



# PHYSICAL DEMANDS ANALYSIS

|                   |                  |                                 |
|-------------------|------------------|---------------------------------|
| Worker's Surname: | Given Name:      | Initial:                        |
| Job Title:        | Hours per shift: | Shifts per week/shift rotation: |
| Company Name      | Employer Contact | Telephone Number                |

| Manual Handling Tasks            | Description of objects handled [Weight/force (lb)]   | FREQUENCY OF WORKDAY / SHIFT  |             |                  |                 |                  |
|----------------------------------|--|---|-------------|------------------|-----------------|------------------|
|                                  |  | Not Required  | Rare 1-5%   | Occasional 6-33% | Frequent 34-66% | Constant 67-100% |
|                                  |  | Place the heaviest weight / force handled into the appropriate box (lb) |             |                  |                 |                  |
| <i>e.g. Low Level Lifting</i>    | <i>Box of 24 bottles of water (18 lb), bag of cement mix (66 lb)</i>                         |   | 66 lb       | 18 lb            |                 |                  |
| Low Level Lifting                |  |   |             |                  |                 |                  |
| Waist Level Lifting              |  |   |             |                  |                 |                  |
| Above Shoulder Lifting           |  |   |             |                  |                 |                  |
| Front Carry                      |  |   |             |                  |                 |                  |
| Side Carry                       |  |   |             |                  |                 |                  |
| Shoulder Carry                   |  |   |             |                  |                 |                  |
| <i>e.g. Pushing</i>              | <i>Sweeping floors, securing loads with a snipe, moving a loaded skid with a pallet jack</i> |   | Heavy force | Light force      |                 |                  |
| Pushing (stationary and walking) |  |   |             |                  |                 |                  |
| Pulling (stationary and walking) |  |   |             |                  |                 |                  |

| Positional Tasks                            | Description of activity completed   | Check appropriate frequency |  |   |  |  |
|---|---|-----------------------------|--|---|--|--|
| <i>e.g. Forward Bending</i>                 | <i>Shoveling gravel, sweeping floors, picking up garbage, washing vehicles with pressure washer</i> |                             |  | ✓ |  |  |
| Sitting/Driving (type of seat/chair)        |   |                             |  |   |  |  |
| Forward Bending                             |   |                             |  |   |  |  |
| Trunk Rotation                              |   |                             |  |   |  |  |
| Standing                                    |   |                             |  |   |  |  |
| Walking - Outdoors (terrain/distance)       |   |                             |  |   |  |  |
| Walking - Indoors (surface/distance)        |   |                             |  |   |  |  |
| Climbing<br><input type="checkbox"/> stairs |   |                             |  |   |  |  |
| <input type="checkbox"/> ladders            |   |                             |  |   |  |  |
| Other Climbing (stools, equipment, etc.)    |   |                             |  |   |  |  |

|  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|
| Low Level Activity<br>(kneeling/squatting/crouching) |  |  |  |  |  |  |
| Above Shoulder Level<br>Reaching                     |  |  |  |  |  |  |
| Below Shoulder Level<br>Reaching                     |  |  |  |  |  |  |
| Hand Use<br>Dominant                                 |  |  |  |  |  |  |
| Non-Dominant   |  |  |  |  |  |  |
| Forceful Gripping<br>Dominant                        |  |  |  |  |  |  |
| Non-Dominant   |  |  |  |  |  |  |
| Environmental Factors<br>(indoor/outdoor)            |  |  |  |  |  |  |

|   |   |   |   |
|---|---|---|---|
| <b>List Heaviest and Most Frequently Handled Materials:</b><br>(e.g., bag of sugar – 44 lb) |   | <b>List Most Frequently Handled Tools and Equipment:</b><br>(e.g., grinder, hammer, cordless drill) |   |
| •   | • | •   | • |
| •   | • | •   | • |
| •   | • | •   | • |
| •   | • | •   | • |

|  |
|--|
| <b>Primary Job Duties:</b> (What are the essential job functions?) |
| •  |
| •  |
| •  |
| •  |

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|--|
| <b>Separate the above Primary Job Duties into Specific Tasks within each Strength Level:</b> (What level of strength would be required for each task?) |
| <b>Limited:</b> Exerting up to 5 kg (11 lb) – e.g., <i>computer work, answering phones, filing, etc.</i>   |
|  |
| <b>Light :</b> Exerting up to 10 kg (22 lb) – e.g., <i>sweeping floors, painting, operating forklift, etc.</i>   |
|  |
| <b>Medium:</b> Exerting up to 20 kg (44 lb) – e.g., <i>off-loading trucks, shoveling snow, patient transfers, etc.</i>                                 |
|  |
| <b>Heavy:</b> Exerting over 20 kg (44 lb) – e.g., <i>securing loads with tie down bar; breaking down pallets of bagged cement mix</i>                  |
|  |

| Alternate Job Duties: (Which would be possible work tasks outside of the regular job tasks) |   |
|---|---|
| •   | • |
| •   | • |
| •   | • |

Printed Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_