

PHYSICAL DEMANDS ANALYSIS (EXAMPLE) SAND & GRAVEL – GRADER OPERATOR

JOB DESCRIPTION

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Pre check.	5%
2	Operate grader.	90%
3	Post check.	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

- Blade
- Impact drill (2lb.)
- Fluids (grease, coolant oil, windshield – up to 12 lb.)

PERSONAL PROTECTIVE EQUIPMENT

- Work Boots
- Hard hat
- Gloves
- Foam safety eyewear
- High-Visibility vest

ENVIRONMENTAL EXPOSURE

Works inside the cab with exposure to all weather conditions including uneven, wet, or icy ground to access and egress machine as well as climb on machine for fluid top up.

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)

SAND & GRAVEL – GRADER OPERATOR

JOB TITLE	SAND & GRAVEL – GRADER OPERATOR	LENGTH OF SHIFT (HRS)	8
------------------	---------------------------------	------------------------------	---

JOB DESCRIPTION

The worker is required to operate the grader along the route set by the supervisor. The Grader Operator is responsible for basic repairs of the equipment and ensuring proper maintenance of the equipment.

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	Operating grader.
SITTING WITH VIBRATION/JARRING				X		Operating grader.
DRIVING	X					-
STANDING	X					-
RUNNING	X					-
WALKING						
LEVEL	X					
UNEVEN GROUND			X			Around equipment for pre-post checks.
SLOPES / RAMPS	X					-
CLIMBING						
REGULAR STAIRS	X					-
STEEP STAIRS	X					-
LADDERS	X					-
OTHER		X				Accessing the grader cab.
LOW LEVEL WORK						
KNEELING	X					-
SQUATTING		X				Pre-post checks.
CRAWLING	X					-

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)
SAND & GRAVEL – GRADER OPERATOR

PHYSICAL JOB DEMANDS	0	1	2	3	4	DESCRIBE THE TASK(S) PERFORMED
SPECIFIC BODY DEMANDS						
NECK MOVEMENTS						
BENDING						
SUSTAINED					X	Checking surroundings.
REPETITIVE	X					-
TWISTING						
SUSTAINED	X					-
REPETITIVE				X		Checking surroundings.
TRUNK MOVEMENTS						
BENDING						
SUSTAINED	X					-
REPETITIVE		X				Pre/post checks.
TWISTING						
SUSTAINED	X					-
REPETITIVE	X					-
SHOULDER MOVEMENTS						
OVERHEAD		X				Stairs handle for access.
FORWARD REACHING				X		Hand controls forward of the body.
GRIPPING DEMANDS						
DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS					X	Gripping hand controls in Grader, refilling fluids, pre/post-trip checks, gripping handles to enter Grader cab, completing basic repairs on Grader.
NON-DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS				X		Gripping hand controls in Grader, refilling fluids, pre/post-trip checks, gripping handles to enter Grader cab, completing basic repairs on Grader.
FINGER DEXTERITY	X					Checking bolts, the mouldboard.

PHYSICAL DEMANDS ANALYSIS (EXAMPLE) SAND & GRAVEL – GRADER OPERATOR

PHYSICAL JOB DEMANDS	0	1	2	3	4	DESCRIBE THE TASK(S) PERFORMED
MANUAL HANDLING DEMANDS						
LIFTING						
LIGHT (MAX 20 LB / 9 KG)			X			Fluids; lifting the door to the fluid storage compartment (7 lb.)
MEDIUM (MAX 50 LB / 22.5 KG)	X					-
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)		X				Blade lifted to adjust/change - requires two people.
CARRYING						
LIGHT (MAX 20 LB / 9 KG)			X			Fluids.
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					-
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	Grader controls (extra light).
MEDIUM (MAX 50 LB / 22.5 KG)	X					-
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-