

PHYSICAL DEMANDS ANALYSIS (EXAMPLE) SCAFFOLDER

JOB DESCRIPTION

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Clean up, storage, and inspection.	10%
2	Unload/load scaffolding parts from trucks and distribute to job areas.	20%
3	Install scaffolding materials.	40%
4	Tear down scaffolding materials.	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

- Hoists or pulleys (to lift materials)
- Debris chutes

MATERIALS

- Standards (Vertical Posts) – Main vertical supports – 20-35 lb. /9-16 kg.
- Ledgers – Horizontal tubes connecting standards – 7-20 lb. /3-9 kg.
- Transoms – Cross braces that support planks.
- Base Plates & Sole Boards – Distribute the scaffold's weight.
- Bracing – Diagonal tubes for stability – 11-18 lb. /5-8 kg.
- Couplers/Clamps – Join tubes (right-angle, swivel, putlog).
- Steel planks – 35-60 lb. /16-27 kg.
- Aluminum planks or wood decking – 28-45 lb. / 13-20 kg.
- Toe Boards – Edge protection to prevent tools/materials from falling.
- Guard Rails & Mid Rails – For worker safety.
- Ladders or Stair Access – For vertical movement.
- Castor wheels (for mobile scaffolding).
- Tie-ins and anchor points (connect scaffold to structure).

TOOLS

- Wrenches (scaffold spanner)
- Levels (to ensure alignment)
- Inspection and safety tags
- Measuring tape
- Hammer (for coupler adjustments)
- Tagging tools and tags (for inspection and safety tags)

PERSONAL PROTECTIVE EQUIPMENT

- Hard hat
- Work boots
- Safety glasses
- Gloves
- High-visibility clothing
- Fall harness and retractable lanyard

ENVIRONMENTAL EXPOSURE

Works outdoors at various heights in all weather conditions.

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JOB TITLE	SCAFFOLDER					LENGTH OF SHIFT (HRS)	8
JOB DESCRIPTION							
The worker is required to work with the crew to move material onto site (mobilizing), install scaffolding materials and tear down scaffolding materials (de-mobilizing). Scaffolders perform repetitive forward and overhead reaching (shoulders), frequent gripping with both hands, and lifting and carrying up to 50 lb. regularly.							
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 install.	
RUNNING	X					-	
WALKING							
LEVEL	X					-	
UNEVEN GROUND					X	Walking on scaffolds, throughout site (indoors/outdoors); frequency depending on progress of site (beginning vs. finishing stages).	
SLOPES / RAMPS	X					-	
CLIMBING							
REGULAR STAIRS	X					-	
STEEP STAIRS	X					-	
LADDERS	X					-	
OTHER					X	Accessing scaffolds, mechanical lifts (as available on site).	
LOW LEVEL WORK							
KNEELING	X					-	
SQUATTING			X			Retrieving and adjusting lower-level materials during installation and tear down, installing/removing lower-level materials, during site clean up, etc.	
CRAWLING	X					-	

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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		During material and equipment move, installation and tear down, during site clean up, checking surroundings, etc.
REPETITIVE	X					-
TWISTING						
SUSTAINED	X					-
REPETITIVE	X					-
TRUNK MOVEMENTS						
BENDING						
SUSTAINED	X					-
REPETITIVE				X		Leaning forward to retrieve and adjust materials during installation and tear down, installing/removing lower-level materials, during site clean up, etc.
TWISTING						
SUSTAINED	X					-
REPETITIVE			X			Rotation to retrieve and adjust materials during installation and tear down, installing/removing lower level materials, during site clean up, etc.
SHOULDER MOVEMENTS						
OVERHEAD				X		Passing materials to crew worker above during installation and tear down, gripping scaffolding materials to secure worker's body in position, reaching for latches to secure rods, operating and transporting fall arrest equipment, adjusting carabiner on fall arrest equipment, handling and installing/removing pins from scaffolding materials, during site clean up, etc.
FORWARD REACHING					X	Pass materials across scaffolds to crew workers during installation and tear down, gripping scaffolding materials to secure worker's body in position during installation and tear down, reaching for latches to secure rods, operating and transporting fall arrest equipment during installation and tear down, adjusting carabiner on fall arrest equipment, handling and installing/removing pins from scaffolding materials, during site clean up removing excess materials and garbage, etc.
GRIPPING DEMANDS						
DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS					X	Gripping scaffolding materials (during material and equipment move, installation and tear down), equipment and scaffolders' tools, gripping latches to secure rods, operating, and transporting fall arrest equipment, during site clean up removing excess materials and garbage, etc.

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PHYSICAL JOB DEMANDS	0	1	2	3	4	DESCRIBE THE TASK(S) PERFORMED
NON-DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS				X		Gripping scaffolding materials (during material and equipment move, installation, and tear down), equipment and scaffolders' tools, gripping latches to secure rods, operating, and transporting fall arrest equipment, during site clean up, removing excess materials and garbage, etc.
FINGER DEXTERITY				X		Adjusting carabiners on fall arrest equipment, handling, and installing/removing pins from scaffolding materials during all phases (material move, installation and tear down).
MANUAL HANDLING DEMANDS						
LIFTING						
LIGHT (MAX 20 LB / 9 KG)				X		Tools, small components, and garbage clean-up.
MEDIUM (MAX 50 LB / 22.5 KG)				X		Scaffolding tubes, planks, braces.
HEAVY (MAX 100 LB / 45 KG)		X				Not typically required, team lifts.
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
CARRYING						
LIGHT (MAX 20 LB / 9 KG)				X		Passing scaffolding materials and equipment during installation and teardown, carrying tools. Harness and retractable lanyard are carried on the body, adding a continuous exertion.
MEDIUM (MAX 50 LB / 22.5 KG)				X		Passing scaffolding materials and equipment during installation and teardown.
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					-

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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			Completing the finish fit for scaffolding material during installation, initial phases of tear down with scaffolding material.
VERY HEAVY (OVER 100 LB / 45 KG)	X					-