

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)
DRYWALLER INSULATOR

JOB DESCRIPTION

TASK #	TASK DESCRIPTION	% OF SHIFT
1	The worker is required to measure, cut, and install insulation according to the blueprints. A worker would be required to complete this below waist level, at waist level, and above shoulder level.	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

- Tape measure
- Utility knife
- Scaffolding (Deck: 46 lb., railings: 42 lb.)
- Ladder (45 lb.)
- Lights (wobble lights, trouble lights, handheld, and headlamps)
- Insulation (24 lb.)
- Box of garbage bags (15 lb.)

PERSONAL PROTECTIVE EQUIPMENT

- Hard hat
- Steel toed boots
- Gloves
- Foam safety eyewear
- Safety vest or high visibility stripes
- Long sleeves and pants
- Hearing protection
- Respiratory 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
- Heights
- Vibrations
- Hot/Cold Temperatures
- Dust

PHYSICAL DEMANDS ANALYSIS (EXAMPLE) DRYWALLER INSULATOR

JOB TITLE	DRYWALLER INSULATOR					LENGTH OF SHIFT (HRS)	8
JOB DESCRIPTION							
An insulator is responsible for installing insulation to assist with reducing noise in buildings, preventing the spread of fire and smoke, and help with maintaining temperature control. An insulator may be required to install a vapour barrier to reduce moisture.							
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			Required when insulating at low level positions.	
SITTING WITH VIBRATION/JARRING	X					-	
DRIVING	X					-	
STANDING		X				Required when placing materials, taking materials out, cutting materials, using tools, etc.	
RUNNING	X					-	
WALKING							
LEVEL				X		Required when walking on even ground in residential or commercial buildings.	
UNEVEN GROUND				X		Required when walking outside to dispose of garbage or to gather materials.	
SLOPES / RAMPS	X					-	
CLIMBING							
REGULAR STAIRS	X					-	
STEEP STAIRS	X					-	
LADDERS			X			Required when ascending and descending ladder to complete insulation installation.	
OTHER			X			Required when ascending and descending scaffolding to complete insulation installation.	
LOW LEVEL WORK							
KNEELING			X			Required when insulating or cutting materials on scaffolding.	
SQUATTING			X			Required when insulating or cutting materials on scaffolding.	
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		Required when insulating below waist, cutting materials, gathering materials, cleaning up, or when insulating or measuring above head.
TWISTING						
SUSTAINED	X					-
REPETITIVE				X		Required throughout the day as a safe work practice.
TRUNK MOVEMENTS						
BENDING						
SUSTAINED	X					-
REPETITIVE			X			Required when cutting materials, working at waist level or below, etc.
TWISTING						
SUSTAINED	X					-
REPETITIVE			X			Required when cutting materials, working at waist level or below, etc.
SHOULDER MOVEMENTS						
OVERHEAD			X			Required when insulating ceilings and walls above waist level.
FORWARD REACHING			X			Required throughout the day when insulating, measuring, cutting materials, etc.
GRIPPING DEMANDS						
DOMINANT HAND						
REPETITIVE				X		Required when carrying bags of insulation, using tools, site clean up, site prep, etc.
CONTINUOUS	X					-
NON-DOMINANT HAND						
REPETITIVE			X			Required when carrying bags of insulation, using tools, site clean up, site prep, etc.
CONTINUOUS	X					-
FINGER DEXTERITY			X			Required when operating a phone, completing paperwork, using a knife, and installing insulation.

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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			Hand tools (<5 lb.), Pieces of insulation (<5lb.)
MEDIUM (MAX 50 LB / 22.5 KG)				X		Ladder (45 lb.), Bag of insulation (24 lb.), Scaffolding deck (46 lb.), Scaffolding railing (42 lb.)
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
CARRYING						
LIGHT (MAX 20 LB / 9 KG)			X			Hand tools (<5 lb.), Pieces of insulation (<5lb.)
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					-
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					-
MEDIUM (MAX 50 LB / 22.5 KG)	X					-
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-