

## PHYSICAL DEMANDS ANALYSIS

| COMPLETED BY   |  | DATE COMPLETED BY |
|--|--|-------------------|
|  |  |                   |
| JOB TITLE  |  |                   |
|  |  |                   |
| GENERAL JOB DESCRIPTION  |  |                   |
|  |  |                   |
| SUMMARY OF CRITICAL JOB TASKS <i>(Add or delete rows as applicable to cover all essential and major job tasks)</i>   |  |                   |
| TASK 1   |  |                   |
| TASK 2   |  |                   |
| TASK 3   |  |                   |
| TASK 4   |  |                   |
| TASK 5   |  |                   |
| TASK 6   |  |                   |
| TASK 7   |  |                   |
| TASK 8   |  |                   |
| WORK SCHEDULE <i>(if applicable)</i>   |  |                   |
|  |  |                   |
| TOOLS, EQUIPMENT OR HARDWARE HANDLED <i>(lifted, carried, gripped, or manipulated)</i>   |  |                   |
|  |  |                   |
| ENVIRONMENTAL FACTORS<br><i>(e.g. inside/outside, walking surfaces, lighting, noise, moving equipment, dust, vapour, fumes, specialty personal protective equipment, confined space, working at height, uneven terrain, very hot/cold conditions, radiation from heat/sun/welding)</i> |  |                   |
|  |  |                   |

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### Frequency Categories

| FREQUENCY  | % OF WORKDAY | HOURS OF A 10-HOUR WORKDAY  |
|------------|--------------|---|
| NEVER      | 0%           | 0 hours   |
| RARE       | < 5%         | <u>Less than</u> 30 minutes per day<br>Or not daily   |
| OCCASIONAL | 5–33%        | 30 minutes <u>up to</u> 3 hours & 20 minutes per day<br>Or 1 repetition every 30 minutes            |
| FREQUENT   | 34–66%       | 3 hours & 20 minutes <u>up to</u> 6 hours and 40 minutes per day<br>Or 1 repetition every 2 minutes |
| CONSTANT   | 67–100%      | 6 hours and 40 minutes per day <u>up to</u> 10 hours per day<br>Or 1 repetition every 30 seconds    |

### Strength Categories

|             |  |
|-------------|--|
| EXTRA LIGHT | Work activities involve gripping tools, equipment or materials < 5 kg (< 10 lb.) |
| LIGHT       | Work activities involve handling loads 5-10 kg (10-20 lb.)                       |
| MEDIUM      | Work activities involve handling loads 10–22 kg (20-49 lb.)                      |
| HEAVY       | Work activities involve handling loads 23-45 kg (50-99 lb.)                      |
| VERY HEAVY  | Work activities involve handling loads > 45 kg (100+ lb.)                        |

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## INSTRUCTIONS:

Referring to the frequency and strength categories below, fill in the manual handling, gripping and mobility demands required.

1. Include all lifting, carrying, pushing and pulling of materials, equipment and larger tools

| MANUAL HANDLING DEMANDS                        | STRENGTH CATEGORY | FREQUENCY CATEGORY                | LIST ITEMS, (DISTANCE)            |
|--|-------------------|-----------------------------------|-----------------------------------|
| <b>EXAMPLE:</b><br><i>LIFT GROUND TO WAIST</i> | <i>Medium</i>     | <i>Occasional (once per hour)</i> | <i>Items: 35lb 12 foot ladder</i> |
| <b>LIFT GROUND TO WAIST</b>                    |                   |                                   | <b>ITEMS:</b>                     |
| <b>LIFT WAIST TO SHOULDER</b>                  |                   |                                   | <b>ITEMS:</b>                     |
| <b>LIFT OVERHEAD</b>                           |                   |                                   | <b>ITEMS:</b>                     |
| <b>FRONT CARRY</b>                             |                   |                                   | <b>ITEMS:</b><br><i>Distance:</i> |
| <b>SIDE CARRY</b>                              |                   |                                   | <b>ITEMS:</b><br><i>Distance:</i> |
| <b>STATIONARY PUSHING/<br/>PULLING</b>         |                   |                                   | <b>ITEMS:</b>                     |
| <b>WHOLE BODY PUSH</b>                         |                   |                                   | <b>ITEMS:</b><br><i>Distance:</i> |
| <b>WHOLE BODY PULL</b>                         |                   |                                   | <b>ITEMS:</b><br><i>Distance:</i> |

2. Include all major gripping demands of materials, equipment and larger tools

| GRIP AND DEXTERITY DEMANDS  | STRENGTH CATEGORY | FREQUENCY CATEGORY | LIST ITEMS, TASK               |
|---|-------------------|--------------------|--------------------------------|
| <b>EXAMPLE:</b><br><i>CONSTANT OR REPETITIVE TOOL USE (DOMINANT HAND)</i> | <i>Light</i>      | <i>Constant</i>    | <i>Using nail gun to frame</i> |
| <b>CONSTANT OR REPETITIVE TOOL USE (DOMINANT HAND)</b>                    |                   |                    | <b>ITEMS:</b>                  |
| <b>CONSTANT OR REPETITIVE TOOL USE (NON-DOMINANT HAND)</b>                |                   |                    | <b>ITEMS:</b>                  |
| <b>FINE DEXTERITY OR PINCH GRIPPING (DOMINANT HAND)</b>                   |                   |                    | <b>ITEMS:</b>                  |
| <b>FINE DEXTERITY OR PINCH GRIPPING (NON-DOMINANT HAND)</b>               |                   |                    | <b>ITEMS:</b>                  |

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3. Include all whole body mobility and positional requirements

| MOBILITY/POSITIONAL DEMANDS                               | FREQUENCY CATEGORY | DURATION<br>(SUSTAINED/INTERMITTENT) | TASK DESCRIPTION, COMMENTS                               |
|---|--------------------|--------------------------------------|--|
| <b>EXAMPLE:</b><br><i>REACHING ABOVE SHOULDER</i>         | <i>Frequent</i>    | <i>3 minutes sustained</i>           | <i>Reaching overhead to remove drywall/stipple/tiles</i> |
| STANDING  |                    |                                      |  |
| WALKING   |                    |                                      |  |
| SITTING   |                    |                                      |  |
| SITTING WITH VIBRATION/JARRING<br>(e.g. mobile equipment) |                    |                                      |  |
| BENDING OR TWISTING FROM STANDING                         |                    |                                      |  |
| BENDING OR TWISTING WHILE SITTING                         |                    |                                      |  |
| REACHING ABOVE SHOULDER                                   |                    |                                      |  |
| REACHING FORWARD  |                    |                                      |  |
| CLIMBING, STAIRS/ LADDERS                                 |                    |                                      |  |
| CRAWLING  |                    |                                      |  |
| KNEELING  |                    |                                      |  |
| CROUCHING/ SQUATTING                                      |                    |                                      |  |
| BALANCING   |                    |                                      |  |

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### 4. **Photos** (if applicable)