

# PHYSICAL DEMANDS ANALYSIS (EXAMPLE) SAND & GRAVEL – ROCK TRUCK

## JOB DESCRIPTION

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Pre check & light servicing such as refuelling, greasing, checking fluid levels.	5%
2	Operate truck - involves driving rock truck to the gravel pit, getting loaded with materials, then proceeding to the dumping area.	65%
3	Maintenance/groundwork – checking and changing screen, changing rollers, cone liner change (infrequently).	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

- Grease gun

## PERSONAL PROTECTIVE EQUIPMENT

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

## ENVIRONMENTAL EXPOSURE

- Weather (cold, heat)
- Silica/dust
- Chemicals
- Vibration
- Noise
- Pinch points

# PHYSICAL DEMANDS ANALYSIS (EXAMPLE)

## SAND & GRAVEL – ROCK TRUCK

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

As a rock truck driver, the worker is required to drive the truck as well as maintain screening equipment as needed.

**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	Driving truck.
SITTING WITH VIBRATION/JARRING				X		Driving truck.
DRIVING	X					-
STANDING	X					-
RUNNING	X					-
<b>WALKING</b>						
LEVEL	X					-
UNEVEN GROUND		X				Around truck for pre/post checks.
SLOPES / RAMPS	X					-
<b>CLIMBING</b>						
REGULAR STAIRS	X					-
STEEP STAIRS	X					-
LADDERS	X					-
OTHER		X				Access ladder to truck.
<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					-
FORWARD REACHING					X	Steering wheel.
<b>GRIPPING DEMANDS</b>						
<b>DOMINANT HAND</b>						
REPETITIVE	X					-
CONTINUOUS					X	Gripping steering wheel, hand controls, tools.
<b>NON-DOMINANT HAND</b>						
REPETITIVE	X					-
CONTINUOUS					X	Gripping steering wheel, hand controls, tools.
<b>FINGER DEXTERITY</b>	X					-

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)  
**SAND & GRAVEL – ROCK TRUCK**

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)				<b>X</b>		Tools.
MEDIUM (MAX 50 LB / 22.5 KG)			<b>X</b>			Rollers, blocks, pallets, chains, screens, belts.
HEAVY (MAX 100 LB / 45 KG)		<b>X</b>				Some rollers.
VERY HEAVY (OVER 100 LB / 45 KG)	<b>X</b>					-
<b>CARRYING</b>						
LIGHT (MAX 20 LB / 9 KG)				<b>X</b>		Tools.
MEDIUM (MAX 50 LB / 22.5 KG)	<b>X</b>					-
HEAVY (MAX 100 LB / 45 KG)	<b>X</b>					-
VERY HEAVY (OVER 100 LB / 45 KG)	<b>X</b>					-
<b>MOBILE PUSHING</b>						
LIGHT (MAX 20 LB / 9 KG)	<b>X</b>					-
MEDIUM (MAX 50 LB / 22.5 KG)			<b>X</b>			Pushing conveyor.
HEAVY (MAX 100 LB / 45 KG)	<b>X</b>					-
VERY HEAVY (OVER 100 LB / 45 KG)	<b>X</b>					-
<b>MOBILE PULLING</b>						
LIGHT (MAX 20 LB / 9 KG)	<b>X</b>					-
MEDIUM (MAX 50 LB / 22.5 KG)	<b>X</b>					-
HEAVY (MAX 100 LB / 45 KG)	<b>X</b>					-
VERY HEAVY (OVER 100 LB / 45 KG)	<b>X</b>					-
<b>STATIC PUSHING/PULLING</b>						
LIGHT (MAX 20 LB / 9 KG)	<b>X</b>					-
MEDIUM (MAX 50 LB / 22.5 KG)			<b>X</b>			Raking.
HEAVY (MAX 100 LB / 45 KG)	<b>X</b>					-
VERY HEAVY (OVER 100 LB / 45 KG)	<b>X</b>					-