

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)
DEMOLITIONS CLASS 1 DRIVER

JOB DESCRIPTION

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Pre-trip/post-trip inspections and safety checks - Checking the truck to ensure fluids are adequate, controls are working, no mechanical failures or changes in the truck from the last shift. This includes walking around the truck for a visual inspection as well as hands on checks. Reporting defects.	10%
2	Driving to and from jobsites, the yard, as well as landfills (including waiting in the truck while debris is loaded into the bin by loaders onto the truck).	80%
3	Paperwork - Completing paperwork after each trip to the designated site and handing in paperwork at the end of the shift.	10%

*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

- Semi-truck and trailer
- Chains (up to 34 lbs.)
- Tarp lever (13 lb.)
- Hand tools (<10 lbs.)
- Pen, paper, clipboard

PERSONAL PROTECTIVE EQUIPMENT

- Work boots
- High-visibility vest when not in the cab
- Hard hat when not in the cab

ENVIRONMENTAL EXPOSURE

Works inside the cab. Works outside of the cab entails exposure to all weather conditions, including uneven, wet, or icy ground.

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JOB TITLE	DEMOLITIONS CLASS 1 DRIVER					LENGTH OF SHIFT (HRS)	10
JOB DESCRIPTION							
The worker is required to haul loads of crushed gravel, or demolition material from jobsites throughout the city to the yard or to various landfills.							
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	Driving truck, completing paperwork for each site, sits while the truck is unloaded/loaded.	
SITTING WITH VIBRATION/JARRING			X			Operating on uneven terrain.	
DRIVING					X	Driving truck, completing paperwork for each site, unloading/loading truck.	
STANDING		X				Checking various components of truck during truck and safety checks (pre/post trip), filling fluids as required.	
RUNNING	X					-	
WALKING							
LEVEL		X				While in bays/office at shop.	
UNEVEN GROUND		X				In yard and various sites for delivering and picking up loads of materials/debris.	
SLOPES / RAMPS	X					-	
CLIMBING							
REGULAR STAIRS	X					-	
STEEP STAIRS			X			To enter and exit truck.	
LADDERS		X				Ladders on bins to check bin or tarp.	
OTHER		X				Accessing front end of truck for truck and safety checks.	
LOW LEVEL WORK							
KNEELING		X				Checking lower levels of truck during truck and safety checks (pre/post trip). Dependent on worker's preferred method.	
SQUATTING		X				Checking lower levels of truck during truck and safety checks (pre/post trip). Dependent on worker's preferred method.	
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					-
REPETITIVE			X			Communicating with workers on sites while in truck, checking surroundings while at shop or on construction site, during truck and safety checks.
TWISTING						
SUSTAINED	X					-
REPETITIVE				X		Checking surroundings in truck while driving and checking mirrors, during truck and safety checks.
TRUNK MOVEMENTS						
BENDING						
SUSTAINED		X				During truck and safety checks (pre/post trip).
REPETITIVE	X					-
TWISTING						
SUSTAINED	X					-
REPETITIVE				X		Checking surroundings in truck while driving and emptying bin, during truck and safety checks.
SHOULDER MOVEMENTS						
OVERHEAD		X				Reaching horn strap while reversing truck, reaching to enter truck, during truck and safety check, manually adjusting tarp, manually opening tailgate if needed.
FORWARD REACHING					X	Reaching the steering wheel, gears, various buttons on the truck dashboard, horn strap truck hood, during truck and safety check, operating tarp lever, moving debris in the way of tarp.
GRIPPING DEMANDS						
DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS					X	Gripping the steering wheel, shifting gears, gripping the lever to empty the bin, lever to adjust the tarp, gripping the truck hood to complete safety check/fill fluids as required. Gripping chains, and hand tools on site.
NON-DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS					X	Gripping the steering wheel, shifting gears, gripping the lever to empty the bin, lever to adjust the tarp, gripping the truck hood to complete safety check/fill fluids as required. Gripping chains, and hand tools on site.
FINGER DEXTERITY		X				Using a pen, checking truck during checks.

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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				Chains, fluids for truck maintenance, small hand tools. Small hand tools <10 lbs.
MEDIUM (MAX 50 LB / 22.5 KG)		X				Chains 34 lbs.
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
CARRYING						
LIGHT (MAX 20 LB / 9 KG)		X				Chains, fluids for truck maintenance, small hand tools. Small hand tools <10 lbs.
MEDIUM (MAX 50 LB / 22.5 KG)		X				Chains 34 lbs.
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					-
STATIC PUSHING/PULLING						
LIGHT (MAX 20 LB / 9 KG)					X	Pushing/pulling levers to open and close tarp, pushing various buttons on truck dashboard, pushing bin truck hood to complete checks, fill fluids as required, pushing and pulling gear shifter with right arm.
MEDIUM (MAX 50 LB / 22.5 KG)	X					-
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-