

PHYSICAL DEMANDS ANALYSIS

Name of Job:	Shipper/Receiver	Employee Name:	
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General Task Description:	Ship and receive feed and ingredients both bulk and bags, load customer bag finished feeds. Complete documentation of HACCP records. Clean work area.
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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)

ENVIRONMENT
TEMPERATURE: Normal Non-Air Conditioned Temperature change with weather conditions
LIGHTING: Normal
P/P/E REQUIRED:
Hearing Protection Bump caps Steel toed footwear Safety glasses
PHYSICAL HAZARDS: Dust Forklift traffic Repetitive tasks Lifting
OTHER Slip, trip, fall hazards Refill propane tanks

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

Types of machines, equipment, tools and work aids required to perform occupations:	
Fork Lifts, pellet jacks, hand jacks	

Vehicles or equipment driven at work:	
Fork lift	

Repetitive motions required (@ wrist, shoulder, hip, knee, other):	
Repetitive motions of upper body while lifting bags weighting 25kgs, and other items also while cleaning work area.	