

# PHYSICAL DEMANDS ANALYSIS (EXAMPLE)

## ROLLER OPERATOR

### JOB DESCRIPTION

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Pre-Use inspection	5%
2	Operate Equipment	95%
3	Clean up site	0-5%

*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

- Roller
- Tip cleaner

### PERSONAL PROTECTIVE EQUIPMENT

- Work Boots
- High Visibility vest/stripes.
- Hard hat
- Gloves
- Safety goggles

### ENVIRONMENTAL EXPOSURE

Exposed to asphalt and oil fumes, heat, wind, cold, and dust from outdoor operation. Whole body vibration experienced from sitting and operating roller.

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<b>JOB TITLE</b>	ROLLER OPERATOR	<b>LENGTH OF SHIFT (HRS)</b>	10
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**JOB DESCRIPTION**  
The worker is required to operate the roller on site. This includes using hand controls, steering a wheel, foot pedals (dependent on the roller) and checking surroundings.

**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	Operating equipment.
SITTING WITH VIBRATION/JARRING					X	Operating equipment.
DRIVING	X					-
STANDING	X					-
RUNNING	X					-
<b>WALKING</b>						
LEVEL		X				Walking on new asphalt.
UNEVEN GROUND		X				Walking on job site.
SLOPES / RAMPS	X					-
<b>CLIMBING</b>						
REGULAR STAIRS	X					-
STEEP STAIRS	X					-
LADDERS	X					-
OTHER		X				Climb in and out of Roller.
<b>LOW LEVEL WORK</b>						
KNEELING		X				Pre-use inspection/checking equipment.
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					-
REPETITIVE				X		Checking surroundings and asphalt while operating roller.
<b>TWISTING</b>						
SUSTAINED	X					-
REPETITIVE					X	Operator sits sideways and must check ahead and behind constantly while operating roller.
<b>TRUNK MOVEMENTS</b>						
<b>BENDING</b>						
SUSTAINED		X				Completing equipment and safety inspection; checking lower levels on roller.
REPETITIVE	X					-
<b>TWISTING</b>						
SUSTAINED					X	Operator sits sideways and must check ahead and behind constantly while operating roller.
REPETITIVE	X					-
<b>SHOULDER MOVEMENTS</b>						
OVERHEAD	X					-
FORWARD REACHING					X	Reaching steering wheel, controls (dependent on Roller).
<b>GRIPPING DEMANDS</b>						
<b>DOMINANT HAND</b>						
REPETITIVE	X					-
CONTINUOUS					X	Gripping the steering wheel, hand controls, refilling fluids, mechanical checks.
<b>NON-DOMINANT HAND</b>						
REPETITIVE	X					-
CONTINUOUS					X	Gripping the steering wheel, hand controls, refilling fluids, mechanical checks.
<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					--
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					-
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					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-