

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)
HEAVY CONSTRUCTION - CONCRETE FORM WORKER



JOB DESCRIPTION

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Review site / clean site at end of day.	5%
2	Concrete form tasks - Working on site by preparing the outlined area for concrete to be poured. This involves installing wooden boards and stakes, ensuring the site is level and to the correct dimensions.	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

- Boarder (90 lb.)
- Compressor with Jack Hammer (60 lb.)
- Crate (48 lb.)
- Pry Bar (18 lb.)
- Hilts Drill (23 lb.)
- Drill (13 lb.)
- Sledgehammer (13 lb.)
- Pick (6 lb.)
- Leveller (5 lb.)
- Shovel (4 lb.)
- Stakes (4 lb.)

PERSONAL PROTECTIVE EQUIPMENT

- Work Boots
- Gloves
- Safety glasses
- Long pants
- High visibility vest

ENVIRONMENTAL EXPOSURE

- Exhaust
- Heat/Cold weather extremes.
- Wind
- Icy/slippery surfaces
- Noise and vibration exposure

PHYSICAL DEMANDS ANALYSIS (EXAMPLE) HEAVY CONSTRUCTION - CONCRETE FORM WORKER

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)

JOB TITLE	HEAVY CONSTRUCTION – CONCRETE FORM WORKER	LENGTH OF SHIFT (HRS)	10
------------------	---	------------------------------	----

JOB DESCRIPTION
The worker is required to prepare the site for concrete to be poured. This includes the possibility of clearing the site of any barriers, levelling the site, installing outlines using temporary wooden boards (cut to site dimensions) and stakes, as well as ensuring the site is ready for the concrete to be poured.

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					-
SITTING WITH VIBRATION/JARRING	X					-
DRIVING	X					-
STANDING				X		While installing wooden boards and stakes, measuring wooden boards.
RUNNING	X					-
WALKING						
LEVEL			X			While using equipment and tools to cut wooden boards, retrieving equipment and tools from work truck, site clean up.
UNEVEN GROUND				X		On site while installing wooden boards and stakes, completing site specific measurements, applying strings, using drill to create holes in concrete, site clean up.
SLOPES / RAMPS	X					-
CLIMBING						
REGULAR STAIRS	X					-
STEEP STAIRS	X					-
LADDERS	X					-
OTHER	X					-
LOW LEVEL WORK						
KNEELING	X					-
SQUATTING			X			Holding stakes while partner nails wooden boards into place, measuring wooden boards at lower levels once installed.
CRAWLING	X					-

PHYSICAL DEMANDS ANALYSIS (EXAMPLE) HEAVY CONSTRUCTION - CONCRETE FORM WORKER

PHYSICAL JOB DEMANDS	0	1	2	3	4	DESCRIBE THE TASK(S) PERFORMED
SPECIFIC BODY DEMANDS						
NECK MOVEMENTS						
BENDING						
SUSTAINED					X	Completing site specific measurements with wooden boards, installing wooden boards and stakes, attaching string to wooden boards and stakes, reviewing site progress to date, completing site clean up.
REPETITIVE	X					-
TWISTING						
SUSTAINED					X	Completing site specific measurements with wooden boards, installing wooden boards and stakes, attaching string to wooden boards and stakes, reviewing site progress to date, working in tandem with partner, completing site clean up.
REPETITIVE	X					-
TRUNK MOVEMENTS						
BENDING						
SUSTAINED					X	Using various equipment and tools on site (cutting wooden boards), measuring various aspects of site to ensure correct dimensions using leveller, installing wooden boards and stakes, applying string to stakes and wooden boards, completing site clean up etc.
REPETITIVE	X					-
TWISTING						
SUSTAINED	X					-
REPETITIVE			X			Installing stakes to ground and applying string to wooden boards/stakes.
SHOULDER MOVEMENTS						
OVERHEAD		X				Removing string from stakes and wooden boards.
FORWARD REACHING				X		Reaching to access equipment and tools, installing wooden boards and stakes, cones, cutting wooden boards to site specific measurements, hammering nails into wooden boards installing/removing strings, and completing site clean up.
GRIPPING DEMANDS						
DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS					X	Gripping power/hand tools, placing stakes and wooden boards, gripping various equipment, crate and boarder, cones, using leveller to check work, completing site clean up etc.
NON-DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS				X		Gripping power/hand tools, placing stakes and wooden boards, gripping various equipment, crate and boarder, cones, using leveller to check work, completing site clean up etc.
FINGER DEXTERITY		X				Installing nails into wooden boards, attaching string to stakes.

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)
HEAVY CONSTRUCTION - CONCRETE FORM WORKER

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 Standard General cones or barriers to/from site or adjusting for site access, completing site clean up.
MEDIUM (MAX 50 LB / 22.5 KG)	X					-
HEAVY (MAX 100 LB / 45 KG)				X		Lifting wooden boards (and installing), stakes (and installing), various equipment, Standard General cones, crate, and boarder cover from ground, completing site clean up.
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
CARRYING						
LIGHT (MAX 20 LB / 9 KG)	X					-
MEDIUM (MAX 50 LB / 22.5 KG)	X					-
HEAVY (MAX 100 LB / 45 KG)			X			Carrying crate and boarder, wooden boards, various equipment and tools, Standard General cones around the site, completing site clean up.
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				Using electric drill to place holes in concrete to set up wooden board supports.
VERY HEAVY (OVER 100 LB / 45 KG)	X					-