

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)  
**DRYWALLER**

**JOB DESCRIPTION**

TASK #	TASK DESCRIPTION	% OF SHIFT
1	The worker is required to measure, cut, and secure drywall to steel or wood framing. They read blueprints to ensure the proper thickness and length of drywall are utilized according to building plans. A drywaller ensures there is a tight fit, materials are level and secure.	95%
2	Preparation and cleanup.	5%

*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**

- Ladders (45 lb.)
- Scaffolding (Deck: 46 lb., Railings: 42 lb.)
- Lights (wobble lights, trouble lights, handheld, and headlamps)
- Drills
- Utility knife
- Power router
- Tape measure
- Screws
- Vacuum
- Broom
- Work bench (13 lb.)
- Drywall (90 lb., 12 feet)
- Tool belt (15 lb.)

**PERSONAL PROTECTIVE EQUIPMENT**

- Hard hat
- Steel toed boots
- Gloves
- Safety eyewear
- Safety vest or high-visibility stripes
- Long sleeves and pants
- Hearing protection

**ENVIRONMENTAL EXPOSURE**

Work can be inside or outside, depending on the job required. A worker could be exposed to the following:

- Noise
- Rough Terrain
- Tripping Hazards
- Moving Equipment
- Working at Heights
- Vibration
- Hot/Cold Temperatures
- Dust

## PHYSICAL DEMANDS ANALYSIS (EXAMPLE) DRYWALLER

<b>JOB TITLE</b>	DRYWALLER					<b>LENGTH OF SHIFT (HRS)</b>	8
<b>JOB DESCRIPTION</b>							
As a drywaller, the worker is responsible for measuring, cutting, fitting, and securing drywall to the wall's framework. They are responsible for reading blueprints and designs to ensure the building is built to plan. They may be required to prepare drywall sheets by sawing, drilling, or cutting holes to allow for outlets, cables, duct work, etc. to be fed through the wall. A worker would be responsible for trimming any rough edges and ensuring there is a tight fit.							
<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					-	
STANDING				X		Required when securing drywall to the wall, measuring drywall, cutting drywall, etc.	
RUNNING	X					-	
<b>WALKING</b>							
LEVEL				X		Required when walking on even ground in residential or commercial buildings. This would be job dependent.	
UNEVEN GROUND				X		Required when walking on uneven ground in residential or commercial buildings. This would be job dependent.	
SLOPES / RAMPS	X					-	
<b>CLIMBING</b>							
REGULAR STAIRS	X					-	
STEEP STAIRS	X					-	
LADDERS			X			Ladder climbing would be required when fixing drywall to walls at waist level or higher. This would be job dependent as scaffolding may be utilized instead.	
OTHER			X			A worker would be required to climb scaffolding to complete installation of drywall at levels above waist. This would be job dependent as ladders may be used instead.	

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PHYSICAL JOB DEMANDS	0	1	2	3	4	DESCRIBE THE TASK(S) PERFORMED
<b>LOW LEVEL WORK</b>						
KNEELING			X			Required when drywalling lower-level portion of walls, site clean up, site prep, measuring and cutting drywall, etc.
SQUATTING			X			Required when drywalling lower-level portion of walls, site clean up, site prep, measuring and cutting drywall, etc..
CRAWLING	X					-
<b>SPECIFIC BODY DEMANDS</b>						
<b>NECK MOVEMENTS</b>						
<b>BENDING</b>						
SUSTAINED	X					-
REPETITIVE				X		Required throughout the day when cleaning up, preparing site, grabbing the materials, cutting materials, securing materials, working on lower-level portions of walls, or when measuring, securing, and levelling drywall to upper portions of walls or ceilings.
<b>TWISTING</b>						
SUSTAINED	X					-
REPETITIVE			X			Required throughout the day as a safe work practice, when measuring, when cutting drywall, when installing drywall, etc.
<b>TRUNK MOVEMENTS</b>						
<b>BENDING</b>						
SUSTAINED	X					-
REPETITIVE				X		Required throughout the day when grabbing materials, cutting materials, site clean up, site prep, securing drywall to the wall, etc.
<b>TWISTING</b>						
SUSTAINED	X					-
REPETITIVE			X			Required throughout the day when grabbing materials, cutting materials, site clean up, site prep, securing drywall to the wall, etc.
<b>SHOULDER MOVEMENTS</b>						
OVERHEAD				X		A worker would be required to work above shoulder level when securing drywall to upper portions of walls or ceilings.
FORWARD REACHING				X		A worker would be required reach forward when measuring drywall, cutting drywall, site prep, site clean up, securing drywall, etc.
<b>GRIPPING DEMANDS</b>						
<b>DOMINANT HAND</b>						
REPETITIVE	X					-
CONTINUOUS				X		Required when cutting drywall, measuring drywall, moving drywall, securing drywall, site clean up, site prep, etc.

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PHYSICAL JOB DEMANDS	0	1	2	3	4	DESCRIBE THE TASK(S) PERFORMED
<b>NON-DOMINANT HAND</b>						
REPETITIVE	X					-
CONTINUOUS			X			When moving drywall, securing drywall, site clean up, site prep, etc.
<b>FINGER DEXTERITY</b>				X		Required when handling screws, when using a drill, when using a saw, when picking up scraps, when cutting drywall, completing paperwork, etc.
<b>MANUAL HANDLING DEMANDS</b>						
<b>LIFTING</b>						
LIGHT (MAX 20 LB / 9 KG)				X		A variety of tools and equipment such as saws, drills (<5 lb.), hand tools (5 lb.), knives (1lb.), toolbelt (15 lb.)
MEDIUM (MAX 50 LB / 22.5 KG)			X			Ladder (45 lb.), Scaffolding deck (46 lb.), Scaffolding railing (42 lb.)
HEAVY (MAX 100 LB / 45 KG)			X			Drywall (90 lb.)
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
<b>CARRYING</b>						
LIGHT (MAX 20 LB / 9 KG)				X		A variety of tools and equipment such as saws, drills (<5 lb.), hand tools (5 lb.), knives (1lb.), toolbelt (15 lb.)
MEDIUM (MAX 50 LB / 22.5 KG)			X			Ladder (45 lb.), Scaffolding deck (46 lb.), Scaffolding railing (42 lb.)
HEAVY (MAX 100 LB / 45 KG)			X			Drywall (90 lb.)
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
<b>MOBILE PUSHING</b>						
LIGHT (MAX 20 LB / 9 KG)			X			A worker may have access to a trolley to assist with moving drywall.
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				Holding drywall in place.
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-