

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)
**HEAVY CONSTRUCTION –
 CONCRETE SURFACE LABOURER**

JOB DESCRIPTION

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Use of shovel and rake to clear debris as required on roadways to prepare for paving. Use of tamper to level out roadway edges and areas not able to be accessed by the Packer. Ensuring roadways are level, and sloped appropriately to encourage drainage.	45%
2	Use GPS Rover to ensure roadways are within appropriate slope regulations.	45%
3	Load/unload required equipment from work trucks.	10%

*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

- Tamper
- Shovel (3.85 lbs.)
- Landscaping Rake (2.25 lbs.)
- Packer, CAT C556
- Grader
- GPS Rover (8.35 lbs.)
- Level

PERSONAL PROTECTIVE EQUIPMENT

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

ENVIRONMENTAL EXPOSURE

- Dust and debris.
- Whole body vibration driving over uneven surfaces

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JOB TITLE	HEAVY CONSTRUCTION – CONCRETE SURFACE LABOURER	LENGTH OF SHIFT (HRS)	10
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JOB DESCRIPTION

The worker is required to complete all tasks needed to assist heavy equipment in preparing roadways prior to application of asphalt and paving. The ground labourer works in a 2-person crew, with a supervisor providing assignments for completion during each shift. The worker is required to communicate with the crew members, and other crews as needed, to ensure the task is completed safely, efficiently, and as directed.

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			When driving the Packer or Grader.
DRIVING						-
STANDING			X			Raking, shovelling, and using the tamper to even out roadways following use of Packer. Utilizing GPS rover to monitor gradient.
RUNNING	X					-
WALKING						
LEVEL			X			Paved ground within work area and stock yard.
UNEVEN GROUND				X		Ground within work sites are typically unpaved, gravel, mud, or packed/unpacked soil.
SLOPES / RAMPS	X					-
CLIMBING						
REGULAR STAIRS	X					-
STEEP STAIRS	X					-
LADDERS	X					-
OTHER		X				Steps to climb into the Packer and Grader.
LOW LEVEL WORK						
KNEELING	X					-
SQUATTING		X				Using level on ground to verify gradient.
CRAWLING	X					-

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PHYSICAL JOB DEMANDS	0	1	2	3	4	DESCRIBE THE TASK(S) PERFORMED
SPECIFIC BODY DEMANDS						
NECK MOVEMENTS						
BENDING						
SUSTAINED				X		Shoveling or raking roadways. Viewing and reading the GPS Rover. Viewing work site and environment as needed.
REPETITIVE	X					-
TWISTING						
SUSTAINED	X					-
REPETITIVE			X			Driving Grader and Packer; shoulder checking and viewing roadways.
TRUNK MOVEMENTS						
BENDING						
SUSTAINED	X					-
REPETITIVE		X				Shovelling and raking.
TWISTING						
SUSTAINED	X					-
REPETITIVE			X			Shovelling and raking. Operating Packer and Grader.
SHOULDER MOVEMENTS						
OVERHEAD	X					-
FORWARD REACHING		X				Raking.
GRIPPING DEMANDS						
DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS				X		Carrying GPS Rover, shovel, or rake throughout site. Steering and driving Packer and Grader. Using tamper to level gradient on roadways.
NON-DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS				X		Carrying GPS Rover, shovel, or rake throughout site. Steering and driving Packer and Grader. Using tamper to level gradient on roadways.
FINGER DEXTERITY		X				Controls to operate Packer and Grader.

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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					-
HEAVY (MAX 100 LB / 45 KG)		X				Loading Tamper into work truck for transport.
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
CARRYING						
LIGHT (MAX 20 LB / 9 KG)		X				Carrying shovel, rake, level and GPS Rover and other materials throughout site.
MEDIUM (MAX 50 LB / 22.5 KG)	X					-
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					-
HEAVY (MAX 100 LB / 45 KG)		X				Maneuvering self-propelling tamper along roadways, or maneuvering tamper when off to relocate tamper as needed.
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				Maneuvering self-propelling tamper along roadways, or maneuvering tamper when off to relocate tamper as needed.
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				Shovelling and raking debris.
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-