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## Physical Demands Analysis

### Heavy Equipment Operator – Roller Operator

Prepared for:  
Alberta Construction Association

<b>Job Title:</b>	Heavy Equipment Operator- Roller Operator	<b>Assessment Location:</b>	Silver Springs Gate NW, Calgary Alberta	<b>Data Collection Date:</b>	July 21, 2020
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<b>Completed By:</b>	Joanna Taets Von Amerongen	<b>Submitted on:</b>	October 13, 2020
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<b>Disclaimer:</b>	The Physical Demands noted in this report may vary depending on company and location. Please contact the company directly to confirm this physical demands analysis is an accurate representation of the specific job title for the specific location.
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<b>Work Schedule:</b>	<b>Shift Duration:</b> 6 days/week, 12 hours/day; may vary depending on volume and weather <b>Break Schedule:</b> Breaks are taken when trucks are not on site; flexible <b>Shift Rotation:</b> Day shifts (6:30 am to 6:30 pm), Night shifts (6 or 7 pm to 5 am) <b>On call is required:</b> No <b>Overtime required:</b> Yes; amount dependent on volume and weather
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<b>Education / Experience:</b>	<b>Education required:</b> Not applicable <b>Hours required for position:</b> Not applicable <b>Tickets that may be required (not limited to):</b> Roller Training (provided by Standard General) and Basic Safety Orientation (BSO), RSTS with WHMIS 2015.
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<b>Labour Provider:</b>	N/A
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<b>Job Overview:</b>	As a Roller Operator, the worker is required to operate the roller on site. This includes using hand controls, steering a wheel, foot pedals (dependent on roller) and checking surroundings.		
	% of shift	Job Task	Task Description
	1-2%	Equipment and Safety Check	<ul style="list-style-type: none"><li>• Checking roller to ensure fluids are adequate, controls are working, no mechanical failures or changes in roller from last shift.</li><li>• Reporting any issues to Standard General's shop as necessary.</li></ul>
	1%	Individual Field Level Risk Assessment (IFLRA)	<ul style="list-style-type: none"><li>• Identifying hazards, exposures, plans for hazards and exposures, personal protective equipment (PPE) required.</li></ul>
	Up to 5%	Tailgate Meeting/Communication with Crew	<ul style="list-style-type: none"><li>• The crew's plan for the day including progress on site thus far, plan for remaining route and the day.</li><li>• Various</li></ul>

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	90-92%	Operating Roller	<ul style="list-style-type: none"> <li>Operating roller including various controls on sites.</li> </ul>
	1-2%	Site Clean Up (Optional)	<ul style="list-style-type: none"> <li>Assisting crew to clean site as required, if necessary.</li> </ul>

<b>Equipment/ Tools:</b>	<ul style="list-style-type: none"> <li>Roller</li> <li>Tip cleaner</li> </ul>
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<b>Exposures / Environment:</b>	<ul style="list-style-type: none"> <li>Asphalt fumes</li> <li>Oil fumes</li> <li>Vibration from Roller</li> <li>Heat</li> <li>Wind</li> <li>Cold</li> </ul>
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<b>Personal Protective Equipment Required:</b>	<ul style="list-style-type: none"> <li>Hard hat</li> <li>Steel toed boots</li> <li>Gloves</li> <li>Safety goggles</li> <li>Safety vest or high visibility stripes</li> <li>Long pants</li> </ul>
<b>Personal Protective Equipment as Required:</b>	<ul style="list-style-type: none"> <li>Masks worn within 6 feet due to COVID</li> </ul>

NOC STRENGTH LEVEL KEY	
Strength Level	Definition
Limited (Lim)	Up to 5 kg (11 pounds)
Light (L)	5 kg to 10 kg (11 – 22 pounds)
Medium (M)	10 kg to 20 kg (22 – 44 pounds)
Heavy (H)	Greater than 20 kg (44 pounds plus)

