

## 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	Not Required	*FREQUENCY				**LOADS HANDLED Object/tool	COMMENTS	
			Rare	Occasionally	Frequent	Continuously	See key below		
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									

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

<b>WORK ENVIRONMENT</b>	Outside Work									
	Hot									
	Cold									
	Humid									
	Dry									
	Dust									
	Vapour Fumes									
	Noise									
	Vibration	Whole Body								
		Upper Extremity								
Hazards										
<b>CONDITION</b>	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**