

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)
HEAVY CONSTRUCTION - HEAVY DUTY MECHANIC



JOB DESCRIPTION

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Work on various projects to repair and maintain heavy equipment.	95%
2	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

- Jack Stands (up to 54 lb.)
- Lifts/Crane
- Various power tools (up to 31 lb.)
- Cylinder piece (83 lb.)
- Battery charger (6 lb. of force)
- Various hand tools (wrenches, pinch nose grip, etc.)

PERSONAL PROTECTIVE EQUIPMENT

- Work Boots
- Hard hat
- Gloves
- Safety glasses as needed
- High visibility vest

ENVIRONMENTAL EXPOSURE

- Fume, chemical exposure
- Noise exposure

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JOB TITLE	HEAVY CONSTRUCTION – HEAVY DUTY MECHANIC	LENGTH OF SHIFT (HRS)	10
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JOB DESCRIPTION
The worker is required to work on various projects assigned to the shop. The volume is dependent on volume in the field and machine/equipment maintenance and repair requirements.

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				As able to when performing repairs. Back lying on creeper.
SITTING WITH VIBRATION/JARRING	X					-
DRIVING	X					-
STANDING				X		While completing repairs on equipment/vehicles, ordering parts (standing near computer), gaining access to various tools, communicating with coworkers.
RUNNING	X					-
WALKING						
LEVEL				X		Walking throughout bay and shop, while working on equipment/vehicles, communicating with coworkers in shop, cleaning bays at end of shift, retrieving various tools required, etc.
UNEVEN GROUND	X					-
SLOPES / RAMPS	X					-
CLIMBING						
REGULAR STAIRS	X					-
STEEP STAIRS	X					-
LADDERS			X			Portable 3 step ladder.
OTHER		X				Access and egress from equipment.
LOW LEVEL WORK						
KNEELING			X			Accessing lower-level components of the equipment/vehicles to complete maintenance/repairs, access behind tires, door frames, under the vehicle etc. Dependent on workers preference.
SQUATTING			X			Accessing lower-level components of the equipment/vehicles to complete maintenance/repairs, access behind tires, door frames, under the vehicle etc. Dependent on workers preference.

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PHYSICAL JOB DEMANDS	0	1	2	3	4	DESCRIBE THE TASK(S) PERFORMED
CRAWLING	X					-
SPECIFIC BODY DEMANDS						
NECK MOVEMENTS						
BENDING						
SUSTAINED				X		Into equipment/vehicle components, parts being repaired, looking at tools being used on equipment/vehicle, communicating with coworkers at lower or higher levels, retrieving high and lower-level parts, during bay clean up, etc.
REPETITIVE	X					-
TWISTING						
SUSTAINED	X					-
REPETITIVE			X			In restricted spaces of equipment/vehicle components, parts being repaired, looking at tools being used on equipment/vehicle, communicating with coworkers from various bays, during bay clean up, etc.
TRUNK MOVEMENTS						
BENDING						
SUSTAINED	X					-
REPETITIVE				X		Accessing various components of the equipment/vehicles to complete maintenance/repairs, retrieving lower-level tools and equipment placed, bay clean up, etc.
TWISTING						
SUSTAINED	X					-
REPETITIVE				X		Accessing confined components of the equipment/vehicles to complete maintenance/repairs, bay clean up, swinging sledgehammer.
SHOULDER MOVEMENTS						
OVERHEAD			X			Reaching into higher level components of equipment/vehicle, reaching for higher tools stored at higher locations.
FORWARD REACHING				X		Using hand and power tools on equipment/vehicles, gripping equipment/vehicle compartments, manipulating equipment/vehicle components, using crane to lift heavy parts, while back lying on creeper and reaching up.
GRIPPING DEMANDS						
DOMINANT HAND						
REPETITIVE				X		Using hand and power tools, gripping equipment/vehicle compartments, manipulating equipment/vehicle components, using crane to lift heavy parts, during bay clean up, etc.
CONTINUOUS	X					-
NON-DOMINANT HAND						
REPETITIVE			X			Using hand and power tools, gripping equipment/vehicle compartments, manipulating equipment/vehicle. Components, using crane to lift heavy parts, during bay clean up, etc.
CONTINUOUS	X					-
FINGER DEXTERITY				X		Using certain hand tools, tightening/loosening mechanical work with hands.

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PHYSICAL JOB DEMANDS	0	1	2	3	4	DESCRIBE THE TASK(S) PERFORMED
MANUAL HANDLING DEMANDS						
LIFTING						
LIGHT (MAX 20 LB / 9 KG)	X					-
MEDIUM (MAX 50 LB / 22.5 KG)		X				Up to 54 lb. - Lifting impact guns, torque wrenches, jack stands, other various hand, and power tools etc. from shelving units.
HEAVY (MAX 100 LB / 45 KG)			X			Up to 80 lb. - Lifting tires, suspensions, impact guns, torque wrenches, batteries, cylinder pieces, jack stands, other various hand, and power tools etc. from the ground.
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
CARRYING						
LIGHT (MAX 20 LB / 9 KG)	X					-
MEDIUM (MAX 50 LB / 22.5 KG)			X			Up to 54 lb. - Carrying various equipment and hand/power tools including torque wrenches, impact guns, carrying jack stands, portable tool kit, 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				Moving battery charging cart into position.
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			Adjusting position of equipment, tighten and loosen.
VERY HEAVY (OVER 100 LB / 45 KG)	X					-