

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)
MILLWORK EDGE BANDER OPERATOR

JOB DESCRIPTION

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Review plans to determine banding needed	10%
2	<ul style="list-style-type: none"> Obtain appropriate edgebanding to be used and load edgebanding onto machine. Feed into machine and test to ensure it is in working order. Retrieve material to be banded, verify measurements, and adjust machine settings as needed. Feed material into machine; follow material as needed along belt to ensure banded properly. Retrieve banded material at end of belt; check all edges to ensure bands are secured and in place 	80%
3	Clean and maintain machinery	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

- | | |
|---|---|
| <ul style="list-style-type: none"> • IMA Edgebander • Air Compressor Hose • Hand tools (i.e. screwdriver, wrench; ~1 lb.) • Edgebanding rolls | <ul style="list-style-type: none"> • Transport cart • Step Stool • Shop vacuum and broom |
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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 EDGE BANDER OPERATOR					LENGTH OF SHIFT (HRS)	8
JOB DESCRIPTION							
As an Edgebander Operator the worker is required to use the machinery to apply edging material to finish the outer sides of the cabinets, doors, shelving, 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			At computer when setting and reviewing plan. Loading banding.	
RUNNING	X					-	
WALKING							
LEVEL				X		Concrete flooring throughout. Anti-fatigue matting at computer station.	
UNEVEN GROUND	X					-	
SLOPES / RAMPS	X					-	
CLIMBING							
REGULAR STAIRS	X					-	
STEEP STAIRS	X					-	
LADDERS	X					-	
OTHER	X					-	
LOW LEVEL WORK							
KNEELING	X					-	
SQUATTING		X				Troubleshoot lower-level work.	
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		When loading banding. Monitoring material as it is being banded. Inspecting material before/after banding.
REPETITIVE	X					-
TWISTING						
SUSTAINED	X					-
REPETITIVE	X					-
TRUNK MOVEMENTS						
BENDING						
SUSTAINED	X					-
REPETITIVE			X			Loading banding. Holding/assisting material through machine as it is being banded. Retrieve banding or materials from lower level.
TWISTING						
SUSTAINED	X					-
REPETITIVE			X			Holding material while it is being banded. Retrieving/loading materials onto transport carts.
SHOULDER MOVEMENTS						
OVERHEAD	X					-
FORWARD REACHING				X		Assisting the material through the bander. Clearing debris from machine. Loading banding into the machine.
GRIPPING DEMANDS						
DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS				X		Stabilizing materials as it is being banded. Manual handling of materials.
NON-DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS			X			Stabilizing materials as it is being banded. Manual handling of materials.
FINGER DEXTERITY		X				Pinch gripping with force to pry/pull banding off 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			Retrieving/replacing rolls of banding from shelving (up to 5 lb.). Retrieving/replacing materials from transport carts/pallets (1 to 20 lb.). Handling materials to be banded to/from transport carts to banding belt (1 to 20 lb.). Holding materials up to inspect prior to, or following, banding (1 to 20 lb.).
MEDIUM (MAX 50 LB / 22.5 KG)	X					-
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
CARRYING						
LIGHT (MAX 20 LB / 9 KG)		X				Carrying materials throughout site if transport cart not available (1 to 20 lb.). Carrying rolls of banding as needed (up to 5 lb.).
MEDIUM (MAX 50 LB / 22.5 KG)	X					-
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
MOBILE PUSHING						
LIGHT (MAX 20 LB / 9 KG)		X				Moving carts of material throughout site as needed (5.0 lb. force required variable depending 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					-
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					-