

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)  
**SAND & GRAVEL – LOADER OPERATOR**

**JOB DESCRIPTION**

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Pre & post checks.	5%
2	Operate loader input to collect materials and feed plant. May also maintain berms or do road maintenance.	65%
3	Maintenance/Groundwork to change rollers, screens, cone liner (periodic task)	30%

*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**

- Loader
- Grease gun
- Various wrenches
- Pry bar
- Grinder
- Impact
- Air compressor
- Broom
- Shovel

**PERSONAL PROTECTIVE EQUIPMENT**

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

**ENVIRONMENTAL EXPOSURE**

Works inside 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, potential silica dust when outside cab.

# PHYSICAL DEMANDS ANALYSIS (EXAMPLE)

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<b>JOB TITLE</b>	SAND & GRAVEL – LOADER OPERATOR	<b>LENGTH OF SHIFT (HRS)</b>	8
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**JOB DESCRIPTION**

The worker is required to operate the Loader to feed the plant and perform road maintenance.

**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 loader.
SITTING WITH VIBRATION/JARRING				X		Operating loader.
DRIVING	X					-
STANDING	X					-
RUNNING	X					-
<b>WALKING</b>						
LEVEL		X				Around plant.
UNEVEN GROUND		X				Outside around equipment for pre-post checks.
SLOPES / RAMPS	X					-
<b>CLIMBING</b>						
REGULAR STAIRS	X					-
STEEP STAIRS	X					-
LADDERS	X					-
OTHER		X				Accessing cab of loader.
<b>LOW LEVEL WORK</b>						
KNEELING	X					-
SQUATTING		X				Pre-post checks.
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	Checking surroundings.
REPETITIVE	X					-
<b>TWISTING</b>						
SUSTAINED	X					-
REPETITIVE					X	Checking surroundings.
<b>TRUNK MOVEMENTS</b>						
<b>BENDING</b>						
SUSTAINED	X					-
REPETITIVE		X				Pre/post checks.
<b>TWISTING</b>						
SUSTAINED	X					-
REPETITIVE	X					-
<b>SHOULDER MOVEMENTS</b>						
OVERHEAD		X				Maintenance from ground.
FORWARD REACHING				X		Hand controls forward of the body.
<b>GRIPPING DEMANDS</b>						
<b>DOMINANT HAND</b>						
REPETITIVE	X					-
CONTINUOUS					X	Operating loader controls, tools, equipment, etc.
<b>NON-DOMINANT HAND</b>						
REPETITIVE	X					
CONTINUOUS				X		Operating loader controls, tools, equipment, etc.
<b>FINGER DEXTERITY</b>		X				Nuts, bolts.

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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			Loader teeth & segments, tools, equipment, pail of oil, rollers.
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				Pail of oil, loader teeth, tools.
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					-