

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)  
**MILLWORK CNC OPERATOR WEEKE**



**JOB DESCRIPTION**

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Review plans for cut-out	25%
2	Set up program - Use Weeke computer to set for appropriate cut out and verify measurements and dimensions with paper plans	25%
3	Load/unload wood for cutting and offload onto cart/pallet	25%
4	Use air compressor hose to blow wood dust from surface and ensure a clean work area	25%

*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**

- Weeke Vantage 36L CNC Router
- Air compressor hose
- Shop vacuum (~9 lb. per sheet/27 lb. per bundle)

**PERSONAL PROTECTIVE EQUIPMENT**

- Work boots
- Eye protection
- Hearing protection

**ENVIRONMENTAL EXPOSURE**

- Dust/Wood shavings
- Vibration
- Loud Noise
- Chemical, stains, glues and paints in surrounding environment

Works indoors around noisy equipment.

## PHYSICAL DEMANDS ANALYSIS (EXAMPLE) MILLWORK CNC OPERATOR WEEKE

<b>JOB TITLE</b>	MILLWORK CNC OPERATOR WEEKE ROUTER					<b>LENGTH OF SHIFT (HRS)</b>	8
<b>JOB DESCRIPTION</b>							
Worker is required to review the project plan and perform the programming of the Weeke to complete the cut out as required.							
<b>PHYSICAL JOB DEMANDS - Grade using a scale of 0 - 4</b>							
<b>0 = NOT REQUIRED</b>		<b>1 = SELDOM REQUIRED: &lt; 5%</b>			<b>2 = MINOR REQUIREMENT: 5-33%</b>		
-		Less than 30 minutes per day or not daily			30 minutes up to 3.5 hours per day or 1 repetition every 30 minutes		
<b>3 = OCCASIONAL REQUIREMENT: 34-66%</b>				<b>4 = FREQUENT REQUIREMENT: 67-100%</b>			
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			
<b>INSTRUCTIONS:</b> Place an X under number 0,1,2,3 or 4 to identify the frequency of each body demand or exposure.							
<b>PHYSICAL JOB DEMANDS</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>DESCRIBE THE TASK(S) PERFORMED</b>	
<b>WHOLE BODY DEMANDS</b>							
SITTING	X					-	
SITTING WITH VIBRATION/JARRING	X					-	
DRIVING	X					-	
STANDING				X		When using the computer to set the router, monitoring the router cut, and reviewing the paper plans.	
RUNNING	X					-	
<b>WALKING</b>							
LEVEL				X		Level flooring within the workspace. Anti fatigue matting surrounding the computer station, and router base.	
UNEVEN GROUND	X					-	
SLOPES / RAMPS	X					-	
<b>CLIMBING</b>							
REGULAR STAIRS	X					-	
STEEP STAIRS	X					-	
LADDERS	X					-	
OTHER	X					-	
<b>LOW LEVEL WORK</b>							
KNEELING	X					-	
SQUATTING		X				Inspect wood at lower level/ on router table or cart.	
CRAWLING	X					-	

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PHYSICAL JOB DEMANDS	0	1	2	3	4	DESCRIBE THE TASK(S) PERFORMED
<b>SPECIFIC BODY DEMANDS</b>						
<b>NECK MOVEMENTS</b>						
<b>BENDING</b>						
SUSTAINED			X			View wood on router table, pallet, or cart. Reviewing paper plans.
REPETITIVE	X					-
<b>TWISTING</b>						
SUSTAINED			X			Monitor router while cutting, and view wood pieces and plans as needed.
REPETITIVE	X					-
<b>TRUNK MOVEMENTS</b>						
<b>BENDING</b>						
SUSTAINED			X			Adjusting wood positioning on router table, and inspecting wood on table prior to and following cut. Using shop vacuum as needed to clean area.
REPETITIVE	X					-
<b>TWISTING</b>						
SUSTAINED	X					-
REPETITIVE			X			To place/remove wood from router table;
<b>SHOULDER MOVEMENTS</b>						
OVERHEAD	X					-
FORWARD REACHING			X			Lifting wood from low level pallets or carts. Placing and positioning wood on router table.
<b>GRIPPING DEMANDS</b>						
<b>DOMINANT HAND</b>						
REPETITIVE	X					-
CONTINUOUS				X		Air compressor, shop vacuum, and computer mouse, wood pieces.
<b>NON-DOMINANT HAND</b>						
REPETITIVE	X					-
CONTINUOUS			X			Wood pieces
<b>FINGER DEXTERITY</b>			X			Smaller pieces of wood, computer mouse, paperwork.

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PHYSICAL JOB DEMANDS	0	1	2	3	4	DESCRIBE THE TASK(S) PERFORMED
<b>MANUAL HANDLING DEMANDS</b>						
<b>LIFTING</b>						
LIGHT (MAX 20 LB / 9 KG)			X			Lifting wood pieces (1 to 60 lb.) from pallets (5" from ground level) to router table (38" tall). Transferring wood pieces from router table (38" tall) to transport cart (34" tall).
MEDIUM (MAX 50 LB / 22.5 KG)			X			Lifting wood pieces (1 to 60 lb.) from pallets (5" from ground level) to router table (38" tall). Transferring wood pieces from router table (38" tall) to transport cart (34" tall).
HEAVY (MAX 100 LB / 45 KG)		X				Lifting wood pieces (1 to 60 lb.) from pallets (5" from ground level) to router table (38" tall). Transferring wood pieces from router table (38" tall) to transport cart (34" tall).
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
<b>CARRYING</b>						
LIGHT (MAX 20 LB / 9 KG)			X			Carrying wood for discard from router table (38" tall) to discard bin. Carrying smaller wood pieces to pallet/cart for transport, small wood to discard bin.
MEDIUM (MAX 50 LB / 22.5 KG)		X				Carrying wood for discard from router table (38" tall) to discard bin;
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
<b>MOBILE PUSHING</b>						
LIGHT (MAX 20 LB / 9 KG)		X				Pushing/pulling transport cart (~5.0 lb push force; force dependent on load).
MEDIUM (MAX 50 LB / 22.5 KG)	X					-
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
<b>MOBILE PULLING</b>						
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					-
<b>STATIC PUSHING/PULLING</b>						
LIGHT (MAX 20 LB / 9 KG)			X			Adjusting wood pieces on router table; force dependent on type of wood/material being cut, and size of the piece.
MEDIUM (MAX 50 LB / 22.5 KG)		X				Adjusting wood pieces on router table; force dependent on type of wood/material being cut, and size of the piece.
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-