

PHYSICAL DEMAND ANALYSIS

A Physical Demands Analysis describes the physical requirements of the job or position. It focuses on the strength, flexibility, sensory and environmental requirements or conditions of specific tasks. It should be completed for the employee's present or intended position. It may be used by the health care provider to determine if an employee is physically able to return to work performing regular or modified duties.

Job or Position: _____ Date analysis completed: _____
 Regular hours of work/day: _____ Completed by: _____

Essential Tasks of the Job: (provide % of time each task is performed)

Additional Job Details: _____

Hand Tools used: _____

Equipment used: _____

Scheduled Breaks: _____

Circle number of hours worked during a regular work day, and indicate if intermittent [I] or constant [C] for each activity.

Sit	0	1	2	3	4	5	6	7	8	Hours	I / C
Stand	0	1	2	3	4	5	6	7	8	Hours	I / C
Walk	0	1	2	3	4	5	6	7	8	Hours	I / C
Drive	0	1	2	3	4	5	6	7	8	Hours	I / C
Bend	0	1	2	3	4	5	6	7	8	Hours	I / C
	0	1	2	3	4	5	6	7	8	Hours	I / C

Comments: _____

Job Requirements (check if applicable)

- | | |
|------------------------------------|---|
| <input type="checkbox"/> Squatting | <input type="checkbox"/> Exposure to heat |
| <input type="checkbox"/> Kneeling | <input type="checkbox"/> Exposure to cold |
| <input type="checkbox"/> Bending | <input type="checkbox"/> Exposure to dust, fumes or gases |
| <input type="checkbox"/> Twisting | <input type="checkbox"/> Exposure to high humidity |

- Reaching
- Crawling
- Ladder Work
- Stair Climbing
- Walking on rough ground
- Working at heights

- Exposure to noise
- Repetitive movements
- Work above shoulder
- Work below shoulder
-
-

Comments: _____

Lifting Requirements

The criteria below is taken from WorkSafeBC's Practice Directive C3-2.

	None	Seldom	Occasional	Frequent	Constant
Frequency of Task as percentage of daily activity	0%	1-10%	11-33%	34-66%	67-100%

	Seldom	Occasional	Frequent	Constant
Up to 5 kg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 to 10 kg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 to 20 kg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
More than 20 kg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Carrying Requirements

	Seldom	Occasional	Frequent	Constant
Up to 5 kg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 to 10 kg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 to 20 kg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
More than 20 kg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pushing Requirements

	Seldom	Occasional	Frequent	Constant
Up to 5 kg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 to 10 kg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 to 20 kg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
More than 20 kg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Comments/Notes: _____

Reference Materials used in drafting the above Physical Demands Analysis include:

- Definitions of Physical Activities and Environmental Conditions taken from the National Occupational Classification System.
- Definitions of "Infrequent", "Occasionally", "Frequently" and "Continuous" taken from Practice Directive #C3-2, WorkSafeBC.
http://www.worksafebc.com/regulation_and_policy/practice_directives/compensation_practices/assets/pdf/C3-2.pdf