



PHYSICAL DEMANDS ANALYSIS

FIRM NAME/EMPLOYER:		DATE:	
JOB TITLE:		HOURS OF WORK: (INCLUDING BREAKS)	
SUPERVISOR:		SHIFTS WORKED:	
UNION:		REPORT COMPLETED BY:	

JOB OBJECTIVE:	
JOB DUTIES AND OBJECTIVES:	
TOOLS AND EQUIPMENT:	
PERSONAL PROTECTIVE EQUIPMENT (PPE):	
JOB TASKS OUTLINE	

Essential – A task that must be completed by the worker in order for the job objective to be fulfilled

Non-Essential – A task is not performed on a regular basis OR the objective can still be completed if the task is removed.

N=Never S=Seldom (1 to 5% of time) O=Occasionally (5 to 33% of time) F=Frequent (34 to 66% of time) C=Constant (67 to 100% of time)

PHYSICAL DEMANDS ANALYSIS –FORCE REQUIREMENTS




DEMANDS	Usual Weight (lb)				Frequency					DISCUSSION (Essential or Non-Essential)
	1-20	20-50	>50	MAX	N	S	O	F	C	
Bilateral Lifting/Lowering -floor to bench area: 0-88cm										
Bilateral Lifting/Lowering - bench to shoulder: 89-149cm										
Bilateral Lifting/Lowering - floor to shoulder: 0-149cm										
Bilateral Lifting/Lowering - above shoulder >150cm										
Unilateral Lifting/Lowering - floor to bench area: 0-88cm										
Unilateral Lifting/Lowering - bench to shoulder: 89-149cm										
Unilateral Lifting/Lowering - floor to shoulder: 0-149cm										
Unilateral Lifting/Lowering - above shoulder >150cm										
Carrying - bilateral										
Carrying - unilateral										
Pushing - waist level										
Pushing - shoulder level										
Pulling - waist level										
Pulling - shoulder level										

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PHYSICAL DEMANDS ANALYSIS –MOBILITY REQUIREMENTS

DEMANDS	Frequency					DISCUSSION (Essential or Non-Essential)
	N	S	O	F	C	
Sitting						
Standing						
Walking						
Running						
Twisting						
Bending - at waist level						
Crouching/squatting - bent knees						
Climbing - stairs - ladder						
Balancing (1 foot)						
Crawling						
Kneeling						








PHYSICAL DEMANDS ANALYSIS –DEXTERITY REQUIREMENTS

DEMANDS		Frequency					DISCUSSION (Essential or Non-Essential)
		N	S	O	F	C	
Reaching - level							
Reaching - above or Below Shoulder							
Reaching - to the side							
Fingering - typing							
Pinching							
Gripping - pinch							
Gripping - power							





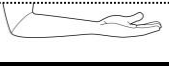



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Static Handling									
Cutting Motion									
Screw or Turn									
Striking with Hand									
Eye/Hand Coordination									
Eye/Hand/Foot Coordination									

PHYSICAL DEMANDS ANALYSIS - POSTURE/JOINT POSITION REQUIREMENTS

DEMANDS		Frequency					DISCUSSION (Essential or Non-Essential)
		N	S	O	F	C	
Neck Flexion (bend downward) - static - dynamic							
Neck extension (bend upward) - static - dynamic							
Neck Rotation (looking to the side) - static - dynamic							
Shoulder Flexion (arm brought in front) - static - dynamic							
Shoulder Extension (arm brought behind) - static - dynamic							
Shoulder Abduction (arm brought out to the side) - static - dynamic							
Shoulder Adduction (arm brought toward body) - static - dynamic							
Wrist Flexion (bend forward)							

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Wrist Extension (bend backward)							
Ulnar Deviation (to the little finger side)							
Radial Deviation (to the thumb side)							
Pronation (palm down)							
Supination (palm up)							
Lumbar Flexion (bend forward) - static -dynamic							
Lumbar Extension (bend backward) - static -dynamic							
Lumbar Rotation (twisting to side) - static - dynamic							
Lateral Bend (bending to the side) - static - dynamic							
Standing Straight							

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PHYSICAL DEMANDS ANALYSIS –SENSORY/MENTAL REQUIREMENTS

DEMANDS	Check if Performed	Frequency					DISCUSSION (Essential or Non-Essential)
		N	S	O	F	C	
Vision - near							
Vision - far							
Vision - colour							
Hearing - conversations - other sounds							
Speech							
Reading/Writing							
Feeling							
Judgment							
Concentration							
Decision Making							
Deadline Pressure							

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PHYSICAL DEMANDS ANALYSIS –WORK ENVIRONMENT

DEMANDS	Frequency					DISCUSSION (Essential or Non-Essential)
	N	S	O	F	C	
Congested Worksite or Locations						
Slippery floors or ground						
Slopping floors or ground						
Inside Work						
Outside Work						
Extreme Hot/Extreme Cold						
Dry/Humid						
Dust - PPE requirement						
Vapor Fumes - PPE requirement						
Chemical Irritants - PPE requirement						
Noise - PPE requirement						
Moving Objects/Vehicles						
Vehicle Operation						
Sharp Tools						
Vibration - whole body(WBV) - segmental						
Overtime						
Traveling						
Working Alone						
Working with Others						

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PHOTOGRAPHS

Verification and Acceptance

The physical demands analysis for XXXXX has been reviewed and is believed to be an accurate representation of the job content.

Supervisor Signature

Date

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