

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)  
**RESIDENTIAL PAINTER**

**JOB DESCRIPTION**

| TASK # | TASK DESCRIPTION  | % OF SHIFT |
|--------|---|------------|
| 1      | Job preparation – gather supplies and tape surfaces, use poly, strain paint, apply floor protectant       | 5%         |
| 2      | Paint - apply paints, varnishes, and sealants for a lasting finish using brushes, rollers, and spray guns | 90%        |
| 3      | Clean up  | 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**

- |                           |                               |                                  |                          |
|---------------------------|-------------------------------|----------------------------------|--------------------------|
| • External lighting       | • Paint poles (<5 lbs)        | • Extension poles/ sanding poles | • Poly/ canvas dropcloth |
| • Heaters                 | • Caulking gun                | • Putty knives                   | • Painter's tape         |
| • Pails of paint (60 lbs) | • Paint brush/ rollers/ trays | • Old buckets                    | • Putty/ rags            |
| • Paint cans (9 lbs)      | • Paint sprayers              | • Paint strainer                 |                          |
| • Ladder (20 lbs)         | • Sanding sponges             |                                  |                          |

**PERSONAL PROTECTIVE EQUIPMENT**

- Respiratory Protection

**ENVIRONMENTAL EXPOSURE**

Residential Painter would be required to work indoors 90% of the time with adequate lighting and temperature control. Paint needs to be stored above 10° to ensure the integrity of the product. Additional lighting and heaters may be required depending on the working environment. 10% of the time, exterior painting is required; this would be completed above 10° and in good weather conditions.

## PHYSICAL DEMANDS ANALYSIS (EXAMPLE) RESIDENTIAL PAINTER

|   |                     |   |          |   |   |  |   |
|---|---------------------|---|----------|---|---|--|---|
| <b>JOB TITLE</b>  | RESIDENTIAL PAINTER |   |          |   |   | <b>LENGTH OF SHIFT (HRS)</b>   | 8 |
| <b>JOB DESCRIPTION</b>  |                     |   |          |   |   |  |   |
| A Residential Painter is required to apply paints, varnishes, and sealants for a lasting finish using brushes, rollers, and spray guns. |                     |   |          |   |   |  |   |
| <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   |          |   |   | May sit on stool/pail for low work.  |   |
| SITTING WITH VIBRATION/JARRING  | X                   |   |          |   |   | -  |   |
| DRIVING   |                     |   |          | X   |   | When completing painting, job preparation tasks, touch ups, or while on a ladder.  |   |
| STANDING  | X                   |   |          |   |   | -  |   |
| RUNNING   | X                   |   |          |   |   | -  |   |
| <b>WALKING</b>  |                     |   |          |   |   |  |   |
| LEVEL   |                     |   | X        |   |   | When completing job preparation tasks, clean-up tasks, refilling paint trays, etc.   |   |
| UNEVEN GROUND   |                     | X   |          |   |   | Required when walking outside with supplies, depending on the terrain and jobsite, disposing of any garbage, completing exterior painting, etc.  |   |
| SLOPES / RAMPS  | X                   |   |          |   |   | -  |   |
| <b>CLIMBING</b>   |                     |   |          |   |   |  |   |
| REGULAR STAIRS  |                     | X   |          |   |   | A worker may be required to work on the stairs to complete job tasks or utilize them to retrieve items.  |   |
| STEEP STAIRS  | X                   |   |          |   |   | -  |   |
| LADDERS   |                     |   | X        |   |   | Required when working on surfaces above chest height, such as ceilings or upper walls.   |   |
| OTHER   | X                   |   |          |   |   | -  |   |
| <b>LOW LEVEL WORK</b>   |                     |   |          |   |   |  |   |
| KNEELING  |                     |   | X        |   |   | Required when working at low levels to complete tasks, such as painting, sanding, cleaning tasks, puttying, caulking, etc. This would be worker dependent, as some painters may choose to crouch or sit while they work. |   |
| SQUATTING   | X                   |   |          |   |   | -  |   |
| CRAWLING  |                     | X   |          |   |   | When painting baseboards (this is worker dependent).   |   |

