

PHYSICAL DEMANDS ANALYSIS (EXAMPLE) SAND & GRAVEL – CRUSH PLANT OPERATOR

JOB DESCRIPTION

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Machine inspection & monitoring.	10%
2	Maintenance and service.	10%
3	Cone liner changes (periodic task).	15%
4	Monitors personnel and supports as needed	33%
5	Clean up	32%

*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

- Various wrenches
- Impact
- Staplers
- Skid steer
- Loader
- Shovel
- Rake

PERSONAL PROTECTIVE EQUIPMENT

- Work Boots
- Hard hat
- Gloves
- Foam safety eyewear.
- High Visibility vest.
- Hearing protection
- Face shield
- Respirator

ENVIRONMENTAL EXPOSURE

Works inside and outside with exposure to all weather conditions including uneven, wet, or icy ground.

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)

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JOB TITLE	SAND & GRAVEL – CRUSH PLANT OPERATOR	LENGTH OF SHIFT (HRS)	8
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JOB DESCRIPTION

The worker is required to operate, monitor, and maintain the crush plant..

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				Operating skid steer as needed.
DRIVING	X					-
STANDING		X				Checking equipment.
RUNNING	X					-
WALKING						
LEVEL				X		Around the plant.
UNEVEN GROUND			X			In some parts of the yard.
SLOPES / RAMPS	X					-
CLIMBING						
REGULAR STAIRS	X					-
STEEP STAIRS	X					-
LADDERS		X				To access the screen.
OTHER	X					-
LOW LEVEL WORK						
KNEELING		X				Checking screens.
SQUATTING		X				Checking screens.
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					-
REPETITIVE	X					-
TWISTING						
SUSTAINED	X					-
REPETITIVE	X					-
TRUNK MOVEMENTS						
BENDING						
SUSTAINED	X					-
REPETITIVE				X		Shovelling, raking, maintenance
TWISTING						
SUSTAINED	X					-
REPETITIVE				X		Shovelling, raking.
SHOULDER MOVEMENTS						
OVERHEAD		X				Some roller work.
FORWARD REACHING			X			Raking under conveyor.
GRIPPING DEMANDS						
DOMINANT HAND						
REPETITIVE				X		Tools.
CONTINUOUS	X					-
NON-DOMINANT HAND						
REPETITIVE	X					
CONTINUOUS			X			Tools.
FINGER DEXTERITY	X					-

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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		Tools, loader teeth.
MEDIUM (MAX 50 LB / 22.5 KG)			X			Rollers, blocks, pallets, chains, screens, belts.
HEAVY (MAX 100 LB / 45 KG)		X				Some rollers.
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
CARRYING						
LIGHT (MAX 20 LB / 9 KG)			X			Tools, loader teeth.
MEDIUM (MAX 50 LB / 22.5 KG)			X			Rollers, blocks, pallets, chains, screens, belts.
HEAVY (MAX 100 LB / 45 KG)		X				Some rollers.
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		Pushing conveyor.
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		Raking.
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-