

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)
COMMERCIAL FORMWORKER



JOB DESCRIPTION

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Prep and clean up	5%
2	Form tasks: preparing the outlined area for concrete or other materials to be poured. This involves installing wooden or metal boards and stakes, ensuring the site is level and to the correct dimensions as well as installing glycol lines.	95%

*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

- Boarder (90 lbs.)
- Compressor with jackhammer (60 lbs.)
- Crate (48 lbs.)
- Pry Bar (18 lbs.)
- Hilti Drill (23 lbs.)
- Drill (13 lbs.)
- Sledgehammer (13 lbs.)
- Pick (6 lbs.)
- Leveller (5 lbs.)
- Shovel (4 lbs.)
- Stakes (4 lbs.)

PERSONAL PROTECTIVE EQUIPMENT

- Personal Protective Equipment
- Hard hat
- Steel toed boots
- Gloves
- CSA safety glasses
- High-visibility vest
- Long pants
- Kneeling pads

ENVIRONMENTAL EXPOSURE

- Noise exposure
- Dust (concrete/wood) exposure
- Vehicle exhaust
- Heat
- Wind
- Cold
- Tripping hazards

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JOB TITLE	COMMERCIAL FORMWORKER					LENGTH OF SHIFT (HRS)	8
JOB DESCRIPTION							
The worker is required to prepare the site for concrete or other materials to be poured. This includes the possibility of clearing the site of any barriers, levelling the site, installing outlines using temporary boards (wooden or metal) and stakes, as well as ensuring the site is ready for the concrete or other materials to be poured.							
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				May sit on stool/pail for low work.	
SITTING WITH VIBRATION/JARRING	X					-	
DRIVING	X					-	
STANDING				X		While installing boards and stakes, measuring boards, completing site specific measurements, applying strings, using drill to create holes in concrete.	
RUNNING	X					-	
WALKING							
LEVEL			X			Walking inside.	
UNEVEN GROUND			X			Walking outside on site.	
SLOPES / RAMPS	X					-	
CLIMBING							
REGULAR STAIRS	X					-	
STEEP STAIRS	X					-	
LADDERS		X				Dependent on site.	
OTHER			X			Accessing site from roadway, throughout the site and accessing equipment/tools on work truck.	
LOW LEVEL WORK							
KNEELING			X			Measuring and cutting boards to site specific dimensions, measuring boards at lower levels once installed.	
SQUATTING			X			Holding stakes while partner secures boards into place, measuring boards at lower levels once installed.	
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	Completing site specific measurements with boards, installing boards and stakes, attaching string to boards and stakes, reviewing site progress to date, completing site clean up.
REPETITIVE	X					-
TWISTING						
SUSTAINED				X		Completing site specific measurements with boards, installing boards and stakes, attaching string to boards and stakes, reviewing site progress to date, working in tandem with partner, completing site clean up.
REPETITIVE	X					-
TRUNK MOVEMENTS						
BENDING						
SUSTAINED					X	Using various equipment and tools on site (cutting boards), measuring various aspects of site to ensure correct dimensions using leveller, installing boards and stakes, applying string to stakes and wooden boards, completing site clean up, etc.
REPETITIVE	X					-
TWISTING						
SUSTAINED	X					-
REPETITIVE			X			Installing stakes to ground and applying string to wooden boards/stakes.
SHOULDER MOVEMENTS						
OVERHEAD		X				Removing string from stakes and wooden boards.
FORWARD REACHING				X		Reaching to access equipment and tools, installing wooden boards and stakes, cones, cutting wooden boards to site specific measurements, hammering nails into wooden boards installing/removing strings, and completing site clean up.

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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 power/hand tools, placing stakes and wooden boards, gripping various equipment, crate and boarder, cones, using leveller to check work, completing site clean up, etc.
NON-DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS				X		Gripping power/hand tools, placing stakes and wooden boards, gripping various equipment, crate and boarder, cones, using a leveller to check work, completing site clean up, etc.
FINGER DEXTERITY				X		Installing nails into wooden boards, installing glycol lines, attaching string to stakes.
MANUAL HANDLING DEMANDS						
LIFTING						
LIGHT (MAX 20 LB / 9 KG)		X				Lifting cones or barriers to/from site or adjusting for site access, completing site clean up.
MEDIUM (MAX 50 LB / 22.5 KG)				X		Lifting wooden boards, stakes, various equipment and tools, cones for site, crate, and boarder from elevated ground or from elevated position (dependent on site), completing site clean up.
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
CARRYING						
LIGHT (MAX 20 LB / 9 KG)				X		Lighter tools.
MEDIUM (MAX 50 LB / 22.5 KG)			X			Carrying wooden boards, various equipment and tools, cones, stakes, etc. around the site, completing site clean up.
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					-
HEAVY (MAX 100 LB / 45 KG)		X				Using electric drill to place holes in concrete or other materials to set up wooden board supports.
VERY HEAVY (OVER 100 LB / 45 KG)	X					-