

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)  
**DEMOLITIONS HEAVY HAULER**



**JOB DESCRIPTION**

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Checking truck to ensure mechanical fitness, fluids are adequate, controls are working, no mechanical failures or changes in truck from last shift. This requires walking around the truck and reaching to inspect various components on the truck, as well as bending and crawling to inspect under the truck. Reporting any issues to the shop, as necessary.	10%
2	Loading/unloading equipment, hooking and unhooking heavy hauler trailer, and securing equipment to the trailer.	40%
3	Driving to and from sites.	50%

*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**

- Heavy Hauler truck and trailer
- Heavy equipment (excavators, haulers, crushers)
- Mud mats (uses onsite equipment to remove and place on trailers)
- Tire and Tie down 1/2" to 3/8" Chains (30- 60 lbs.)
- Hand tools (impact gun, electric drill, ratchets) (Up to 10 lbs.)
- Pen, pencil, and clipboard

**PERSONAL PROTECTIVE EQUIPMENT**

- Work boots
- High-visibility vest or safety stripes when not in cab

**ENVIRONMENTAL EXPOSURE**

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

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<b>JOB TITLE</b>	DEMOLITIONS HEAVY HAULER					<b>LENGTH OF SHIFT (HRS)</b>	10
<b>JOB DESCRIPTION</b>							
The worker is required to load, unload and transport various large equipment such excavators, loaders, and crushers from the yard to various construction sites.							
<b>PHYSICAL JOB DEMANDS - Grade using a scale of 0 - 4</b>							
<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	Driving truck, completing paperwork for each site, waiting to load/unload.	
SITTING WITH VIBRATION/JARRING			X			Loading /unloading equipment.	
DRIVING					X	Driving truck.	
STANDING		X				Checking various components of truck during truck and safety checks (pre/post trip), filling fluids as required.	
RUNNING	X					-	
<b>WALKING</b>							
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					-	
<b>CLIMBING</b>							
REGULAR STAIRS	X					-	
STEEP STAIRS			X			To enter and exit truck.	
LADDERS	X					-	
OTHER		X				Accessing front end of truck for truck and safety checks. Climbing in/out of equipment.	
<b>LOW LEVEL WORK</b>							
KNEELING	X					-	
SQUATTING		X				Checking lower levels of truck during truck and safety checks (pre/post trip), applying tire chains. Dependent on workers preferred method.	
CRAWLING	X					-	

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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					-
REPETITIVE			X			Communicating with workers on sites while in truck, safety checks (pre/post trip), securing equipment, checking surroundings in mirrors, doing paperwork, and completing logs.
<b>TWISTING</b>						
SUSTAINED	X					-
REPETITIVE					X	Checking surroundings in truck while driving, during truck and safety checks (pre/post trip), securing and inspecting loads.
<b>TRUNK MOVEMENTS</b>						
<b>BENDING</b>						
SUSTAINED			X			During truck and safety checks (pre/post trip), while securing equipment with chains, applying tire chains if needed.
REPETITIVE	X					-
<b>TWISTING</b>						
SUSTAINED	X					-
REPETITIVE				X		Checking surroundings in truck while driving and during truck and safety checks.
<b>SHOULDER MOVEMENTS</b>						
OVERHEAD			X			Reaching the safety rail while climbing into the truck, during truck and safety check, manually adjusting chains and straps while securing equipment. * Position chains over equipment to fasten it.
FORWARD REACHING					X	Reaching the steering wheel, shifting gears, various buttons on the truck dashboard, during truck and safety check, and while securing equipment to trailer.
<b>GRIPPING DEMANDS</b>						
<b>DOMINANT HAND</b>						
REPETITIVE	X					-
CONTINUOUS					X	Gripping the steering wheel, while shifting gears, the lever to open the hood and chain storage compartments, chains, straps, safety rails to get in and out of the truck.
<b>NON-DOMINANT HAND</b>						
REPETITIVE	X					-
CONTINUOUS				X		Gripping the steering wheel, while shifting gears, the lever to open the hood and chain storage compartments, chains, straps, safety rails to get in and out of the truck.
<b>FINGER DEXTERITY</b>		X				Checking the truck during inspection, using a pen while writing logs.

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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					-
MEDIUM (MAX 50 LB / 22.5 KG)		X				Handling and applying tie down chains (30 lbs.).
HEAVY (MAX 100 LB / 45 KG)		X				Handling and applying tire chains (60 lbs. clean and dry, may be heavier with mud and ice).
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
<b>CARRYING</b>						
LIGHT (MAX 20 LB / 9 KG)			X			Carrying small tools for minor repairs/inspection (i.e. drill, ratchets).
MEDIUM (MAX 50 LB / 22.5 KG)			X			Handling and applying tie down chains (30 lbs.).
HEAVY (MAX 100 LB / 45 KG)			X			Handling and applying tire chains (60 lbs. clean and dry, may be heavier with mud and ice).
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
<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	Shifting gears, pushing various buttons on truck dashboard, fill fluids as required.
MEDIUM (MAX 50 LB / 22.5 KG)			X			Pushing/pulling levers to lift hood of truck for inspections, opening chain storage compartments.
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-