

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)  
**ASPHALT RAKEMAN**

**JOB DESCRIPTION**

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Ensuring joints and asphalt are flush, raking along joints, raking asphalt to concrete, flattening asphalt to assist Roller.	85%
2	Cleaning site from the shift's work, cleaning tools and equipment used throughout the shift, and planning routes.	15%

*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**

- Rake 6 ft. (6 lb.)
- Shovel 5 ft. (5 lb.)
- Scraper (4 lb.)

**PERSONAL PROTECTIVE EQUIPMENT**

- Work Boots
- Hard hat
- Gloves
- Coveralls (High 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.

# PHYSICAL DEMANDS ANALYSIS (EXAMPLE)

## ASPHALT RAKEMAN

<b>JOB TITLE</b>	ASPHALT RAKEMAN	<b>LENGTH OF SHIFT (HRS)</b>	8
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**JOB DESCRIPTION**

The worker is required to rake fresh asphalt and spread the asphalt using a rake or shovel.

**PHYSICAL JOB DEMANDS - Grade using a scale of 0 - 4**

<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	

**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
<b>WHOLE BODY DEMANDS</b>						
SITTING	X					-
SITTING WITH VIBRATION/JARRING	X					-
DRIVING	X					-
STANDING			X			During raking and shoveling tasks, waiting for truck to dispose asphalt.
RUNNING	X					-
<b>WALKING</b>						
LEVEL				X		On site, during raking/shoveling tasks, behind paving truck.
UNEVEN GROUND				X		On site, during raking/shoveling tasks, behind paving truck.
SLOPES / RAMPS	X					-
<b>CLIMBING</b>						
REGULAR STAIRS	X					-
STEEP STAIRS	X					-
LADDERS	X					-
OTHER	X					-
<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	Checking asphalt and surroundings on site when using rake and shovel.
REPETITIVE	X					-
<b>TWISTING</b>						
SUSTAINED	X					-
REPETITIVE	X					-
<b>TRUNK MOVEMENTS</b>						
<b>BENDING</b>						
SUSTAINED					X	While using rake and shovel.
REPETITIVE	X					-
<b>TWISTING</b>						
SUSTAINED	X					-
REPETITIVE				X		Pushing/pulling rake away from the worker's body.
<b>SHOULDER MOVEMENTS</b>						
OVERHEAD	X					-
FORWARD REACHING					X	Moving and manipulating asphalt with rake and shovel on site.
<b>GRIPPING DEMANDS</b>						
<b>DOMINANT HAND</b>						
REPETITIVE	X					-
CONTINUOUS					X	Gripping rake and shovel to move and manipulate asphalt.
<b>NON-DOMINANT HAND</b>						
REPETITIVE	X					-
CONTINUOUS					X	Gripping rake and shovel to move and manipulate asphalt.
<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			Moving road construction signs out of way, lifting shovel/rake from ground, lifting asphalt filled shovel from ground.
MEDIUM (MAX 50 LB / 22.5 KG)	X					-
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
<b>CARRYING</b>						
LIGHT (MAX 20 LB / 9 KG)			X			Carrying shovel, rake.
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 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					-
MEDIUM (MAX 50 LB / 22.5 KG)	X					-
HEAVY (MAX 100 LB / 45 KG)				X		Moving asphalt with rake and/or shovel.
VERY HEAVY (OVER 100 LB / 45 KG)	X					-