100 LB / 45 KG)			X			Pushing various materials through table saw (55 lbs. of force).
VERY HEAVY (OVER 100 LB / 45 KG)	X					-