

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)
MILLWORK FINISHER



JOB DESCRIPTION

| TASK # | TASK DESCRIPTION | % OF SHIFT |
|--------|--|------------|
| 1 | Preparing items to be lacquered including sanding, taping, and covering area | 15% |
| 2 | Tape together items and transport on cart to delivery area | 10% |
| 3 | Apply stain or lacquer with lacquer spray gun | 70% |
| 4 | Clean area, putting chemicals away | 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

- Tape gun and tapes
- Lacquers and stains
- Lacquer spray gun (3-5 lbs.)
- Transport carts, working carts, drying racks
- Dollies
- Paint Mixer/Agitator
- Paint brushes and sponges

PERSONAL PROTECTIVE EQUIPMENT

- Work boots
- Eye protection
- Hearing protection
- Gloves as needed
- Respirator with fume protection

ENVIRONMENTAL EXPOSURE

Works indoors around noisy equipment and works with hazardous chemicals.

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| | | | | | | | |
|--|-------------------|---|----------|---|---|---|---|
| JOB TITLE | MILLWORK FINISHER | | | | | LENGTH OF SHIFT (HRS) | 8 |
| JOB DESCRIPTION | | | | | | | |
| As a Finisher the worker is required to prepare and apply finishing sealants, lacquer, or stain to product before it is assembled, and/or delivered to the customer. | | | | | | | |
| 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 | | When sanding, staining, taping, and lacquering items. | |
| RUNNING | X | | | | | - | |
| WALKING | | | | | | | |
| LEVEL | | | | X | | Concrete flooring throughout. | |
| UNEVEN GROUND | X | | | | | - | |
| SLOPES / RAMPS | X | | | | | - | |
| CLIMBING | | | | | | | |
| REGULAR STAIRS | X | | | | | - | |
| STEEP STAIRS | X | | | | | - | |
| LADDERS | X | | | | | - | |
| OTHER | X | | | | | - | |
| LOW LEVEL WORK | | | | | | | |
| KNEELING | X | | | | | - | |
| SQUATTING | X | | | | | - | |
| 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 staining, sanding, taping, and applying cover paper during prep. Viewing inside or beneath item while being lacquered. |
| REPETITIVE | X | | | | | - |
| TWISTING | | | | | | |
| SUSTAINED | X | | | | | - |
| REPETITIVE | X | | | | | - |
| TRUNK MOVEMENTS | | | | | | |
| BENDING | | | | | | |
| SUSTAINED | | | | X | | Sanding items on working racks. Staining items on working table. Reaching over item while lacquering. Applying tape and paper covering to prep for lacquering. |
| REPETITIVE | X | | | | | - |
| TWISTING | | | | | | |
| SUSTAINED | | | X | | | Placing longer items on drying racks. Reaching around items when lacquering and staining. Taping and wrapping items for delivery. |
| REPETITIVE | X | | | | | - |
| SHOULDER MOVEMENTS | | | | | | |
| OVERHEAD | X | | | | | - |
| FORWARD REACHING | | | | | X | Using spray gun - dominant arm (3-5 lb.) for extended periods while applying lacquer. Sanding items on working cart. Taping and applying paper covering if items on working cart. Hand staining items. |
| GRIPPING DEMANDS | | | | | | |
| DOMINANT HAND | | | | | | |
| REPETITIVE | X | | | | | - |
| CONTINUOUS | | | | X | | Use of tape and wrap gun to prep item for lacquer or delivery. Use of lacquer spray gun to finish item. Hand sanding items as needed. Using hand tools to pry open or close lacquer cans/buckets. |
| NON-DOMINANT HAND | | | | | | |
| REPETITIVE | X | | | | | - |
| CONTINUOUS | | | X | | | Holding cans, buckets, and materials while dominant hand is on the tool. |
| FINGER DEXTERITY | | X | | | | Taping. |

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|----------------------------------|---|---|---|---|---|--|
| MANUAL HANDLING DEMANDS | | | | | | |
| LIFTING | | | | | | |
| LIGHT (MAX 20 LB / 9 KG) | | X | | | | Retrieving tapes, wrapping gun (3-5 lbs.), etc. from storage. Standard stain cans (5 to 10 lb.). |
| MEDIUM (MAX 50 LB / 22.5 KG) | | X | | | | Transferring materials (5 to 25 lb.) to be lacquered, prepped, sanded, stained, etc. from transport cart (34" high) to working carts (34" to 36"). Buckets of lacquer (50 lb.). |
| HEAVY (MAX 100 LB / 45 KG) | X | | | | | - |
| VERY HEAVY (OVER 100 LB / 45 KG) | X | | | | | - |
| CARRYING | | | | | | |
| LIGHT (MAX 20 LB / 9 KG) | | | | X | | Transporting materials to different stations to be stained (32" high), sanded (34" to 36" high), lacquered or prepped. Buckets of paint (5 to 10 lb.). Carrying paint/lacquer cans to agitator for mixing (5 to 10 lb.). Carrying lacquer spray hose. |
| MEDIUM (MAX 50 LB / 22.5 KG) | | X | | | | Carrying lacquer bucket into storage room (50 lb.). |
| 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 items on carts throughout site (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 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 | | | | | - |