

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)

ASPHALT PLANT WORKER

JOB DESCRIPTION

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Visual and lubrication checks.	10%
2	Cleaning & Maintenance tasks.	90%

*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

- Shovels & brooms (5 lb.)
- Scrapers (4 lb.)
- Wooden planks (20-30 lb.)
- Sheets of steel
- 5-gal pail of lubricant (40 lb.)
- Equipment pieces for repairs:
 - » Bearings (10-50 lb.)
 - » Rollers (10-25 lb.)
 - » Belts (20-60 lb.)
 - » Mixer paddles (10-30 lb.)
 - » Drive motors (50 lb.)
 - » Steel strips for repairs (10-15 lb.)

PERSONAL PROTECTIVE EQUIPMENT

- Work Boots
- Hard hat
- Gloves
- Coveralls (Hi Visibility stripes)
- Hearing protection

ENVIRONMENTAL EXPOSURE

Works inside and outside with exposure to all weather conditions including uneven, wet, or icy ground. Exposure to fumes from asphalt, oil, and welding.

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JOB TITLE	ASPHALT PLANT WORKER	LENGTH OF SHIFT (HRS)	8
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JOB DESCRIPTION

The worker is required to complete daily checks on equipment and machines, lubricate and clean various equipment and machinery, clean around the plant to ensure minimal hazards, complete repairs as required.

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
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WHOLE BODY DEMANDS						
SITTING	X					-
SITTING WITH VIBRATION/JARRING	X					-
DRIVING	X					-
STANDING				X		Cleaning or completing maintenance on equipment and machinery, documenting on checklists what has been completed, communicating.
RUNNING	X					-
WALKING						
LEVEL					X	Throughout the plant site.
UNEVEN GROUND		X				On gravel.
SLOPES / RAMPS	X					-
CLIMBING						
REGULAR STAIRS		X				Climbing stairs to access higher level parts of equipment and machinery.
STEEP STAIRS		X				Climbing stairs to access higher level parts of equipment and machinery.
LADDERS		X				Climbing stairs to access higher level parts of equipment and machinery.
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					-
REPETITIVE	X					-
TWISTING						
SUSTAINED	X					-
REPETITIVE	X					-
TRUNK MOVEMENTS						
BENDING						
SUSTAINED	X					-
REPETITIVE				X		Cleaning various equipment and pieces of machinery, during shovelling, sweeping, and scraping tasks for lower-level surfaces, checking, and maintaining fluids/lubricants.
TWISTING						
SUSTAINED	X					-
REPETITIVE			X			Accessing, cleaning, and maintaining tighter areas of equipment/machinery, scraping/raking/shovelling and placing debris in wheelbarrow.
SHOULDER MOVEMENTS						
OVERHEAD			X			Completing daily check on higher level equipment, cleaning and maintaining (filling fluids/lubricating) higher level equipment (e.g. gravity lift).
FORWARD REACHING				X		Shovelling, sweeping, scraping, various cleaning tasks involve reaching, lubricating, and filling fluids.
GRIPPING DEMANDS						
DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS					X	Gripping locks and levers on site, various equipment, shovelling, sweeping, scraping, lubricating, and filling fluids, gripping wooden planks, sheets of steel, shelving, windshield washer jugs, etc.
NON-DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS			X			Gripping locks and levers on site, various equipment, shovelling, sweeping, scraping, lubricating, and filling fluids, gripping wooden planks, sheets of steel, shelving, windshield washer jugs, etc.
FINGER DEXTERITY		X				Attaching/detaching chains, using radio with coworkers.

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MANUAL HANDLING DEMANDS						
LIFTING						
LIGHT (MAX 20 LB / 9 KG)	X					-
MEDIUM (MAX 50 LB / 22.5 KG)			X			Lifting wheelbarrow with debris from site, wooden planks, sheets of steel, various pieces for equipment/repairs, oils, lubricants, fluids, etc. for maintenance of equipment/machines.
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
CARRYING						
LIGHT (MAX 20 LB / 9 KG)				X		Carrying shovel, broom, oil jugs, grease gun, various pieces for equipment, etc.
MEDIUM (MAX 50 LB / 22.5 KG)			X			Carrying wooden planks, sheets of steel, racks, various pieces for equipment, 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			Pushing wheelbarrow with debris.
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		Scraping asphalt tar, sweeping/shovelling debris.
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-