



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)				
e.g. Low Level Lifting	Box of 24 bottles of water (18 lb), bag of cement mix (66 lb)		66 lb	18 lb		
Low Level Lifting						
Waist Level Lifting						
Above Shoulder Lifting						
Front Carry						
Side Carry						
Shoulder Carry						
e.g. Pushing	Sweeping floors, securing loads with a snipe, moving a loaded skid with a pallet jack		Heavy force	Light force		
Pushing (stationary and walking)						
Pulling (stationary and walking)						

Positional Tasks	Description of activity completed	Check appropriate frequency				
e.g. Forward Bending	Shoveling gravel, sweeping floors, picking up garbage, washing vehicles with pressure washer			✓		
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.)						

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)						

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: _____