PHYSICAL DEMANDS ANALYSIS (EXAMPLE)
MILLWORK CNC OPERATOR BEAM SAW

BCCSA
BC Construction Safety Alliance

JOB DESCRIPTION

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Review plans for cut-out	25%
2	Retrieve panels for cutting	25%
3	Push/pull materials on table to position for cutting. Remove cut pieces and reposition for additional cuts as needed. Place unused pieces of material in discard bin as needed. Obtain labels printed and place on wood cuts. Carry cut materials on pallet or cart to be retrieved/transport to secondary area to be used by other team members. Place left over materials which are large enough to be reused in off cut area.	40%
4	Use air compressor hose to blow wood dust from surface and ensure a clean work area	10%

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

- IMA Schelling Beam Saw
- Air compressor hose
- Shop Vacuum
- Forklift

PERSONAL PROTECTIVE EQUIPMENT

- Work boots
- Eye protection
- Hearing protection
- Gloves as needed

ENVIRONMENTAL EXPOSURE

Works indoors around noisy equipment.

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JOB TITLE	MILLWORK CNC OPERATOR BEAM SAW	LENGTH OF SHIFT (HRS)	8

JOB DESCRIPTION

Beam Saw the worker is required to review the project plans, and cut the wood/material to the appropriate dimensions with use of the Beam Saw.

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				Operating forklift.
DRIVING	X					-
STANDING				X		Monitoring materials while being cut. Utilizing computer -Anti-fatigue matting on floor by computer.
RUNNING	X					-
WALKING						
LEVEL			X			Cement/tiled flooring throughout site.
UNEVEN GROUND	X					-
SLOPES / RAMPS	X					-
CLIMBING						
REGULAR STAIRS	X					-
STEEP STAIRS	X					-
LADDERS	X					-
OTHER	X					-
LOW LEVEL WORK						
KNEELING	X					-
SQUATTING		X				Retrieve or replace items from floor/pallet.
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 materials on table. Viewing storage shelves to locate materials. Viewing items on pallets/carts. Reading labels/plans at table height.
REPETITIVE	X					-
TWISTING						
SUSTAINED			X			Monitoring materials being cut.
REPETITIVE	X					-
TRUNK MOVEMENTS						
BENDING						
SUSTAINED	X					-
REPETITIVE			X			Feeding and positioning wood on saw table. Placing wood on pallet or cart for transport. Retrieving wood from storage shelves.
TWISTING						
SUSTAINED	X					-
REPETITIVE			X			Retrieving/returning materials from pallets, carts, and/or storage shelves. Turning and repositioning materials on saw table.
SHOULDER MOVEMENTS						
OVERHEAD		X				When carrying full sheets - one arm is extended overhead.
FORWARD REACHING				X		Adjusting/arranging materials on table. Retrieving materials from storage shelves.
GRIPPING DEMANDS						
DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS			X			Maneuvering materials into position on table; transferring materials on/off.
NON-DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS			X			Maneuvering materials into position on table; transferring materials on/off.
FINGER DEXTERITY		X				Removing small pieces of material as needed.

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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					-
MEDIUM (MAX 50 LB / 22.5 KG)			X			Transferring materials from storage shelves to cart (34" tall) and from cart to saw table (38"). Wood handled is typically 4' x 8' and weight varies by thickness.
HEAVY (MAX 100 LB / 45 KG)		X				Transferring materials from storage shelves to cart (34" tall) and from cart to saw table (38"). Wood handled is typically 4' x 8' and can be varying thicknesses of MDF (1/4" 33 lb. to 3/4" 96 lbs.), Plywood (3/4" 67.5 lb.), Melamine (3/4" 80 lb.), Particle board, Corian, etc. Materials can reach 3' x 14' or 5' x 12' on a project specific basis. Doors 36" x 80", approximately 60 lb.
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
CARRYING						
LIGHT (MAX 20 LB / 9 KG)	X					-
MEDIUM (MAX 50 LB / 22.5 KG)		X				Carrying wood discard pieces to discard bin. Transferring wood panels from storage shelves to saw table (33 to 96 lb.);
HEAVY (MAX 100 LB / 45 KG)		X				Carrying wood discard pieces to discard bin. Transferring wood panels from storage shelves to saw table (33 to 96 lb.);
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
MOBILE PUSHING						
LIGHT (MAX 20 LB / 9 KG)		X				Transporting materials on carts as needed (~5.0 lb force variable with load). Push/pull pallet jack to transport larger loads.
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			Sliding wood into position on saw bench for cutting; force required depending on size, and material being maneuvered. Saw bench top is a smooth metal with limited resistance.
MEDIUM (MAX 50 LB / 22.5 KG)	X					-
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-