# PHYSICAL DEMANDS ANALYSIS

<table>
<thead>
<tr>
<th>Worker's Name:</th>
<th>(Surname)</th>
<th>(Given Name)</th>
<th>(Initial)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Job Title:</td>
<td></td>
<td></td>
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<tr>
<td>Employer's Name / Address and Telephone Number</td>
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</tbody>
</table>

## Activities

<table>
<thead>
<tr>
<th>How Often? Please Comment</th>
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<tbody>
<tr>
<td>Seldom (Not daily)</td>
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</table>

- **Must lift or carry on occasion**
  - up to 10lbs/4.5kg
  - 20lbs/9.1kg
  - 50lbs/23kg
  - 100lbs/45kg

- **Must push/pull objects**
  - 50lbs/23kg
  - 100lbs/45kg
  - 100+lbs/45+kg

- **Must be able to climb ladders/poles**
- **Must use stairways**
- **Must operate self powered equipment**
- **Must drive a car**
- **Must drive a truck**
- **Must work standing**
- **Must work seated**
- **Must be able to walk**
  - 50ft/15m
  - 300ft/90m
  - longer distances on even surfaces
  - longer distances on uneven surfaces
- **Must be able to run**
- **Must be able to jump down**
- **Must be able to crawl**
- **Must be able to squat**
- **Must be able to kneel**
- **Must be able to look over both shoulders**
- **Must be able to work with arms above shoulders**
- **Must use both arms at full length**
- **Must do repetitive hand work**
- **Must use a keyboard**
- **Must use vibrating tools**
- **Must have full use of both hands**
- **Other**
<table>
<thead>
<tr>
<th>Environment</th>
<th>How Often? Please Comment</th>
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<tbody>
<tr>
<td>Must be able to work in a very hot environment</td>
<td>Seldom (Not daily)</td>
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<tr>
<td>Must be able to work in cold/freezing environment</td>
<td>Frequent (1/3 - 2/3 of workday)</td>
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<tr>
<td>Must work in confined spaces</td>
<td>Continuous (&gt; 2/3 of workday)</td>
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<tr>
<td>Must work at heights</td>
<td>Never</td>
</tr>
<tr>
<td>Must work in isolation (no co-workers present)</td>
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<tr>
<td>Must wear respirator regularly</td>
<td></td>
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<tr>
<td>Must wear respirator only in emergencies</td>
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<tr>
<td>Other</td>
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General Comments

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