

WORKSITE AND JOB ANALYSIS

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

	PHYSICAL DEMANDS		*FREQUENCY				**LOADS HANDLED	COMMENTS
							Object/tool	
			Not Required	Rare	Occasionally	Frequent	Continuously	
STRENGTH	Lifting							
	Carrying							
	Pushing							
	Pulling							
	Handling	Gross finger movement						
		Fine finger movement						
	Throwing							
	Gripping – pinch	Tip to tip						
		Pad to pad						
		Lateral (key)						
		Tri-chuck						
	Gripping – power	Cylindrical						
	Reaching	Below waist						Distance
		Below Shoulder						
		Shoulder or above						
		Below Shoulder to the side						
	Reading							
Writing								
Typing/keying								

POSTURES	Shoulder	Abduction								
		Flexion								
	Hip	Abduction								
		Wrist	Flexion/Extension							
	Pronate/Supinate									
	Trunk	Flexion								
		Extension								
		Side Bend								
		Twist								
	Neck	Flexion								
		Extension								
		Side Bend								
Twist										
MOBILITY	Sitting									
	Standing									
	Walking									
	Climbing									
	Crawling									
	Crouching									
	Kneeling									
	Balancing									
	Foot Action	One Foot								
		Feet								
SENSORY/PERCEPTUAL	Hearing									
	Vision	Far								
		Near								
		Colour								
		Depth								
	Perception	Spatial-organization								
		Form-recognition								
	Feeling									
Speech										

WORK ENVIRONMENT	Outside Work									
	Hot									
	Cold									
	Humid									
	Dry									
	Dust									
	Vapour Fumes									
	Noise									
	Vibration	Whole Body								
		Upper Extremity								
Hazards										
CONDITION	Work Independent but in Group									
	Operate Equipment/Machinery									
	Machine Paced									
	Production Quotas									
	Deadline Pressures									
	Irregular/Extended Hours									

***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)

LOADS HANDLED

1 = LIMITED – up to 5 kg.

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

3 = MEDIUM – between 10 and 20 kg.

4 = HEAVY – more than 20 kg.

ADDITIONAL COMMENTS/PHOTOS