

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)
COMMERCIAL PLUMBER



JOB DESCRIPTION

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Ground work: Consists of preparing the ground for piping/drains. Main water lines will be connected as well as drains hooked up. This may include work such as digging, jack hammering, cutting, and connecting pipe. * Can last months depending on the size of the job.	Up to 100%
2	Upper rough in/water lines: Installs water lines from source to where fixtures will be installed. Installs valve systems and using pipes varying from light plastic to heavy black pipe. Installs drainage line and venting. * Can last months depending on the size of the job.	Up to 100%
3	Finishing Plumbing/fixtures - Install fixtures such as sinks, toilets, etc. to roughed in water lines. Install shut off valves, drainage to fixtures.	Up to 100%

*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

- Grinder
- Reciprocating saw
- Pipe cutter
- Shovels
- Laser level
- Prybars
- Chop saw
- Various drills (hammer drill, impact, right angle, etc.)
- Band saw
- Torch
- Pex cutters and crimpers
- Cutter/reamer
- Drop head die
- Pipe wrench
- Roll groover
- Come along
- Air compressor
- Drainage pipe
- Black pipe and Pex pipe
- Valves

PERSONAL PROTECTIVE EQUIPMENT

- Work boots
- Safety glasses or goggles
- Gloves
- Respirator

ENVIRONMENTAL EXPOSURE

Works inside or outside near buildings. Exposed to restricted spaces, or wet, damp areas, dust from drywall and fumes from solder, adhesives, glue.

PHYSICAL DEMANDS ANALYSIS (EXAMPLE) COMMERCIAL PLUMBER

JOB TITLE	COMMERCIAL PLUMBER					LENGTH OF SHIFT (HRS)	8
JOB DESCRIPTION							
A commercial plumber is required to prepare ground work, install rough-ins or install finished work.							
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	While working.	
RUNNING	X					-	
WALKING							
LEVEL				X		Throughout site, while placing pipes in main and upper floor of site, etc.	
UNEVEN GROUND			X			Ground work.	
SLOPES / RAMPS	X					-	
CLIMBING							
REGULAR STAIRS		X				Interior of site.	
STEEP STAIRS	X					-	
LADDERS			X			To access higher levels on site.	
OTHER			X			Scaffolding, scissor lift.	
LOW LEVEL WORK							
KNEELING				X		Ground work, low level rough in.	
SQUATTING				X		Ground work, installing fixtures/fittings.	
CRAWLING	X					-	

PHYSICAL DEMANDS ANALYSIS (EXAMPLE) COMMERCIAL PLUMBER

PHYSICAL JOB DEMANDS	0	1	2	3	4	DESCRIBE THE TASK(S) PERFORMED
SPECIFIC BODY DEMANDS						
NECK MOVEMENTS						
BENDING						
SUSTAINED		X				Tracing and measuring, installing pipes and tap attachments.
REPETITIVE	X					-
TWISTING						
SUSTAINED	X					-
REPETITIVE			X			Checking pipe placement, restricted spaces, tracing, measuring, and installing pipes.
TRUNK MOVEMENTS						
BENDING						
SUSTAINED	X					-
REPETITIVE					X	When completing ground work.
TWISTING						
SUSTAINED	X					-
REPETITIVE					X	Ground work/digging.
SHOULDER MOVEMENTS						
OVERHEAD			X			Completing measurements, tracing, and marking throughout site, placing pipes throughout site.
FORWARD REACHING		X				During tracing and marking, preparing, and installing ABS and PVC pipes.
GRIPPING DEMANDS						
DOMINANT HAND						
REPETITIVE					X	Tools, material, pipe.
CONTINUOUS	X					-
NON-DOMINANT HAND						
REPETITIVE				X		Tools, material, pipe.
CONTINUOUS	X					-
FINGER DEXTERITY				X		Nuts, bolts, fittings.

PHYSICAL DEMANDS ANALYSIS (EXAMPLE) COMMERCIAL PLUMBER

PHYSICAL JOB DEMANDS	0	1	2	3	4	DESCRIBE THE TASK(S) PERFORMED
MANUAL HANDLING DEMANDS						
LIFTING						
LIGHT (MAX 20 LB / 9 KG)					X	Lifting tools, piping, and fixtures from the ground. Large fixtures such as tubs would require a partner or multiple partner lift.
MEDIUM (MAX 50 LB / 22.5 KG)				X		Some tools pipes or fixtures are greater than 44 pounds.
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)		X				Large fixtures such as tubs require two people.
CARRYING						
LIGHT (MAX 20 LB / 9 KG)					X	Tools, materials, pipe, fittings, fixtures.
MEDIUM (MAX 50 LB / 22.5 KG)		X				Carrying box of ABS and PVC pipes (up to 40 lbs.) onto site.
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
MOBILE PUSHING						
LIGHT (MAX 20 LB / 9 KG)					X	Pushing carts.
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				Pushing a tub/shower (up to 159.5 lb.) to access pipe placement, pushing/pulling pipe through inserts, pushing outside tap attachment.