

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)
COMMERCIAL HOIST OPERATOR

JOB DESCRIPTION

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Safety checks and communication.	5%
2	Operate hoist.	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

- Hoist

PERSONAL PROTECTIVE EQUIPMENT

- Hard hat
- Work boots
- Safety glasses
- Gloves
- High visibility clothing

ENVIRONMENTAL EXPOSURE

Works inside hoist and around entrance.

PHYSICAL DEMANDS ANALYSIS (EXAMPLE) COMMERCIAL HOIST OPERATOR

JOB TITLE	COMMERCIAL HOIST OPERATOR					LENGTH OF SHIFT (HRS)	8
JOB DESCRIPTION							
Operate hoist to move construction materials and tools to various levels.							
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	While operating the hoist.	
SITTING WITH VIBRATION/JARRING	X					-	
DRIVING	X					-	
STANDING		X				During preparation and communications..	
RUNNING	X					-	
WALKING							
LEVEL	X					-	
UNEVEN GROUND		X				Through site for access.	
SLOPES / RAMPS	X					-	
CLIMBING							
REGULAR STAIRS	X					-	
STEEP STAIRS	X					-	
LADDERS	X					-	
OTHER	X					-	
LOW LEVEL WORK							
KNEELING	X					-	
SQUATTING			X			Completing equipment and safety inspection, checking blind spots of the hoist.	
CRAWLING	X					-	

PHYSICAL DEMANDS ANALYSIS (EXAMPLE) COMMERCIAL HOIST OPERATOR

PHYSICAL JOB DEMANDS	0	1	2	3	4	DESCRIBE THE TASK(S) PERFORMED
SPECIFIC BODY DEMANDS						
NECK MOVEMENTS						
BENDING						
SUSTAINED				X		Completing equipment and safety inspection, checking surroundings on site and blind spots of the hoist, communicating with crew.
REPETITIVE	X					-
TWISTING						
SUSTAINED	X					-
REPETITIVE	X					-
TRUNK MOVEMENTS						
BENDING						
SUSTAINED			X			Completing equipment and safety inspection, adjusting materials or tightening straps for loads.
REPETITIVE	X					-
TWISTING						
SUSTAINED	X					-
REPETITIVE	X					-
SHOULDER MOVEMENTS						
OVERHEAD	X					-
FORWARD REACHING					X	Reaching the hand controls in hoist, refilling fluids, adjusting materials or tightening straps for loads.
GRIPPING DEMANDS						
DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS					X	Gripping the hand controls in the hoist, refilling fluids, mechanical checks, adjusting materials or tightening straps for loads.
NON-DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS	X					-
FINGER DEXTERITY	X					-

PHYSICAL DEMANDS ANALYSIS (EXAMPLE) COMMERCIAL HOIST OPERATOR

PHYSICAL JOB DEMANDS	0	1	2	3	4	DESCRIBE THE TASK(S) PERFORMED
MANUAL HANDLING DEMANDS						
LIFTING						
LIGHT (MAX 20 LB / 9 KG)		X				Adjusting materials, excess garbage being transported by hoist (as needed).
MEDIUM (MAX 50 LB / 22.5 KG)	X					-
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
CARRYING						
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 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					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-