Physical Demands Analysis (PDA) - Sample

**PHYSICAL DEMANDS ANALYSIS**

|  |  |
| --- | --- |
| Date: | Analyst: |
| Department: | Job Title: |
| Employer: | Employer contact: |
| Job Title: | Hours of Work/Days Worked: |
| Training: |
| Critical Job Elements: |
| Tools and Equipment Used: |
| Personal Protective Equipment: |

**\*FREQUENCY**

**Rare** = 0-5%

(1-24 minutes over an 8 hour day)

**Occasionally** = 6-33%

(25 minutes – 2.5 hours over an 8 hours day

**Frequently** = 34-66^

(2.5 hours – 5.5 hours over an 8 hour day)

**Continuously** = 67-100%

(5.5 hours – 8 hours over an 8 hour day)

**1 = LIMITED** – up to 5 kg.

**2 = LIGHT** – up to 5 kg but less than 10 kg.

**LOADS HANDLED**

**3 = MEDIUM** – between 10 and 20 kg.

**4 = HEAVY** – more than 20 kg.

**ADDITIONAL COMMENTS/PHOTOS**