

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)  
**MILLWORK SHIPPER**



**JOB DESCRIPTION**

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Drive truck/van to deliver millwork	70%
2	Load and offload doors, cabinets, materials to be assembled, counter tops, tools, etc. Arrange and secure into place	25%
3	Pre and post truck and trailer inspection	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**

- Dollies and transport carts
- Dock plate
- 16' box truck or work van; automatic transmission
- Secure strapping
- Moving blankets

**PERSONAL PROTECTIVE EQUIPMENT**

- Work Boots
- Hard hat as needed on site
- Gloves
- Safety glasses as needed on site
- High visibility vest as needed on site

**ENVIRONMENTAL EXPOSURE**

- Driving conditions vary throughout the year
- Whole body vibration driving over uneven surfaces

## PHYSICAL DEMANDS ANALYSIS (EXAMPLE) MILLWORK SHIPPER

<b>JOB TITLE</b>	MILLWORK SHIPPER					<b>LENGTH OF SHIFT (HRS)</b>	10
<b>JOB DESCRIPTION</b>							
As a Shipper the worker is required to load and unload materials to be delivered to customers for install. The shipper is also responsible to drive the work truck/van to the customer's location.							
<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 over uneven terrain.	
DRIVING				X		Driving to/from sites.	
STANDING		X				Planning loading/unloading tasks.	
RUNNING	X					-	
<b>WALKING</b>							
LEVEL				X		At sites, yard and office.	
UNEVEN GROUND				X		Variable flooring on work site includes grass, gravel, icy or snow covered walkways, etc.	
SLOPES / RAMPS		X				Bridging ramp has built in treads.	
<b>CLIMBING</b>							
REGULAR STAIRS	X					-	
STEEP STAIRS	X					-	
LADDERS	X					-	
OTHER		X				Step into work truck (~12").	
<b>LOW LEVEL WORK</b>							
KNEELING	X					-	
SQUATTING	X					-	
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					-
REPETITIVE			X			Driving truck.
<b>TWISTING</b>						
SUSTAINED	X					-
REPETITIVE	X					-
<b>TRUNK MOVEMENTS</b>						
<b>BENDING</b>						
SUSTAINED	X					-
REPETITIVE		X				Accessing lower levels/truck bed. Picking up/putting down bridging ramp.
<b>TWISTING</b>						
SUSTAINED	X					-
REPETITIVE	X					-
<b>SHOULDER MOVEMENTS</b>						
OVERHEAD		X				Closing rear truck door or garage door.
FORWARD REACHING			X			Maneuvering materials in truck/van. Steering wheel and gear shifter.
<b>GRIPPING DEMANDS</b>						
<b>DOMINANT HAND</b>						
REPETITIVE	X					-
CONTINUOUS				X		Gripping steering wheel while driving. Manual handling of materials and tools while loading/unloading.
<b>NON-DOMINANT HAND</b>						
REPETITIVE	X					-
CONTINUOUS				X		Gripping steering wheel while driving. Manual handling of materials and tools while loading/unloading.
<b>FINGER DEXTERITY</b>	X					-

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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				Loading/unloading materials and tools from transport carts (34") including: materials to be assembled on site, tools, etc. (1 to 20 lb.).
MEDIUM (MAX 50 LB / 22.5 KG)			X			Loading/unloading materials and tools from the truck bed, pallets (5" high) or dollies including: materials to be assembled on site up to 30 lb. Picking up/placing dock plate (4' x 2', ~50 lb.).
HEAVY (MAX 100 LB / 45 KG)			X			Loading/unloading materials and tools from the truck bed, pallets (5" high) or dollies including: assembled shelves, cabinets (~60 lb.), doors (60 lbs), etc.
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
<b>CARRYING</b>						
LIGHT (MAX 20 LB / 9 KG)		X				Loading/unloading smaller materials and hand tools.
MEDIUM (MAX 50 LB / 22.5 KG)	X					-
HEAVY (MAX 100 LB / 45 KG)		X				Loading/unloading materials and tools including assembled cabinets (60 lb.), shelves, doors (60 lb.), counter tops, etc. if dolly not available.
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
<b>MOBILE PUSHING</b>						
LIGHT (MAX 20 LB / 9 KG)		X				Use of the transport carts to move heavier cabinets and units in/out of the truck (~5 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					-
<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					-
MEDIUM (MAX 50 LB / 22.5 KG)		X				Overhead pulling of the truck bed door and garage door closed. Ground level upward pulling to open the garage door or truck bed door. Pushing/pulling materials in the truck to position and organize the cabinets during loading (force required dependent on load).
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-