

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)

RESIDENTIAL HVAC INSTALLER

JOB DESCRIPTION

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Drive to site and plan areas on site for install	5%
2	Cut and install metal components	90%
3	Clean up and loading	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

- Circular saw (up to 29 lbs.)
- Sozo drill (up to 3 lbs.)
- Hole saw (13 lbs.)
- Hammer
- Drill (6 lbs.)
- Snips
- Knives
- Crimper (up to 6 lbs.)
- Ladder (24 lbs.)
- Funnel elbows (box=up to 52 lbs.)
- 5 feet of 5" snap lock – bundles of 15 (up to 40 lbs.)
- Full 4" snap lock (24 lbs.)
- Coroplast tin (up to 15 lbs.)
- Tin (up to 10 lbs.)

PERSONAL PROTECTIVE EQUIPMENT

- Work Boots
- Safety glasses
- Gloves

ENVIRONMENTAL EXPOSURE

Works inside or outside near buildings. Exposed to restricted spaces, and fumes from primer.

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JOB TITLE	RESIDENTIAL HVAC INSTALLER					LENGTH OF SHIFT (HRS)	8
JOB DESCRIPTION							
An HVAC installer cuts and installs metal components.							
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			Driving to and from site.	
STANDING				X		Cutting and installation on site.	
RUNNING	X					-	
WALKING							
LEVEL			X			Throughout the site (interior).	
UNEVEN GROUND		X				Throughout the site (exterior).	
SLOPES / RAMPS		X				Exterior of site.	
CLIMBING							
REGULAR STAIRS			X			Climbing stairs throughout site to access various levels.	
STEEP STAIRS	X					-	
LADDERS				X		Accessing higher levels to mark and install, using ladder in garage (if no stairs installed).	
OTHER	X					-	
LOW LEVEL WORK							
KNEELING			X			Marking various boot holes on site.	
SQUATTING	X					-	
CRAWLING		X				In crawl spaces (dependent on site).	

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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					-
REPETITIVE				X		Accessing equipment/tools and materials from site, using various tools (hammer, drill, sozo, crimper, cutting, while snapping, snips, knife, circular saw), during installation, marking and cutting of materials.
TWISTING						
SUSTAINED	X					-
REPETITIVE			X			Marking and installing, checking surroundings.
TRUNK MOVEMENTS						
BENDING						
SUSTAINED	X					-
REPETITIVE			X			Marking site, during installation at lower levels.
TWISTING						
SUSTAINED	X					-
REPETITIVE			X			Accessing narrow areas on site, installing duct in basement.
SHOULDER MOVEMENTS						
OVERHEAD				X		Installing snap lock and tin at higher levels, hammering pipe, installing bath fan or HRV, using various tools (drills, sozo, hole saw), etc.
FORWARD REACHING					X	During cutting, marking, and installing of materials, while using tools, loading and unloading on site.
GRIPPING DEMANDS						
DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS					X	Accessing equipment/tools and materials from site, using various tools (hammer, drill, sozo, crimper, cutting, while snapping, snips, knife, circular saw), during installation, marking and cutting of materials.
NON-DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS				X		Accessing equipment/tools and materials from site, using various tools (hammer, drill, sozo, crimper, cutting, while snapping, snips, knife, circular saw), during installation, marking and cutting of materials.
FINGER DEXTERITY						
				X		Applying tin tape onto tin, while using drill.

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MANUAL HANDLING DEMANDS						
LIFTING						
LIGHT (MAX 20 LB / 9 KG)				X		Lifting equipment during cutting and installing hole saw (13 lbs.), drill (6 lbs.), sozo drill (up to 3 lbs.), crimper (6 lbs.), knives, coroplast (up to 15 lbs.), etc.
MEDIUM (MAX 50 LB / 22.5 KG)			X			Loading and unloading materials on site: funnel elbows (52 lbs.), snap locks (up to 40 lbs.), ladder (24 lbs.), etc.
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
CARRYING						
LIGHT (MAX 20 LB / 9 KG)		X				Carrying various tools including drill (6 lbs.), hole saw (13 lbs.), sozo drill (3 lbs.), ladder (24 lbs.), etc. around site. Carrying tin (up to 10 lbs.) around site.
MEDIUM (MAX 50 LB / 22.5 KG)			X			Carrying materials on site: funnel elbows (52 lbs.), snap locks (up to 40 lbs.), ladder (24 lbs.), circular saw (29 lbs.), etc.
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
MOBILE PUSHING						
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					-
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				Pushing sozo, hole saw, hammer, drill, materials into marked spaces, etc.
VERY HEAVY (OVER 100 LB / 45 KG)	X					-