

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)
MILLWORK CABINET INSTALLER



JOB DESCRIPTION

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Unload cabinets, doors, shelving, etc. from the delivery truck.	10%
2	Installing cabinets, doors, counter tops, shelving: <ul style="list-style-type: none"> • Locate appropriate positioning for ledger board for upper cabinets; apply appropriate fasteners with power hand tools to install and secure cabinets in place • Place lower cabinets for install; apply shims to level out the base as needed; apply appropriate fasteners with power hand tools to secure cabinets in place • Replace drawers, and use hand tools to replace cabinet doors • Apply finishing touches with hand tools or glues 	80%
3	Drive to area	5%
4	Clean-up	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

- Hand tools (e.g. power drill, level, screwdriver, etc.)
- Step stool/ladder
- Dollies and transport cart)

PERSONAL PROTECTIVE EQUIPMENT

- Work boots
- Gloves
- Eye/face protection as needed
- Dust mask as needed
- Respirator for fumes as needed

ENVIRONMENTAL EXPOSURE

- Works indoors but may not be temperature controlled
- Noise
- Dust, Fumes

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JOB TITLE	MILLWORK CABINET INSTALLER					LENGTH OF SHIFT (HRS)	8
JOB DESCRIPTION							
Worker is required to install, secure, and apply finishing to cabinets, doors, shelving, etc. on site as ordered.							
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				Driving to job site.	
STANDING					X	During cabinet install. Flooring can be level or uneven flooring depending on the worksite. Flooring can be various materials depending on the work site. May stand on step stool/short ladder.	
RUNNING	X					-	
WALKING							
LEVEL				X		Around work area.	
UNEVEN GROUND			X			When transporting materials from the delivery truck to the area of install, flooring may be variable (e.g. gravel, grass, etc.).	
SLOPES / RAMPS	X					-	
CLIMBING							
REGULAR STAIRS	X					-	
STEEP STAIRS	X					-	
LADDERS	X					-	
OTHER	X					-	
LOW LEVEL WORK							
KNEELING	X					-	
SQUATTING		X				Working with lower cabinets as needed. Typically will squat if working on lower cabinets for prolonged periods.	
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			Viewing underneath cabinets, into lower cabinets, lower surfaces while on step ladder, etc. Viewing upper cabinets/walls while preparing and completing upper cabinet install.
REPETITIVE	X					-
TWISTING						
SUSTAINED				X		Viewing environment and around cabinets during install.
REPETITIVE	X					-
TRUNK MOVEMENTS						
BENDING						
SUSTAINED			X			During install of lower cabinet bases, shims, securing lower cabinets to the wall, and replacing drawers and door. Reaching over lower cabinets to measure for upper ledger. Reaching into lower cabinets from above.
REPETITIVE	X					-
TWISTING						
SUSTAINED				X		Reaching across cabinet width during install. Repetitive reaching for spare fasteners (i.e. nails, screws, etc.) while holding tool or cabinet in place during install. Maneuvering cabinets into place.
REPETITIVE	X					-
SHOULDER MOVEMENTS						
OVERHEAD			X			During upper cabinet and door install, fastening ledgers, securing cabinets, applying cabinet doors, applying finishing touches, etc.
FORWARD REACHING				X		During upper and lower cabinet install; securing cabinets, ledger, and base to wall. Working around cabinetry, 15" to 24" in depth-Using roller to apply adhesive to materials.
GRIPPING DEMANDS						
DOMINANT HAND						
REPETITIVE				X		Handling materials during unloading from delivery truck, lifting, and carrying items during install. Replacing/removing drawer or shelving inserts.
CONTINUOUS	X					-
NON-DOMINANT HAND						
REPETITIVE			X			Handling materials during unloading from delivery truck, lifting, and carrying items during install. Replacing/removing drawer or shelving inserts.
CONTINUOUS	X					-
FINGER DEXTERITY						
			X			Handling nails, screws, and finishing pieces during install. Applying shims beneath lower cabinet base.

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MANUAL HANDLING DEMANDS						
LIFTING						
LIGHT (MAX 20 LB / 9 KG)			X			Use of hand tools (e.g. screwdriver, power drill, etc.) to install lower cabinet base (1-2 lb.). Lifting and placing lower cabinet base on floor (3-4" high, 5 lb.) Ledge board (~5 lb.). Transporting shelves, drawers, tools, and other materials required for install (5 to 10 lb.).
MEDIUM (MAX 50 LB / 22.5 KG)			X			Lifting upper cabinets for placement on ledge (standard upper cabinet 29"x29"x15", ~30 lb.). Lifting upper cabinet doors and shelving for install once cabinet in place.
HEAVY (MAX 100 LB / 45 KG)			X			Lifting lower cabinets onto base (standard cabinet 24" x 32" x 24", 60-65 lb.) for install. Lifting countertops (36" x 72" slab ~81lb.) onto lower cabinets for install.
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
CARRYING						
LIGHT (MAX 20 LB / 9 KG)		X				Transporting shelves, drawers, tools, and other materials required for install (5 to 10 lb.).
MEDIUM (MAX 50 LB / 22.5 KG)			X			Carrying lower (60-65 lb.) or upper cabinets (30 lb.), or doors (60 lb.) to area of install.
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
MOBILE PUSHING						
LIGHT (MAX 20 LB / 9 KG)		X				Transporting materials to work site from delivery truck/ throughout work site on dolly; force dependent on load of material and flooring.
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				Shifting and positioning lower cabinets on base; force dependent of load of material -Placing shim under base for levelling flooring.
MEDIUM (MAX 50 LB / 22.5 KG)	X					-
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-