

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)  
**HEAVY CONSTRUCTION - CONCRETE FINISHER**



**JOB DESCRIPTION**

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Review site / clean site at end of day.	5%
2	Concrete finishing tasks - Assisting in pouring concrete from concrete truck, levelling recently poured concrete with bow float and rake, create anti-slip grip on concrete with broom, create edges and corners with street cut edgers and spray finishing sealant on concrete.	95%

*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**

- Pump (28 lb.)
- Shovel (6 lb.; 18 lb. with concrete)
- Hand Trowel
- Steel Trowel
- Bucket with Water (19 lb.)
- Deep Cut Edger
- Rake (4 lb.)
- Screed Board (16 lb.)
- Push Broom (8 lb.)
- Shute Extension (28 lb.)
- Bow Float (8 lb.)

**PERSONAL PROTECTIVE EQUIPMENT**

- Work Boots
- Gloves
- Safety glasses
- Knee pads
- High visibility vest

**ENVIRONMENTAL EXPOSURE**

- Exhaust fumes
- Concrete gas
- Heat/Cold weather extremes
- Wind

# PHYSICAL DEMANDS ANALYSIS (EXAMPLE)

## HEAVY CONSTRUCTION - CONCRETE FINISHER

<b>JOB TITLE</b>	HEAVY CONSTRUCTION – CONCRETE FINISHER	<b>LENGTH OF SHIFT (HRS)</b>	10
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**JOB DESCRIPTION**

The worker is required to assist in pouring the concrete, levelling out the liquid concrete, and finishing the concrete with the appropriate anti-slip grip, edging, and finishing sealant.

**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			Waiting for concrete truck
RUNNING	X					-
<b>WALKING</b>						
LEVEL			X			Surrounding sidewalk and asphalt (road).
UNEVEN GROUND				X		On site including gravel, curbs, grass, etc.
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			Edging and troweling fresh concrete.
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 surroundings and nearby traffic for hazards, while using hand/steel trowel, various edgers, screed board, bow float, removing concrete from Shute extension, applying sealant, site preparation and site clean up.
REPETITIVE	X					-
<b>TWISTING</b>						
SUSTAINED				X		Checking surroundings and nearby traffic for hazards, while using hand/steel trowel, various edgers, screed board, bow float, removing concrete from Shute extension, applying sealant, communicating with coworkers site preparation and site clean up.
REPETITIVE	X					-
<b>TRUNK MOVEMENTS</b>						
<b>BENDING</b>						
SUSTAINED				X		Using hand/steel trowel, various edgers, screed board, bow float, checking level of concrete, applying sealant and tarp to concrete.
REPETITIVE	X					-
<b>TWISTING</b>						
SUSTAINED	X					-
REPETITIVE			X			Edging and troweling fresh concrete..
<b>SHOULDER MOVEMENTS</b>						
OVERHEAD			X			Pushing/pulling bow float to level concrete while bent over.
FORWARD REACHING				X		Using screed board, bow float, rakes, edgers, brooms, shovels, trowels, moving Shute extension, etc. to pour, level and detail concrete, site preparation and site clean up.
<b>GRIPPING DEMANDS</b>						
<b>DOMINANT HAND</b>						
REPETITIVE	X					-
CONTINUOUS					X	Using screed board, bow float, rakes, edgers, brooms, shovels, trowels, moving Shute extension, etc. to pour, level and detail concrete, site preparation and site clean up.
<b>NON-DOMINANT HAND</b>						
REPETITIVE	X					-
CONTINUOUS				X		Using screed board, bow float, rakes, edgers, brooms, shovels, trowels, moving Shute extension, etc. to pour, level and detail concrete, site preparation and site clean up.
<b>FINGER DEXTERITY</b>		X				Using pump and nozzle attached to apply sealant to fresh concrete.

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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					-
MEDIUM (MAX 50 LB / 22.5 KG)			X			Moving various equipment including edgers, rakes, brooms, buckets, bow floats, screed boards from work truck to site and vice versa.
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					-
MEDIUM (MAX 50 LB / 22.5 KG)			X			Carrying various equipment including edgers, rakes, brooms, buckets, bow floats, screed boards from work truck to site and vice versa.
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	Pushing/pulling rakes, edgers, brooms shovels, trowels, Shute extension, etc.
MEDIUM (MAX 50 LB / 22.5 KG)	X					-
HEAVY (MAX 100 LB / 45 KG)				X		Pushing/pulling Screed Board with fresh concrete, pushing/pulling Bow Float with fresh concrete.
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
<b>MOBILE PULLING</b>						
LIGHT (MAX 20 LB / 9 KG)					X	Pushing/pulling rakes, edgers, brooms shovels, trowels, Shute extension, etc.
MEDIUM (MAX 50 LB / 22.5 KG)	X					-
HEAVY (MAX 100 LB / 45 KG)				X		Pushing/pulling Screed Board with fresh concrete, pushing/pulling Bow Float with fresh concrete.
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					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-