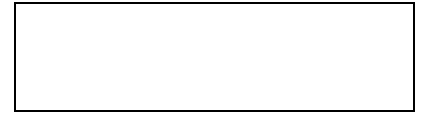


Physical Demands Analysis



PHYSICAL DEMANDS ANALYSIS

Position/Job Title:	
Job Data Department: Work Hours: Breaks: PPE:	Job Photo
<i>o u k</i>	
Purpose and Nature of the Job:	
Essential Tasks of the Job <i>(Provide % of time each task is performed)</i>	
Essential Tasks	proportion of time (%) required for each task
Non-Essential Tasks Performed: <i>(continue numbering from last step above)</i>	
Non-Essential tasks	proportion of time (%) required for each task
° <i>(e.g., task, product, materials, workstation and/or equipment details).</i>	
Hand tools used:	
Equipement Used:	

Physical Demands Analysis

PHYSICAL DEMANDS	Task #	FREQUENCY					DESCRIBE ACTIVITY Note distances, durations and surfaces
		N	R	O	F	C	
N = Not required, R = Rarely (<2 %), O = Occasional (3-33%), F = Frequent (34-66%), C = Constant (67-100%)							
MOBILITY							
Walking							
Standing							
Sitting							
Crawl							
Driving (forklift/Vehicle/Other)							
POSTURE – Back							
Bending forward							
Bending Backwards							
Twisting							
POSTURE – Reaching						Note forward and/or side reach distances	
Above Shoulder Level							
Chest to Shoulder Level							
Below Chest Level							
Behind body							
POSTURE – Neck							
Forward Bending/Flexion							
Backward Bending/Ext.							
Twisting/Turning/Tilting							
POSTURE – HIP/Knee/Ankle/Foot							
Crouching/Squatting							
Kneeling							
Climbing (Stairs/Other)							
Jumping							
Foot Pedal/Action							

Physical Demands Analysis

ADDITIONAL CONDITIONS AND DEMANDS		
Environmental Conditions		Comments:
Hot	Noise	
Cold	Vibration	
Outdoor	Glare	
Indoor	Adequate Lighting	
Dry	Moving Objects	
Humid	Working at heights	
Slippery Surface	Congested Area	
Sharp Edges	Fumes/vapours/gases	
Electromagnetic Fields		
Psychological/Mental Demands		Comments:
Working under pressure/deadlines	Close Supervision	
Fast work pace	Follow instructions	
Deal with multiple tasks	Influence people	
Perform complex or varied tasks	Confrontation situations	
Attain precise standards/attention to detail	Incentive/piece work	
Control of work pace	Irregular hours	
Direct/control/plan of work	Overtime	
Working alone	Reading	
Working in a group	Travelling	
Sensory Demands		Comments:
Hearing	Spatial perception	
Speech	Tactile	
Colour vision	Smell	
Near vision	Taste	
Far vision		

Physical Demands Analysis

Type name/position

Signature

Date

Type name/position

Signature

Date

Type name/position

Signature

Date

Physical Demands Analysis

ADDENDUM (Place additional task photos here)

