

PHYSICAL DEMANDS ANALYSIS

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| Name of Job: | Driver | Employee Name: | |
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| General Task Description: | Plan travel schedules and routes, drive company truck and pick up and deliver loads at various customer locations. |
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| LEGEND |
| 0 – Never Performed |
| 1 - Sometimes Performed |
| 2 – Performed Occasionally (less than 1 hour per day) |
| 3 -Frequent and/or repetitious (for 1 to 3 hours daily) |
| 4 Maximum job requirements (Over 3 hours per day) |

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| ENVIRONMENT |
| TEMPERATURE: Air Conditioned cab Temperature change with weather conditions Driving in all weather conditions |
| LIGHTING: Normal and night driving as required |
| P/P/E REQUIRED: Hearing Protection Bump caps Steel toed footwear Safety glasses |
| PHYSICAL HAZARDS: Dust Lifting Climbing |
| OTHER Sometimes work extended hours depending on business needs. Sitting for long periods of time and whole body vibrations may result in aches, pains, injuries. |

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| SITTING | Chair | 0 | 1 | 2 | 3 | 4 |
| STANDING | | 0 | 1 | 2 | 3 | 4 |
| WALKING | Level Surface | 0 | 1 | 2 | 3 | 4 |
| | Uneven Surface | 0 | 1 | 2 | 3 | 4 |
| CLIMBING | Ladders | 0 | 1 | 2 | 3 | 4 |
| | Other | 0 | 1 | 2 | 3 | 4 |
| REACHING | Forward | 0 | 1 | 2 | 3 | 4 |
| | Overhead | 0 | 1 | 2 | 3 | 4 |
| BENDING | Stooping | 0 | 1 | 2 | 3 | 4 |
| | Crouching | 0 | 1 | 2 | 3 | 4 |
| | Kneeling | 0 | 1 | 2 | 3 | 4 |
| | Twisting | 0 | 1 | 2 | 3 | 4 |
| LIFTING | From ground level | 0 | 1 | 2 | 3 | 4 |
| | From waist level | 0 | 1 | 2 | 3 | 4 |
| | Above waist level | 0 | 1 | 2 | 3 | 4 |
| LIFTING REQUIREMENTS | Up to 10lbs | 0 | 1 | 2 | 3 | 4 |
| | 10 to 25lbs | 0 | 1 | 2 | 3 | 4 |
| | 25 to 50 lbs | 0 | 1 | 2 | 3 | 4 |
| | Over 50lbs | 0 | 1 | 2 | 3 | 4 |
| MOBILITY | Carrying | 0 | 1 | 2 | 3 | 4 |
| | Pushing | 0 | 1 | 2 | 3 | 4 |
| | Pulling | 0 | 1 | 2 | 3 | 4 |
| | Finger Dexterity | 0 | 1 | 2 | 3 | 4 |
| | Hand Grasping | 0 | 1 | 2 | 3 | 4 |
| CARRY, PUSH/PULL REQUIREMENTS | Up to 10lbs | 0 | 1 | 2 | 3 | 4 |
| | 10 to 25lbs | 0 | 1 | 2 | 3 | 4 |
| | 25 to 50 lbs | 0 | 1 | 2 | 3 | 4 |
| | Over 50lbs | 0 | 1 | 2 | 3 | 4 |

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| Types of machines, equipment, tools and work aids required to perform occupations: | |
| Hydraulics, pellet jacks, fork lifts | |

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| Vehicles or equipment driven at work: | |
| Tandem, 18 speed truck, | |

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| Repetitive motions required (@ wrist, shoulder, hip, knee, other): | |
| Making repetitive awkward twists and turns while driving, repetitive upper body movements while handling/lifting of goods. | |