## PHYSICAL DEMANDS ANALYSIS (EXAMPLE) RESIDENTIAL PAINTER

| 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 |   | Required when completing tasks above or below shoulder height, such as painting, sanding, using poly, taping, touch ups, wiping down surfaces, etc.                            |
| REPETITIVE                   | X |   |   |   |   | -  |
| <b>TWISTING</b>              |   |   |   |   |   |  |
| SUSTAINED                    | X |   |   |   |   | -  |
| REPETITIVE                   | X |   |   |   |   | -  |
| <b>TRUNK MOVEMENTS</b>       |   |   |   |   |   |  |
| <b>BENDING</b>               |   |   |   |   |   |  |
| SUSTAINED                    |   |   |   | X |   | Required when completing tasks below shoulder height painting, sanding, using poly, taping, touch ups, wiping down surfaces, working in small spaces, gathering supplies, etc. |
| REPETITIVE                   | X |   |   |   |   | -  |
| <b>TWISTING</b>              |   |   |   |   |   |  |
| SUSTAINED                    |   |   | X |   |   | Required when working in small spaces, painting, sanding, cleaning tasks, etc.   |
| REPETITIVE                   | X |   |   |   |   | -  |
| <b>SHOULDER MOVEMENTS</b>    |   |   |   |   |   |  |
| OVERHEAD                     |   |   |   | X |   | Required when painting, sanding, taping, placing poly, cleaning, etc.  |
| FORWARD REACHING             |   |   |   | X |   | Required when painting, sanding, taping, placing poly, cleaning, etc.  |
| <b>GRIPPING DEMANDS</b>      |   |   |   |   |   |  |
| <b>DOMINANT HAND</b>         |   |   |   |   |   |  |
| REPETITIVE                   | X |   |   |   |   | -  |
| CONTINUOUS                   |   |   |   |   | X | Required when using a paint brush, putty knife, a roller, sanding, extension poles, moving product, clean-up, holding/carrying a cut can, etc.                                 |
| <b>NON-DOMINANT HAND</b>     |   |   |   |   |   |  |
| REPETITIVE                   | X |   |   |   |   | -  |
| CONTINUOUS                   |   |   |   | X |   | When using other hand to hold extension poles, moving product, clean-up, holding/carrying a cut can, etc.  |
| <b>FINGER DEXTERITY</b>      |   |   | X |   |   | Required when using a paintbrush and finger patching.  |

## PHYSICAL DEMANDS ANALYSIS (EXAMPLE) RESIDENTIAL PAINTER

| 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 |   |   | A Residential Painter may be required to lift the following at waist level: Paint, Primer, small ladders, Putty knives, Paint cans, Sanding pole, Canvas drop cloths, Sander, Paint brush/ roller. |
| MEDIUM (MAX 50 LB / 22.5 KG)     |   | X |   |   |   | Larger ladders.  |
| HEAVY (MAX 100 LB / 45 KG)       |   | X |   |   |   | Large paint pails.   |
| VERY HEAVY (OVER 100 LB / 45 KG) | X |   |   |   |   | -  |
| <b>CARRYING</b>                  |   |   |   |   |   |  |
| LIGHT (MAX 20 LB / 9 KG)         |   |   | X |   |   | A Residential Painter may be required to carry the following items: Cans of paint and Paint tools such as a putty knife, paint brush, sander, etc.   |
| MEDIUM (MAX 50 LB / 22.5 KG)     |   | X |   |   |   | Larger ladders .   |
| HEAVY (MAX 100 LB / 45 KG)       |   | X |   |   |   | Large paint pails.   |
| VERY HEAVY (OVER 100 LB / 45 KG) | X |   |   |   |   | -  |
| <b>MOBILE PUSHING</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>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 |   | A Residential Painter would be required to push with the arm while painting with a brush/roller, sanding, cleaning, etc.   |
| MEDIUM (MAX 50 LB / 22.5 KG)     | X |   |   |   |   | -  |
| HEAVY (MAX 100 LB / 45 KG)       | X |   |   |   |   | -  |
| VERY HEAVY (OVER 100 LB / 45 KG) | X |   |   |   |   | -  |