



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 <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: _____