

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)  
**DEMOLITIONS – LABOURER**

**JOB DESCRIPTION**

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Job prep, planning, and logging hours.	5%
2	<p>A General Labourer completes a variety of different tasks including driving a truck to a worksite. Specific tasks include:</p> <ul style="list-style-type: none"> <li>Sweeping and cleaning duties in the shop, on trucks etc.</li> <li>Cutting the grass, shoveling snow.</li> <li>Tidying work sites and ensuring tools and equipment are picked up and stored appropriately.</li> <li>Replenishing stock to tradesmen on the work site</li> <li>Emptying garbage bins at work site.</li> <li>Setting up and taking down temporary fencing at job sites.</li> <li>Cleaning up, moving, and sorting debris on job sites and in the yard.</li> <li>Standing on the crusher and pulling out any spotted metal such as rebar as rock debris is loaded into the crusher by a heavy equipment operator.</li> <li>Pulling out debris that causes a jam in the crusher.</li> <li>Greasing equipment after use, such as the crusher.</li> <li>Painting various equipment or shop areas.</li> <li>Setting up fencing on sites and traffic control.</li> </ul>	95%

*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**

<ul style="list-style-type: none"> <li>Grease gun (5 lbs.)</li> <li>Track shovel (4 lbs.)</li> <li>Shovel/ ice pick</li> <li>Broom (push/bristle)</li> </ul>	<ul style="list-style-type: none"> <li>Sledge Hammer (10 lbs.)</li> <li>Prybar (7 lbs.)</li> <li>Hand tools (up to 10 lbs.)</li> <li>Fluids/paint (up to 12 lbs.)</li> </ul>	<ul style="list-style-type: none"> <li>Chains ½ inch (14 lbs.)</li> <li>Hose for attachments (10 lbs.)</li> <li>Paint brush, tray</li> <li>Traffic signs (~ 5 lbs.)</li> </ul>
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**PERSONAL PROTECTIVE EQUIPMENT**

<ul style="list-style-type: none"> <li>All</li> </ul>
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**ENVIRONMENTAL EXPOSURE**

Exposure to all weather conditions including uneven, wet, or icy ground.
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## PHYSICAL DEMANDS ANALYSIS (EXAMPLE) DEMOLITIONS – LABOURER

<b>JOB TITLE</b>	DEMOLITIONS – LABOURER					<b>LENGTH OF SHIFT (HRS)</b>	10
<b>JOB DESCRIPTION</b>							
The worker is required to complete various labour and cleaning tasks in the yard, shop and on various job sites. The labourer is also responsible for assisting tradesmen on site as required.							
<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					-	
SITTING WITH VIBRATION/JARRING	X					-	
DRIVING		X				To sites.	
STANDING				X		During labour tasks such lifting, painting, manipulation of materials and tools. Standing on crusher while looking in and moving pieces of rebar or debris out from crusher feeder.	
RUNNING	X					-	
<b>WALKING</b>							
LEVEL		X				In shops.	
UNEVEN GROUND					X	In yard and sites.	
SLOPES / RAMPS	X					-	
<b>CLIMBING</b>							
REGULAR STAIRS	X					-	
STEEP STAIRS	X					-	
LADDERS		X				Ladders to access different equipment such as crusher, dumpster bin ladders.	
OTHER		X				On /off equipment.	
<b>LOW LEVEL WORK</b>							
KNEELING	X					-	
SQUATTING		X				Getting under machinery or belting such as in crusher to remove jams, low level work such as painting.	
CRAWLING	X					-	

## PHYSICAL DEMANDS ANALYSIS (EXAMPLE) DEMOLITIONS – LABOURER

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	During labour tasks such lifting, painting, manipulation of materials and tools. Looking in and moving pieces of rebar or debris out from crusher feeder.
<b>TWISTING</b>						
SUSTAINED	X					-
REPETITIVE				X		During labour tasks such lifting, painting, manipulation of materials and tools. Looking in and moving pieces of rebar or debris out from crusher feeder. Spotting.
<b>TRUNK MOVEMENTS</b>						
<b>BENDING</b>						
SUSTAINED	X					-
REPETITIVE					X	During labour tasks such as digging, shoveling, painting, manipulation of materials and tools. Reaching in and moving pieces of rebar or debris out from crusher feeder.
<b>TWISTING</b>						
SUSTAINED	X					-
REPETITIVE					X	During labour tasks such as digging, shoveling, painting, manipulation of materials and tools. Reaching in and moving pieces of rebar or debris out from crusher feeder.
<b>SHOULDER MOVEMENTS</b>						
OVERHEAD					X	Handling tools such as paint brush, chains, hand tools at overhead levels. -Lifting items into waste bins. Reaching for metal scraps/debris to pull out of crusher. Setting up/taking down temporary fencing. *Throwing items into waste bins.
FORWARD REACHING					X	During labour tasks such as digging, shoveling, painting, manipulation materials and tools. Removing pieces of rebar or debris out from crusher feeder.
<b>GRIPPING DEMANDS</b>						
<b>DOMINANT HAND</b>						
REPETITIVE					X	Hand tools and materials. Steering wheel. Grease gun.
CONTINUOUS	X					-
<b>NON-DOMINANT HAND</b>						
REPETITIVE				X		Materials, tools.
CONTINUOUS	X					-
<b>FINGER DEXTERITY</b>		X				Nuts, bolts, screws.

# PHYSICAL DEMANDS ANALYSIS (EXAMPLE)

## DEMOLITIONS – LABOURER

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	Hand tools (Up to 10 lbs.). Brooms, shovels, rakes (< 5 lbs.). Painting brush/trays < 5 lbs.). - Sledge hammer (10 lbs.). Chains ½ inch (14 lbs.). Picking up debris on site. Moving materials. Traffic signs (~5 lbs.).
MEDIUM (MAX 50 LB / 22.5 KG)			X			Moving temporary fence while setting up/taking down. Snow removal from trucks or walkways.
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
<b>CARRYING</b>						
LIGHT (MAX 20 LB / 9 KG)					X	Carrying hose, grease gun, hand tools, various fluids for equipment, materials.
MEDIUM (MAX 50 LB / 22.5 KG)			X			Heavier materials, fencing, chains.
HEAVY (MAX 100 LB / 45 KG)	X					-
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					-
MEDIUM (MAX 50 LB / 22.5 KG)				X		Using shovel for debris or snow.
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-