

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)
COMMERCIAL FRAMING CARPENTER



JOB DESCRIPTION

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Prepare materials for job.	15%
2	Unload materials and assess site.	10%
3	Install materials using various tools.	70%
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

- Prefab 6x6' deck panel (~210 lbs.)
- Wood material (various weights)
- Skid steer
- Crane
- Bucket of nails (~10-15 lbs.)
- Wooden beams (~500 lbs.)
- Drills (3 lbs.) Level (5 lbs.)
- Sawhorse step ladder (12 lbs.)
- Ladders (~30 lbs.)
- Broom
- Table saw (~80 lbs.)
- Circular saw (10 lbs.)
- Timber pullers
- Pry bars
- Nail gun (10 lbs.)
- Laser level (5 lbs.)
- Laser level receiver (5 lbs.)
- Jig saw (5 lbs.)
- Tool belt (up to 22 lbs.)
- Chop saw (60 lbs.)
- Compressor (48 lbs.)
- Mallet
- Clamps (4 lbs. each)
- Chainsaw (20 lbs.)
- Extension cord (50 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 FRAMING CARPENTER					LENGTH OF SHIFT (HRS)	10
JOB DESCRIPTION							
The worker is required to measure and prepare materials according to site specifications. The carpenter is also required to cut and install the materials on site according to pre-determined plans. The carpenter may also complete repairs on pre-existing structures.							
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		Reviewing site, during measurement taking and installation of materials.	
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					-	
LOW LEVEL WORK							
KNEELING			X			Measuring and installing materials during lower-level work.	
SQUATTING			X			Measuring and installing materials during lower-level work.	
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		Measuring, cutting, installing lower-level work, checking surroundings in the shop, on site and during transport. During loading/unloading of work truck and site cleanup.
REPETITIVE	X					-
TWISTING						
SUSTAINED	X					-
REPETITIVE		X				Measuring, cutting, installing materials, checking surroundings in the shop, on site and during transport. During loading/unloading of work truck and site cleanup.
TRUNK MOVEMENTS						
BENDING						
SUSTAINED	X					-
REPETITIVE			X			Measuring, cutting, and installing materials during lower-level work, using skill/circular saw, during cleaning of site.
TWISTING						
SUSTAINED	X					-
REPETITIVE		X				Checking measurements in the shop and on site, measuring wood, checking surroundings on site.
SHOULDER MOVEMENTS						
OVERHEAD			X			Measuring, installing, and bracing materials, using tools in higher-level areas.
FORWARD REACHING				X		Measuring, cutting, installing materials, using various tools including power drills, during site cleanup.

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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, material 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, material preparation and installation, removing and disposing of debris during site clean.
FINGER DEXTERITY			X			Holding and securing nails during material installation, while measuring wood, writing measurements down using a pencil.
MANUAL HANDLING DEMANDS						
LIFTING						
LIGHT (MAX 20 LB / 9 KG)				X		Loading and unloading lighter materials, equipment, and tools at the shop or on site for material preparation and installation, lifting debris during cleaning of site.
MEDIUM (MAX 50 LB / 22.5 KG)				X		Materials, equipment, and tools up to 22 lb. including wooden building materials.
HEAVY (MAX 100 LB / 45 KG)		X				Heavier equipment and tools lifted during set-up and take-down.
VERY HEAVY (OVER 100 LB / 45 KG)		X				Materials up to 110 lb.
CARRYING						
LIGHT (MAX 20 LB / 9 KG)			X			Carrying materials, equipment, tools, and boxes of supplies in the shop and on site. Carrying debris during cleaning of site.
MEDIUM (MAX 50 LB / 22.5 KG)		X				Carrying heavier equipment and tools including wooden building materials.
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				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 plywood (26.5 lbs.) through table saw to cut to site specifications.
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-