

PHYSICAL DEMANDS TASK ASSESSMENT

Task Title: _____ Date: _____

Duration of Task (hours/day): _____ With breaks: Yes No

Average Weekly Overtime Hours: _____ Analyst: _____

Task Description: _____

1. Postures:

Stand: Hours at one time:	0	1/2	1	2	3	4	5	6	7	8	8+
Total hours per day:	0	1/2	1	2	3	4	5	6	7	8	8+
Sit: Hours at one time:	0	1/2	1	2	3	4	5	6	7	8	8+
Total hours per day:	0	1/2	1	2	3	4	5	6	7	8	8+
Walk: Hours at one time:	0	1/2	1	2	3	4	5	6	7	8	8+
Total hours per day:	0	1/2	1	2	3	4	5	6	7	8	8+
Drive: Hours at one time:	0	1/2	1	2	3	4	5	6	7	8	8+
Total hours per day:	0	1/2	1	2	3	4	5	6	7	8	8+

2. Lifting/carrying

	Not Present 0%	Occasionally 0-33%	Frequently 34-66%	Constantly 67-100%	Height of Lift	Distance of Carry
1-10 lbs.						
11-20 lbs.						
21-50 lbs.						
51-100 lbs.						
> 100 lbs.						



3. Actions and motions:

	Not Present 0%	Occasionally 0-33%	Frequently 34-66%	Constantly 67-100%	Description
Pushing					
Pulling					
Climbing					
Balancing					
Bending					
Twisting					
Squatting					
Crawling					
Kneeling					
Reaching					
Handling					
Fingering					
Feeling					
Repetitive					
Hand Motion					
Foot Motion					

4. Equipment:

	Not Present 0%	Occasionally 0-33%	Frequently 34-66%	Constantly 67-100%	Description
Tools					
Machinery					
Equipment					



5. Environmental Conditions:

	Not Present 0%	Occasionally 0-33%	Frequently 34-66%	Constantly 67-100%	Description
Vibration					
Noise					
Extreme heat					
Extreme cold					
Wet/humid					
Moving parts					
Chemicals					
Electricity					
Radiation					
Other _____					

Comments:

