

PHYSICAL DEMANDS ANALYSIS (EXAMPLE) SAND & GRAVEL – WATER TRUCK OPERATOR

JOB DESCRIPTION

TASK #	TASK DESCRIPTION	% OF SHIFT
1	Pre check and post checks.	10%
2	Fill with water.	30%
3	Spray water on designated roadways.	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

- Hoses (22 lb.)
- Fluids (up to 12 lb.)
- Hammer, wrench

PERSONAL PROTECTIVE EQUIPMENT

- Work Boots
- Hard hat
- Gloves
- Safety glasses
- High Visibility vest
- Hearing protection

ENVIRONMENTAL EXPOSURE

Works inside truck exposed to other traffic, dust, and outdoor elements for checks & light servicing.

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)

SAND & GRAVEL – WATER TRUCK OPERATOR

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

JOB DESCRIPTION
 The worker is required to operate the water truck and use the water in the tank to maintain and clean roadways, by dispersing water across the roads.

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		Driving truck.
SITTING WITH VIBRATION/JARRING				X		Driving truck.
DRIVING	X					-
STANDING			X			Loading water onto truck.
RUNNING	X					-
WALKING						
LEVEL	X					-
UNEVEN GROUND		X				Around the truck for pre- and post-checks, and during water loading.
SLOPES / RAMPS	X					-
CLIMBING						
REGULAR STAIRS	X					-
STEEP STAIRS	X					-
LADDERS		X				Hatch and cab access.
OTHER	X					-
LOW LEVEL WORK						
KNEELING	X					-
SQUATTING		X				Pre/post checks.
CRAWLING	X					-

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)
SAND & GRAVEL – WATER TRUCK OPERATOR

PHYSICAL JOB DEMANDS	0	1	2	3	4	DESCRIBE THE TASK(S) PERFORMED
SPECIFIC BODY DEMANDS						
NECK MOVEMENTS						
BENDING						
SUSTAINED				X		Checking surroundings, during loading phase, adjusting water hose and levers, pre/post-trip check, driving water truck.
REPETITIVE	X					-
TWISTING						
SUSTAINED	X					-
REPETITIVE				X		Checking surroundings.
TRUNK MOVEMENTS						
BENDING						
SUSTAINED	X					-
REPETITIVE			X			Adjusting lower-level levers, accessing pump, pre/post-trip checks.
TWISTING						
SUSTAINED	X					-
REPETITIVE	X					-
SHOULDER MOVEMENTS						
OVERHEAD			X			Completing maintenance on truck (higher level hoses, levers, valves, filling fluids, etc.), Reaching for higher-mounted valves in cab of truck, cleaning hood of truck, as necessary.
FORWARD REACHING					X	Steering wheel.
GRIPPING DEMANDS						
DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS					X	Opening bypass, adjusting water hose, levers, gripping wheel, various fluids/hammer/wrench for truck maintenance.
NON-DOMINANT HAND						
REPETITIVE	X					-
CONTINUOUS					X	Gripping steering wheel.
FINGER DEXTERITY						
				X		Operating toggles to start release of water, valves in the truck to start/stop water spraying.

PHYSICAL DEMANDS ANALYSIS (EXAMPLE)

SAND & GRAVEL – WATER TRUCK 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			Tools & fluids (up to 12 lb.).
MEDIUM (MAX 50 LB / 22.5 KG)			X			Hoses (22 lb.).
HEAVY (MAX 100 LB / 45 KG)	X					-
VERY HEAVY (OVER 100 LB / 45 KG)	X					-
CARRYING						
LIGHT (MAX 20 LB / 9 KG)			X			Tools & fluids (up to 12 lb.).
MEDIUM (MAX 50 LB / 22.5 KG)			X			Hoses (22 lb.).
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				Adjust levers to connect and position hose.
VERY HEAVY (OVER 100 LB / 45 KG)	X					-