

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)
RESIDENTIAL PLUMBER



JOB DESCRIPTION

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Load materials	10%
2	Drive to site and unload	10%
3	Plumbing – completing rough-ins and repairs as required.	65%
4	Clean up and loading	10%
5	Drive back to shop	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

- Drills (up to 3 lb.)
- Chop Saw (27 lb.)
- Shovel (2 lb empty – 14 lb. (with rocks)
- Haul Hawg (14 lb.)
- Glue (4 lb.)
- Ladder (20 lb.)
- Pex pipe roller (up to 40 lb.)
- Bucket of tools (20 lb.)
- Box of PVC fitting and ABS p-trap (40 lb.)
- Various hand tools

PERSONAL PROTECTIVE EQUIPMENT

- Work Boots
- Safety glasses or goggles
- Gloves

ENVIRONMENTAL EXPOSURE

Works inside or outside near buildings. Exposed to restricted spaces, or wet, damp areas, uneven terrain and fumes from PVC cleaner and glue.

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JOB TITLE	RESIDENTIAL PLUMBER					LENGTH OF SHIFT (HRS)	8
JOB DESCRIPTION							
A Plumber is required to prepare, install and complete any necessary repairs on all residential plumbing including rough in's.							
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		Driving to and from site, during breaks.	
SITTING WITH VIBRATION/JARRING	X					-	
DRIVING				X		Driving to and from site.	
STANDING				X		Tracing, measuring, and installing pipes, using haul Hawg and chop saw, etc.	
RUNNING	X					-	
WALKING							
LEVEL				X		Throughout site, while placing pipes in main and upper floor of site, etc.	
UNEVEN GROUND			X			In unfinished basement, exterior of site, loading and unloading materials/tools/equipment.	
SLOPES / RAMPS		X				Exterior of site.	
CLIMBING							
REGULAR STAIRS		X				Interior of site, to access the property.	
STEEP STAIRS	X					-	
LADDERS			X			During tracing, measuring, and installing ABS and PVC pipes, to access higher levels on site.	
OTHER	X					-	
LOW LEVEL WORK							
KNEELING			X			To place tap attachments in exterior, access lower-level areas of the site, measuring and tracing.	
SQUATTING			X			To place tap attachments in exterior, access lower-level areas of the site, measuring and tracing.	
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	Tracing and measuring, installing pipes and tap attachments, retrieving materials and tools/equipment, during site clean up, loading and unloading materials/tools/equipment, checking surroundings on site.
REPETITIVE	X					-
TWISTING						
SUSTAINED	X					-
REPETITIVE			X			Communicating with coworkers, checking pipe placement, restricted spaces, tracing, measuring, and installing pipes.
TRUNK MOVEMENTS						
BENDING						
SUSTAINED					X	Placing tap attachments in exterior of house, during measuring, tracing, and installing, working on lower-level piping, shovelling in basement, working on floor beam.
REPETITIVE	X					-
TWISTING						
SUSTAINED	X					-
REPETITIVE		X				When accessing restricted spaces, shovelling in basement, installing, and checking pipe.
SHOULDER MOVEMENTS						
OVERHEAD				X		Completing measurements, tracing, and marking throughout site, using haul Hawg in ceiling beams, placing pipes throughout site.
FORWARD REACHING					X	During tracing and marking, while using chop saw and haul Hawg, various hand tools, accessing various parts of the house to place pipe, during site clean up, loading and unloading on site, preparing, and installing ABS and PVC pipes.
GRIPPING DEMANDS						
DOMINANT HAND						
REPETITIVE					X	Using hand tools, chop saw, haul haw, various hand tools, placing bits on Hawg, preparing, and installing ABS and PVC pipes, during site clean up, loading and unloading on site, moving tub/shower to access pipe placement, etc.
CONTINUOUS	X					-
NON-DOMINANT HAND						
REPETITIVE				X		Using hand tools, chop saw, haul haw, various hand tools, placing bits on Hawg, preparing, and installing ABS and PVC pipes, during site clean up, loading and unloading on site, moving tub/shower to access pipe placement, etc.
CONTINUOUS	X					-
FINGER DEXTERITY				X		Using nails, bits, and screws, placing glue onto piping, during tracing and marking, using Exacto knife, tracing holes for tap placement, etc.

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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		Lifting drills (up to 3 lbs.), tools (up to 27 lbs.), boxes of pipes (40 lbs.), ABS and PVC pipes (up to 40 lbs.), chop saw (27 lbs.), glue (4 lbs.), hand tools, various supplies, shovel (14 lbs. full), bucket of tools (20 lbs.), etc.
MEDIUM (MAX 50 LB / 22.5 KG)			X			Lifting ABS and PVC pipes (up to 40 lbs.) onto framework. Placing pipes (up to 40 lbs.) into framework, drilling, using Hawg (14 lbs.) onto higher level framework, marking in house.
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
CARRYING						
LIGHT (MAX 20 LB / 9 KG)		X				Carrying tools and materials onto site.
MEDIUM (MAX 50 LB / 22.5 KG)		X				Carrying box of ABS and PVC pipes (up to 40 lbs.) onto site.
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					-
VERY HEAVY (OVER 100 LB / 45 KG)		X				Pushing a tub/shower (up to 159.5 lbs.) to access pipe placement, using Hawg to place external and internal pipe placement, pushing/pulling pipe through inserts, pushing outside tap attachment, pushing pipe through chop saw, shovelling in the basement of the residence.