

**PHYSICAL DEMANDS ANALYSIS (EXAMPLE)**  
**SAND & GRAVEL – LABOURER/GROUNDSPERSON**

**JOB DESCRIPTION**

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Machine monitoring.	15%
2	Maintenance and service.	15%
3	Cone liner changes (periodic task).	10%
4	Clean up.	60%

*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) SAND & GRAVEL – LABOURER/GROUNDSPERSON

<b>JOB TITLE</b>	SAND & GRAVEL – LABOURER/GROUNDSPERSON	<b>LENGTH OF SHIFT (HRS)</b>	8
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**JOB DESCRIPTION**  
The worker is required to maintain and clean the crush plant..

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

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**SAND & GRAVEL – LABOURER/GROUNDSPERSON**

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		Tools and 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					-
<b>CARRYING</b>						
LIGHT (MAX 20 LB / 9 KG)			X			Tools and 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					-
<b>MOBILE PUSHING</b>						
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					-
<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		Raking.
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-