

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)
DEMOLITIONS ROLL OFF BIN TRUCK



JOB DESCRIPTION

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Pre-trip/post-trip inspections and safety checks - Checking truck to ensure fluids are adequate, controls are working, no mechanical failures or changes to the truck from last shift. Reporting defects.	10%
2	Driving to and from job sites - Retrieving the required bin from the yard (including loading the bin onto the truck) and driving the bin to the desired site. Could be 4-7 sites per shift.	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

- Bin truck and bins
- Chains (up to 34 lbs.)
- Tarp lever (13 lb.)
- Straps (4 lb.)

PERSONAL PROTECTIVE EQUIPMENT

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

ENVIRONMENTAL EXPOSURE

Works inside cab. Works outside of cab entails exposure to all weather conditions, including uneven, wet, or icy ground, exhaust fumes, and debris dust (including asbestos potential).

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JOB TITLE	DEMOLITIONS ROLL OFF BIN TRUCK DRIVER				LENGTH OF SHIFT (HRS)	8
JOB DESCRIPTION						
The worker is required to retrieve bins of various sizes from the yard at the shop and transport the bins to sites for various construction companies to use. The Roll Off Bin Truck Driver is also required to pick up the bins at various construction sites to bring back to the yard.						
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, unloading/loading truck.
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 to 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 the shop or on construction site, during truck and safety checks.
TWISTING						
SUSTAINED	X					-
REPETITIVE				X		Checking surroundings in truck while driving and retrieving/releasing bin, 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 loading and unloading bins, 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, placing materials into bin as required.
FORWARD REACHING					X	Reaching the steering wheel, gears, various buttons on the truck dashboard, horn strap truck hood, during truck and safety check, reaching for various materials.
GRIPPING DEMANDS						
DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS					X	Gripping the steering wheel, shifting gears, gripping the lever to lower the bin, lever to adjust the tarp, gripping the truck hood to complete safety check/fill fluids as required. Gripping chains, straps, and various materials on site.
NON-DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS					X	Gripping the steering wheel, shifting gears, gripping the lever to lower the bin, lever to adjust the tarp, gripping the truck hood to complete safety check/fill fluids as required. Gripping chains, straps, and various materials on site.
FINGER DEXTERITY		X				Pulling horn strap while reversing truck, checking truck during checks.

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MANUAL HANDLING DEMANDS						
LIFTING						
LIGHT (MAX 20 LB / 9 KG)		X				Straps (4 lbs.), fluids for truck maintenance (12 lbs.).
MEDIUM (MAX 50 LB / 22.5 KG)		X				Chains 34 lbs., various materials (up to 50 lbs.) at the shop or on construction sites as required.
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
CARRYING						
LIGHT (MAX 20 LB / 9 KG)		X				Straps (4 lbs.), fluids for truck maintenance (12 lbs.).
MEDIUM (MAX 50 LB / 22.5 KG)		X				Chains 34 lbs., various materials (up to 50 lbs.) at the shop or on construction sites as required.
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 various buttons on truck dashboard.
MEDIUM (MAX 50 LB / 22.5 KG)		X				Pushing/pulling levers to lower bin and adjust tarp (13 lbs.), fill fluids as required, pushing various materials on site as required.
HEAVY (MAX 100 LB / 45 KG)		X				Opening/closing bin doors, pushing bin truck hood to complete checks (72 lbs.).
VERY HEAVY (OVER 100 LB / 45 KG)	X					-