**Physical Demands Job Analysis Form (Example Form)**

Job Title:

Work Area:

Date:

|  |
| --- |
| 1. Brief Job Description
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| 1. Job Tasks/Essential Functions
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| 1) |
| 2) |
| 3) |
| 4) |
| 5) |
| 6) |
| 7) |

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| 1. Equipment/Tools
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|  |  |  |  |
|  |  |  |  |

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| --- |
| 1. Hazards/Environment
 |
| Hazards |  |
| Environment |  |

|  |
| --- |
| 1. Physical Demands (Requirements)
 |
| Body Movements | Total Hours in 8-Hr Day |  | Physical | Total Hours in 8-Hr Day |
| 0-1R | 1-3O | 3-6F | 6-8C | 0-1R | 1-3O | 3-6F | 6-8C |
|  |  |
| Bend at Waist |  |  |  |  | Lift | 1-10 lbs |  |  |  |  |
| Twist Upper Body |  |  |  |  |  | 11-19 lbs |  |  |  |  |
| Kneel |  |  |  |  |  | 20-49 lbs |  |  |  |  |
| Walk-Uneven Surface |  |  |  |  |  | 50+ lbs |  |  |  |  |
| Climb |  |  |  |  | Carry | 1-10 lbs |  |  |  |  |
| Reach Above Shoulder |  |  |  |  |  | 11-19 lbs |  |  |  |  |
| Repetitive Use of Hands |  |  |  |  |  | 20-49 lbs |  |  |  |  |
| 1. Squeezing
 |  |  |  |  |  | 50+ lbs |  |  |  |  |
| 1. keyboarding
 |  |  |  |  | Push | 1-10 lbs |  |  |  |  |
| Operate Foot Controls |  |  |  |  |  | 11-19 lbs |  |  |  |  |
| Endurance |  |  |  |  |  | 20-49 lbs |  |  |  |  |
| Sit |  |  |  |  |  | 50+ lbs |  |  |  |  |
| Stand |  |  |  |  | Pull | 1-10 lbs |  |  |  |  |
| Walk |  |  |  |  |  | 11-19 lbs |  |  |  |  |
| Talking |  |  |  |  |  | 20-49 lbs |  |  |  |  |
| Hearing |  |  |  |  |  | 50+ lbs |  |  |  |  |

R= Rare (1%) O=Occasional (1-33%) F=Frequently (33-66%) C=Continuously (66-100%)

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Climb |  |  |  |  |  | Carry | 1-10 lbs |  |  |  |  |
| Reach Above Shoulder |  |  |  |  |  | 11-19 lbs |  |  |  |  |
| Repetitive Use of Hands |  |  |  |  |  | 20-49 lbs |  |  |  |  |
| 1. Squeezing
 |  |  |  |  |  | 50+ lbs |  |  |  |  |
| 1. keyboarding
 |  |  |  |  | Push | 1-10 lbs |  |  |  |  |
| Operate Foot Controls |  |  |  |  |  | 11-19 lbs |  |  |  |  |
| Endurance |  |  |  |  |  | 20-49 lbs |  |  |  |  |
| Sit |  |  |  |  |  | 50+ lbs |  |  |  |  |
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| Walk |  |  |  |  |  | 11-19 lbs |  |  |  |  |
| Talking |  |  |  |  |  | 20-49 lbs |  |  |  |  |
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