

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)  
**COMMERCIAL PAINTER**



**JOB DESCRIPTION**

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Job preparation – prep work area.	5%
2	Sanding/taping.	30%
3	Priming and painting.	60%
4	Cleaning area.	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**

- Extension cords (11 lbs.)
- Painter’s tape
- Pole sanders
- Brushes (up to 2 lbs.)
- Rollers
- Paint can with brush (5 lbs. half full)
- Ladders (6’ – 12 lbs.)
- 14 foot ladders
- Spraying machine (40 lbs.)
- Trays with paint (14 lbs. full)
- Sanding blocks (0.5 lbs.)
- Pails of paint (54lbs. full)
- Toolbox (12 lbs. half full)
- Free standing doors (29 lbs.)

**PERSONAL PROTECTIVE EQUIPMENT**

- Respiratory Protection
- Knee pads

**ENVIRONMENTAL EXPOSURE**

Commercial Painter would be required to work indoors 90% of the time with adequate lighting and temperature control. Paint needs to be stored above 10° to ensure the integrity of the product. Additional lighting and heaters may be required depending on the working environment. 10% of the time, exterior painting is required; this would be completed above 10° and in good weather conditions.

# PHYSICAL DEMANDS ANALYSIS (EXAMPLE)

## COMMERCIAL PAINTER

<b>JOB TITLE</b>	COMMERCIAL PAINTER					<b>LENGTH OF SHIFT (HRS)</b>	8
<b>JOB DESCRIPTION</b>							
A commercial painter is required to apply paints, varnishes, and sealants for a lasting finish using brushes, rollers, and spray guns.							
<b>PHYSICAL JOB DEMANDS</b> - Grade using a scale of 0 - 4							
<b>0 = NOT REQUIRED</b>		<b>1 = SELDOM REQUIRED: &lt; 5%</b>			<b>2 = MINOR REQUIREMENT: 5-33%</b>		
-		Less than 30 minutes per day or not daily			30 minutes up to 3.5 hours per day or 1 repetition every 30 minutes		
<b>3 = OCCASIONAL REQUIREMENT: 34-66%</b>				<b>4 = FREQUENT REQUIREMENT: 67-100%</b>			
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			
<b>INSTRUCTIONS:</b> Place an X under number 0,1,2,3 or 4 to identify the frequency of each body demand or exposure.							
<b>PHYSICAL JOB DEMANDS</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>DESCRIBE THE TASK(S) PERFORMED</b>	
<b>WHOLE BODY DEMANDS</b>							
SITTING		X				May sit on stool/pail for low work.	
SITTING WITH VIBRATION/JARRING	X					-	
DRIVING	X					-	
STANDING					X	Sanding, painting, and priming of work area.	
RUNNING	X					-	
<b>WALKING</b>							
LEVEL				X		Throughout work area and site (indoors). During sanding, taping, painting, and priming of work area.	
UNEVEN GROUND	X					-	
SLOPES / RAMPS	X					-	
<b>CLIMBING</b>							
REGULAR STAIRS			X			Bringing in tools and materials.	
STEEP STAIRS	X					-	
LADDERS			X			Sanding, painting, and priming of work area.	
OTHER			X			Baker style scaffold.	
<b>LOW LEVEL WORK</b>							
KNEELING			X			Accessing lower levels of work area including baseboards and underneath windowsills to sand, tape, paint and prime.	
SQUATTING			X			Accessing lower levels of work area including baseboards and underneath windowsills to sand, tape, paint and prime, and for prep and clean up.	
CRAWLING	X					-	

## PHYSICAL DEMANDS ANALYSIS (EXAMPLE) COMMERCIAL PAINTER

PHYSICAL JOB DEMANDS	0	1	2	3	4	DESCRIBE THE TASK(S) PERFORMED
<b>SPECIFIC BODY DEMANDS</b>						
<b>NECK MOVEMENTS</b>						
<b>BENDING</b>						
SUSTAINED				X		During lower and higher up work areas for all phases (sanding/taping, painting and priming) as well as work area preparation and clean up.
REPETITIVE	X					-
<b>TWISTING</b>						
SUSTAINED	X					-
REPETITIVE			X			During all phases (sanding/taping, painting and priming), checking progress and preparation/clean up.
<b>TRUNK MOVEMENTS</b>						
<b>BENDING</b>						
SUSTAINED	X					-
REPETITIVE				X		Sanding, taping, painting and priming lower levels in work area, work area preparation and clean up.
<b>TWISTING</b>						
SUSTAINED	X					-
REPETITIVE			X			Sanding, taping, painting and priming narrow areas including corners and confined spaces. During work area preparation and clean up.
<b>SHOULDER MOVEMENTS</b>						
OVERHEAD				X		During sanding/taping phases, painting, and priming phases of higher levels on site.
FORWARD REACHING				X		During sanding/taping phases, painting and priming phases, preparing, and cleaning work area.
<b>GRIPPING DEMANDS</b>						
<b>DOMINANT HAND</b>						
REPETITIVE	X					-
CONTINUOUS					X	Gripping equipment and materials including pails of paint, paint cans, brushes, rollers, sanding blocks, spraying machine and hose, trays, extension cords, ladders, doors, various obstructions on site.
<b>NON-DOMINANT HAND</b>						
REPETITIVE	X					-
CONTINUOUS					X	Gripping equipment and materials including pails of paint, paint cans, brushes, rollers, sanding blocks, spraying machine and hose, trays, extension cords, ladders, doors, various obstructions on site.
<b>FINGER DEXTERITY</b>				X		Using paint brush to paint/prime trim/baseboards.

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PHYSICAL JOB DEMANDS	0	1	2	3	4	DESCRIBE THE TASK(S) PERFORMED
<b>MANUAL HANDLING DEMANDS</b>						
<b>LIFTING</b>						
LIGHT (MAX 20 LB / 9 KG)				X		Tools and equipment include: paint cans (up to 12 lbs.), brushes (up to 2 lbs.), rollers, sanding blocks (0.5), trays (up to 14 lbs.), extension cords (11 lbs.), ladders (12 lbs.).
MEDIUM (MAX 50 LB / 22.5 KG)			X			Lifting equipment and materials including spraying machine (40 lbs.) and hose, doors (29 lbs.), toolbox (up to 24 lbs.).
HEAVY (MAX 100 LB / 45 KG)		X				Pails of paint (54 lbs.)
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
<b>CARRYING</b>						
LIGHT (MAX 20 LB / 9 KG)				X		Tools and equipment include: paint cans (up to 12 lbs.), brushes (up to 2 lbs.), rollers, sanding blocks (0.5), trays (up to 14 lbs.), extension cords (11 lbs.), ladders (12 lbs.).
MEDIUM (MAX 50 LB / 22.5 KG)			X			Lifting equipment and materials including spraying machine (40 lbs.) and hose, doors (29 lbs.), toolbox (up to 24 lbs.).
HEAVY (MAX 100 LB / 45 KG)		X				Pails of paint (54 lbs.)
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
<b>MOBILE PUSHING</b>						
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					-
<b>MOBILE PULLING</b>						
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					-
<b>STATIC PUSHING/PULLING</b>						
LIGHT (MAX 20 LB / 9 KG)					X	Applying tape/sanding block to baseboards, walls, doors during preparation phase. Applying paint using a roller or brush during painting/priming phases.
MEDIUM (MAX 50 LB / 22.5 KG)	X					-
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-