

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)
MILLWORK CABINET MAKER



JOB DESCRIPTION

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Review blueprints and plan construction of cabinetry	5%
2	Assemble cabinets, doors, etc.	50%
3	Use drum sander, planer, shaper to create custom size materials	20%
4	Use table saw to cut materials to shape	20%
5	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

- Buffering Diamond QCE Drum Sander
- Heat Press/ Cold Press
- Hand tools (e.g. wrenches, power drill, screw drivers, sanding blocks)
- SCM Hydro 3200 Table Saw
- Martin Planer
- Martin Shaper
- Pallet Jack
- Transport carts

PERSONAL PROTECTIVE EQUIPMENT

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

ENVIRONMENTAL EXPOSURE

- Noise
- Dust
- Fumes

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)

MILLWORK CABINET MAKER

JOB TITLE	MILLWORK CABINET MAKER					LENGTH OF SHIFT (HRS)	8
JOB DESCRIPTION							
Worker is required to plan and construct cabinetry according to paper plans received from the customer and the specifications provided. This includes preparing materials to be cut, edge banded, pressed, cut out, etc.							
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			Hand sanding items, use of hand tools, or assembling materials as workstation. Feeding/retrieving items from drum sander. Applying adhesive/glue to items prior to pressing . Using chop saw.	
RUNNING	X					-	
WALKING							
LEVEL					X	Walking throughout shop, from various stations.	
UNEVEN GROUND	X					-	
SLOPES / RAMPS	X					-	
CLIMBING							
REGULAR STAIRS	X					-	
STEEP STAIRS	X					-	
LADDERS	X					-	
OTHER	X					-	
LOW LEVEL WORK							
KNEELING	X					-	
SQUATTING		X				To access materials stored beneath work benches, or on pallets. Refilling glue container. Powering on and setting table saw, shaper, etc.	
CRAWLING	X					-	

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)

MILLWORK CABINET MAKER

PHYSICAL JOB DEMANDS	0	1	2	3	4	DESCRIBE THE TASK(S) PERFORMED
SPECIFIC BODY DEMANDS						
NECK MOVEMENTS						
BENDING						
SUSTAINED	X					-
REPETITIVE			X			When viewing materials on work bench, or on machinery benches.
TWISTING						
SUSTAINED	X					-
REPETITIVE	X					-
TRUNK MOVEMENTS						
BENDING						
SUSTAINED	X					-
REPETITIVE					X	Supporting materials while using planer, table saw, drum sander, etc. Rolling adhesive/glue along materials prior to pressing and leaning into press to insert and position item. Press table height variable between the waist and chest height of an individual depending on stature and number of items stacked in press. When working at workstation - varies with worker's height.
TWISTING						
SUSTAINED	X					-
REPETITIVE			X			Transferring items into the press. Removing materials from the sander, table saw, planer, etc. to be placed on an alternate surface or cart.
SHOULDER MOVEMENTS						
OVERHEAD			X			When handling large panels of materials; use of a side carry requires one arm to be held vertically. Access items from higher shelving.
FORWARD REACHING			X			Use of drum sander, planer, table saw, chop saw, etc. Hand sanding materials. Using roller to apply adhesive to materials.
GRIPPING DEMANDS						
DOMINANT HAND						
REPETITIVE				X		Handling of materials; typically, bilateral grip. Use of chop saw, hand sanding blocks, and hand tools.
CONTINUOUS	X					-
NON-DOMINANT HAND						
REPETITIVE			X			Handling of materials; typically, bilateral grip. Gripping materials while using dominant on tool.
CONTINUOUS	X					-
FINGER DEXTERITY			X			Handling of smaller materials and fasteners (e.g. nails, screw). Use of pen or pencil when marking up plans. Setting machinery.

PHYSICAL DEMANDS ANALYSIS (EXAMPLE) MILLWORK CABINET MAKER

PHYSICAL JOB DEMANDS	0	1	2	3	4	DESCRIBE THE TASK(S) PERFORMED
MANUAL HANDLING DEMANDS						
LIFTING						
LIGHT (MAX 20 LB / 9 KG)			X			Lifting materials (1 to 40 lbs) from stacked pallet height and vertical transport carts to working height.
MEDIUM (MAX 50 LB / 22.5 KG)			X			Lifting materials (1 to 40 lbs) from stacked pallet height and vertical transport carts to working height.
HEAVY (MAX 100 LB / 45 KG)		X				Lifting prepped doors (~60 lb.) from pallet height to adhesive table, drum sander, workstation table; typically, 2-person lift due to size/shape.
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
CARRYING						
LIGHT (MAX 20 LB / 9 KG)			X			Carrying materials throughout workspace (1 to 40 lbs).
MEDIUM (MAX 50 LB / 22.5 KG)		X				Carrying materials throughout workspace (1 to 40 lb.).
HEAVY (MAX 100 LB / 45 KG)		X				Carrying large panels of laminate (7' x 4'), MDF (6' x 3'), plywood (6' x 3'), etc.; often in a side carry with the panel in vertical position.
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
MOBILE PUSHING						
LIGHT (MAX 20 LB / 9 KG)		X				Push transport carts to move materials throughout workspaces as needed (5.0 lb. push force).
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 material through saw, planer, or drum sander. Positioning materials in the press.
MEDIUM (MAX 50 LB / 22.5 KG)	X					-
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-