

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)
DRYWALLER T-BAR INSTALLER

JOB DESCRIPTION

TASK #	TASK DESCRIPTION	% OF SHIFT
1	A worker would be required to determine the square footage required using various handheld tools and to ensure all materials placed are level. A worker would be required to map out sections to ensure main Ts and cross Ts are placed correctly to allow for any venting and lighting required, and to ensure ceiling tiles evenly spaced.	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

- Ceiling tiles (60 lb.)
- Main Ts (50 per box, 100 lb.)
- Cross Ts (20 per box, 60 lb.)
- Wall mold (64 lb.)
- Screws
- Snips
- Hilti concrete nailer (10 lb.)
- Lasers
- Scaffolding (46 lb. for deck, 42 lb. for railings, bar 16 lb.)
- Ladder (45 lb.)
- Tape measure

PERSONAL PROTECTIVE EQUIPMENT

- Hard hat
- Steel toed boots
- Gloves
- Foam 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
- Heights
- Vibrations
- Hot/Cold Temperatures
- Dust

PHYSICAL DEMANDS ANALYSIS (EXAMPLE) DRYWALLER T-BAR INSTALLER

JOB TITLE	DRYWALLER T-BAR INSTALLER					LENGTH OF SHIFT (HRS)	8
JOB DESCRIPTION							
A Drywaller T-Bar Installer is required to determine the square footage required using various handheld tools and to ensure all materials placed are level. A worker would be required to map out sections to ensure main Ts and cross Ts are placed correctly to allow for any venting and lighting required, and to ensure ceiling tiles evenly spaced.							
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					-	
SITTING WITH VIBRATION/JARRING	X					-	
DRIVING	X					-	
STANDING					X	Required when completing work on ladders, scaffolding, or step ladders.	
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 completing T-bar installation; however, this could be interchangeable with the use of scaffolding.	
OTHER			X			Scaffolding may be used when completing T-bar installation; however, this could be interchangeable with the use of ladder climbing.	
LOW LEVEL WORK							
KNEELING		X				Required when working in awkward spaces or when working on scaffolding.	
SQUATTING		X				Required when working in awkward spaces or when working 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 gathering materials, site cleanup, site prep, measuring materials, cutting materials, and throughout the day when working overhead to install a T-bar ceiling, to install tiles, to measure, to secure ceiling.
TWISTING						
SUSTAINED	X					-
REPETITIVE			X			Required throughout the day as a safe work practice as well as when installing T-bar ceiling, measuring, cutting, etc.
TRUNK MOVEMENTS						
BENDING						
SUSTAINED	X					-
REPETITIVE			X			Required when completing site cleanup, site prep, gathering materials, cleaning up any debris, etc.
TWISTING						
SUSTAINED	X					-
REPETITIVE			X			Required when completing site cleanup, site prep, gathering materials, cleaning up any debris, installing T-bar ceiling, working at heights, etc.
SHOULDER MOVEMENTS						
OVERHEAD				X		Required when assembling the framework for T-bar ceiling, when measuring, when using a laser, when installing the T-bar ceiling, when installing the ceiling tiles, etc.
FORWARD REACHING			X			Required when doing site prep, during site cleanup, when assembling T-bar ceilings, using tools, getting materials, etc.
GRIPPING DEMANDS						
DOMINANT HAND						
REPETITIVE				X		Required when using a Hilti nailer, using a ladder, removing scaffolding, installing T-bar ceiling, clean up, site prep, etc.
CONTINUOUS	X					-
NON-DOMINANT HAND						
REPETITIVE			X			Required when using a Hilti nailer, using a ladder, removing scaffolding, installing T-bar ceiling, clean up, site prep, etc.
CONTINUOUS	X					-
FINGER DEXTERITY			X			Required when using tools, when cutting main Ts and cross Ts, when measuring, when screwing in materials, when using rivets, completing paperwork, etc.

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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, A cross T (3 lb.), A Main T (2lb.), Hilti concrete nailer (10 lb.), Scaffolding bars (16 lb.), A single ceiling tile (10 lb.)
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				A bundle of cross Ts (60 lb.), A bundle of main Ts (100 lbs), A box of wall mold (64 lb.)
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
CARRYING						
LIGHT (MAX 20 LB / 9 KG)				X		Hand tools, A cross T (3 lb.), A Main T (2 lb.), Hilti concrete nailer (10 lb.), Scaffolding bars (16 lb.), A single ceiling tile (10 lb.)
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				A bundle of cross Ts (60 lb.), A bundle of main Ts (100 lbs), A box of wall mold (64 lb.)
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					-