

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

JOB DESCRIPTION

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Prepare computer, dispatch systems.	5%
2	Communicate with truck drivers and coordinate pickups.	65%
3	Paperwork.	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

- Scale ticket box (20 lb. full)
- Computer & Printer
- Radio

PERSONAL PROTECTIVE EQUIPMENT

- Work Boots
- Hard hat
- Safety eyewear
- High Visibility vest

ENVIRONMENTAL EXPOSURE

Works inside scale shack with noise exposure to ongoing trucks.

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

JOB TITLE	SAND & GRAVEL – SCALE OPERATOR	LENGTH OF SHIFT (HRS)	8
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JOB DESCRIPTION
The worker is required to process all incoming and outgoing trucks.

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		Computer work to process scale tickets.
SITTING WITH VIBRATION/JARRING	X					-
DRIVING	X					-
STANDING			X			Communicating with truck drivers, coworkers.
RUNNING	X					-
WALKING						
LEVEL			X			In office/scale shack.
UNEVEN GROUND	X					-
SLOPES / RAMPS	X					-
CLIMBING						
REGULAR STAIRS	X					-
STEEP STAIRS	X					-
LADDERS	X					-
OTHER	X					-
LOW LEVEL WORK						
KNEELING	X					-
SQUATTING	X					-
CRAWLING	X					-

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)
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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		Watching trucks come in and out of scale.
TRUNK MOVEMENTS						
BENDING						
SUSTAINED	X					-
REPETITIVE		X				Cleaning.
TWISTING						
SUSTAINED	X					-
REPETITIVE	X					-
SHOULDER MOVEMENTS						
OVERHEAD			X			Open window to communicate with driver.
FORWARD REACHING	X					-
GRIPPING DEMANDS						
DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS				X		Using computer mouse and radio.
NON-DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS	X					-
FINGER DEXTERITY				X		Handling scale tickets and traffic-light controls.

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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				Scale ticket box.
MEDIUM (MAX 50 LB / 22.5 KG)	X					-
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
CARRYING						
LIGHT (MAX 20 LB / 9 KG)		X				Scale ticket box.
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					-
MEDIUM (MAX 50 LB / 22.5 KG)	X					-
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-