



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 | | | | |
| <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 <input type="checkbox"/> stairs | | | | | | |
| <input type="checkbox"/> ladders | | | | | | |
| Other Climbing (stools, equipment, etc.) | | | | | | |

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

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|---|---|---|---|
| List Heaviest and Most Frequently Handled Materials: (e.g., bag of sugar – 44 lb) | | List Most Frequently Handled Tools and Equipment: (e.g., grinder, hammer, cordless drill) | |
| • | • | • | • |
| • | • | • | • |
| • | • | • | • |
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| Primary Job Duties: (What are the essential job functions?) |
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| Separate the above Primary Job Duties into Specific Tasks within each Strength Level: (What level of strength would be required for each task?) |
| Limited: Exerting up to 5 kg (11 lb) – e.g., <i>computer work, answering phones, filing, etc.</i> |
| |
| Light : Exerting up to 10 kg (22 lb) – e.g., <i>sweeping floors, painting, operating forklift, etc.</i> |
| |
| Medium: Exerting up to 20 kg (44 lb) – e.g., <i>off-loading trucks, shoveling snow, patient transfers, etc.</i> |
| |
| Heavy: 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) | |
|---|---|
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| • | • |
| • | • |

Printed Name: _____

Date: _____

Signature: _____