

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)
COMMERCIAL IRONWORKER



JOB DESCRIPTION

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Prepare work area and retrieve materials.	20%
2	Prepare and install brick angles or create repair work. Transport equipment or scaffolding.	75%
3	Clean up.	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

- Hammer (2 lbs.)
- Tape measure (2 lbs.)
- Level (2 lbs.)
- Impact gun (21 lbs.)
- Grinder (6 lbs.)
- Welding machine (13 lbs.)
- Cables (15 lbs.)
- Welding rods (10 lbs.)
- Brick angle (~100 lbs.)
- Bessey clamps (~ 4lbs.)
- Zoom boom
- Swing stage

PERSONAL PROTECTIVE EQUIPMENT

- Dust mask
- Knee pads
- Gloves
- Work at height protection
- Safety glasses, work boots, hard hat, and high-visibility vest

ENVIRONMENTAL EXPOSURE

- Outdoor elements (cold, heat, wind, rain, snow, etc.)
- Dust fumes
- Zinc exposure
- UV light exposure

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)

COMMERCIAL IRONWORKER

JOB TITLE	COMMERCIAL IRONWORKER					LENGTH OF SHIFT (HRS)	10
JOB DESCRIPTION							
As an Ironworker the worker is required to assemble and install walls, railings, supports and metal framing to new or pre-existing buildings.							
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		During preparation and installation, repair phases of brick angle, while on swing stage.	
RUNNING						-	
WALKING							
LEVEL			X			Walking site (indoors).	
UNEVEN GROUND				X		Walking site (outdoors)	
SLOPES / RAMPS	X					-	
CLIMBING							
REGULAR STAIRS			X			To access various floors throughout site.	
STEEP STAIRS	X					-	
LADDERS			X			To access higher level material (brick angle, leave, etc.) on ground level.	
OTHER			X			Climbing onto zoom boom, swing stage.	
LOW LEVEL WORK							
KNEELING			X			Working with lower-level equipment including welding machine set up, lower-level placed brick angle, work area preparation and clean up.	
SQUATTING	X					-	
CRAWLING		X				During lower-level installation (ground level).	

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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		Checking surroundings on site, during preparation, installation, repair phases, work area preparation and clean up.
REPETITIVE	X					-
TWISTING						
SUSTAINED	X					-
REPETITIVE		X				Checking surroundings on site, during preparation, installation, repair phases, work area preparation and clean up.
TRUNK MOVEMENTS						
BENDING						
SUSTAINED	X					-
REPETITIVE			X			Attaching cable to welding machine, cleaning cables, during installation of brick angle, work area preparation and clean up.
TWISTING						
SUSTAINED	X					-
REPETITIVE		X				During installation of brick angle, adjusting brick angle and ensuring brick angle is level, work area preparation & clean up.
SHOULDER MOVEMENTS						
OVERHEAD		X				During work area preparation and clean up, lifting brick angle (when unable to use zoom boom or assistive equipment).
FORWARD REACHING				X		Setting up and while using welding machine, during installation of brick angles.
GRIPPING DEMANDS						
DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS					X	Gripping brick angles, Bessey clamps, various hand and power tools, welding machine/rods, stands, scaffolding, etc.
NON-DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS				X		Gripping brick angles, Bessey clamps, various hand and power tools, welding machine/rods, stands, scaffolding, etc.
FINGER DEXTERITY			X			Adjusting brick layer during installation on building, operating swing stage.

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PHYSICAL JOB DEMANDS	0	1	2	3	4	DESCRIBE THE TASK(S) PERFORMED
MANUAL HANDLING DEMANDS						
LIFTING						
LIGHT (MAX 20 LB / 9 KG)				X		Various hand and power tools (impact gun-21 lbs., welding machine-13 lbs., hammer, tape measure-2 lbs., level 2 lbs., etc.), cables (15 lbs.), fire extinguishers, during work area preparation and clean up.
MEDIUM (MAX 50 LB / 22.5 KG)		X				Materials including brick angle (up to 100 lbs.) and scaffolding
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
CARRYING						
LIGHT (MAX 20 LB / 9 KG)			X			Welding machine-13 lbs., hammer, tape measure-2 lbs., level 2 lbs., etc.).
MEDIUM (MAX 50 LB / 22.5 KG)			X			Buckets of material (up to 50 lbs.), various hand, and power tools (impact gun-21 lb.)
HEAVY (MAX 100 LB / 45 KG)			X			Materials including brick angle (up to 100 lbs.)
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			Moving stands throughout site, adjusting brick angle (push: 106.0 lbs., pull: 104.5 lbs.),
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			Moving stands throughout site, adjusting brick angle (push: 106.0 lbs., pull: 104.5 lbs.)
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		Adjusting Bessey clamps on brick angle to assist in moving, adjustments while using scaffolding.
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-