

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)  
**COMMERCIAL SPRINKLER SYSTEM INSTALLER**

**JOB DESCRIPTION**

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Prep and clean up.	15%
2	Install drill hangers.	25%
3	Prepare pipe for install.	30%
4	Install pipe and sprinkler headsdrainage line and venting. * Can last months depending on the size of the job.	30%

*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**

- Impact drill (2 lbs.)
- 6' ladder (80 lbs.)
- Power Kreg
- Threading machine (107 lbs.)
- Box of hangers (8 lbs.)
- Sprinkler head with pipe (35 lbs.)
- 4" pipe (105 lbs.)
- Power machine (170 lbs.)

**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 SPRINKLER SYSTEM INSTALLER

<b>JOB TITLE</b>	COMMERCIAL SPRINKLER SYSTEM INSTALLER					<b>LENGTH OF SHIFT (HRS)</b>	8
<b>JOB DESCRIPTION</b>							
Installs sprinkler systems.							
<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					-	
SITTING WITH VIBRATION/JARRING	X					-	
DRIVING	X					-	
STANDING					X	During preparation and installation of dryer hangers and pipe, using threading machine including while on ladders.	
RUNNING	X					-	
<b>WALKING</b>							
LEVEL				X		Throughout site, while placing pipes in main and upper floor of site, etc.	
UNEVEN GROUND	X					-	
SLOPES / RAMPS	X					-	
<b>CLIMBING</b>							
REGULAR STAIRS		X				Interior of site.	
STEEP STAIRS	X					-	
LADDERS			X			During installation of dryer hangers and pipe.	
OTHER	X					-	
<b>LOW LEVEL WORK</b>							
KNEELING		X				Required during lower-level work including installing sprinkler systems in crawl spaces.	
SQUATTING		X				Required during lower-level work including installing sprinkler systems in crawl spaces.	
CRAWLING		X				Required during lower-level work including installing sprinkler systems in crawl spaces.	

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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		Checking surroundings on site, looking up for installation of dryer hangers and pipe, looking down at threading machine.
REPETITIVE	X					-
<b>TWISTING</b>						
SUSTAINED	X					-
REPETITIVE			X			During preparation and installation of dryer hangers and pipe.
<b>TRUNK MOVEMENTS</b>						
<b>BENDING</b>						
SUSTAINED			X			When using threading machine.
REPETITIVE	X					-
<b>TWISTING</b>						
SUSTAINED	X					-
REPETITIVE			X			During installation of dryer hangers and pipes with sprinkler heads.
<b>SHOULDER MOVEMENTS</b>						
OVERHEAD					X	During installation of dryer hangers and pipes with sprinkler heads.
FORWARD REACHING			X			During installation of dryer hangers and pipes with sprinkler heads.
<b>GRIPPING DEMANDS</b>						
<b>DOMINANT HAND</b>						
REPETITIVE	X					-
CONTINUOUS					X	Gripping equipment, tools, pipes, hangers and sprinkler heads, ladders, threading machine and power machine, during work area set up, pipe preparation, installation & work area clean up.
<b>NON-DOMINANT HAND</b>						
REPETITIVE	X					-
CONTINUOUS					X	Gripping equipment, tools, pipes, hangers and sprinkler heads, ladders, threading machine and power machine, during work area set up, pipe preparation, installation and work area clean up.
<b>FINGER DEXTERITY</b>			X			Installing hangers into frame of building (wood).

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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			Lifting tools (drills), box of hangers (8 lbs.), various sizes of pipes (up to 105 lbs.), during work area preparation and cleaning.
MEDIUM (MAX 50 LB / 22.5 KG)			X			Sprinkler head with pipe (35 lbs.), pipe.
HEAVY (MAX 100 LB / 45 KG)			X			Ladder (80 lbs.), pipe.
VERY HEAVY (OVER 100 LB / 45 KG)		X				Threading machine (107 lbs.), power machine (170 lbs.), various sizes of pipes (up to 105 lbs.)
<b>CARRYING</b>						
LIGHT (MAX 20 LB / 9 KG)			X			Lifting tools (drills), box of hangers (8 lbs.), various sizes of pipes (up to 105 lbs.), during work area preparation and cleaning.
MEDIUM (MAX 50 LB / 22.5 KG)			X			Sprinkler head with pipe (35 lbs.), pipe.
HEAVY (MAX 100 LB / 45 KG)		X				Ladder (80 lbs.), pipe.
VERY HEAVY (OVER 100 LB / 45 KG)		X				Threading machine (107 lbs.), power machine (170 lbs.), various sizes of pipes (up to 105 lbs.)
<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					-
MEDIUM (MAX 50 LB / 22.5 KG)			X			Pushing/pulling pipe through threading machine and using dye for threading machine, on hangers during installation, etc.
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-