*\*Strength Level Key based on the National Occupational Classification*

FREQUENCY KEY		
Frequency	% of Workday	Hours – Based on 8 hour Workday
Not Required (N/R)	0%	0
Rarely (R)	1 – 5%	<25 min/day
Occasionally (O)	6 – 33%	25 min to 2 hours 40 min/day
Frequently (F)	34 – 66%	2 hours 41 min to 5 hours 17 min/day
Constantly (C)	67 – 100%	5 hours 18 min to 8 hours/day

*\*Frequency Key based on WCB Alberta Recommendations*

Job Demand	Frequency / NOC Strength Level					Details/ Measurements
	N/R	R	O	F	C	
Material Handling:						
Floor to Waist Level Lifting	X					Not required
Knee to Waist Level Lifting	X					Not required
Waist to Waist Level Lifting	X					Not required
Waist to Chest Level Lifting	X					Not required
Waist to Shoulder Level Lifting	X					Not required
Waist to Overhead Level Lifting	X					Not required
Front Carry	X					Not required
Right / Left-handed Carry (Dominant Hand)	X					Not required
Shoulder Carry	X					Not required
Static Pushing/Pulling (Force)	X					Not required
Dynamic Pushing/Pulling (Force)	X					Not required

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Upper Extremity Work:						
Hand Gripping					X	Gripping the steering wheel, hand controls, refilling fluids, mechanical checks.
Pinch Gripping	X					Not required
Upper Extremity Coordination					X	Operating steering wheel, controls, refilling fluids, mechanical checks.
Reaching Forward					X	Reaching steering wheel, controls (dependent on Roller).
Overhead Shoulder Level Reaching	X					Not required
Below Shoulder Level Reaching					X	Reaching steering wheel, controls (dependent on Roller).
Throwing	X					Not required

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Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Positional Work:						
Trunk Flexion (Bending)		X				Completing equipment and safety inspection; checking lower levels on roller, communicating with crew while in Roller.
Trunk Rotation (Twisting)					X	Completing equipment and safety inspection, checking surroundings while operating roller, communicating with crew while in Roller.
Kneeling	X					
Crawling	X					
Crouching		X				Completing equipment and safety inspection; checking lower levels on Roller.
Squatting		X				Completing equipment and safety inspection; checking lower levels on Roller.
Neck Flexion				X		Completing equipment and safety inspection, checking surroundings and asphalt while operating roller, communicating with crew while in Roller.
Neck Extension		X				Completing equipment and safety inspection; checking higher levels on Roller.
Neck Rotation				X		Completing equipment and safety inspection, checking surroundings and asphalt while operating roller, communicating with crew while in Roller.

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Static Work:						
Sitting					X	While operating Roller.
Static Standing		X				During breaks, IFLRA, tailgate meeting.
Balancing			X			On site during IFLRA and tailgate meeting, entering and exiting Roller.

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Ambulation:						
Walking: Level Surfaces			X			Dependent on site - during equipment and safety inspection, tailgate meeting, breaks, communicating with crew.
Walking: Uneven Surfaces			X			Dependent on site - during equipment and safety inspection, tailgate meeting, breaks, communicating with crew.

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<b>Walking: Slopes</b>		X				Dependent on site - during equipment and safety inspection, tailgate meeting, breaks, communicating with crew.
<b>Jumping</b>	X					Not required
<b>Running</b>	X					Not required

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Climbing:						
Stairs	X					Not required
Ladder	X					Not reured
Other		X				Entering and exiting Roller.

## PHOTOS OF TASKS AND WORK ENVIRONMENT

**Figure 1: Roller Operator in Steel Drum Roller moving forward with trunk rotated to the right, looking forward.**



**Figure 2: Roller Operator side view as the Steel Drum Roller reverses with trunk rotated to the left, looking where the Roller is travelling.**



**Figure 3: Right side controls of Steel Drum Roller.**

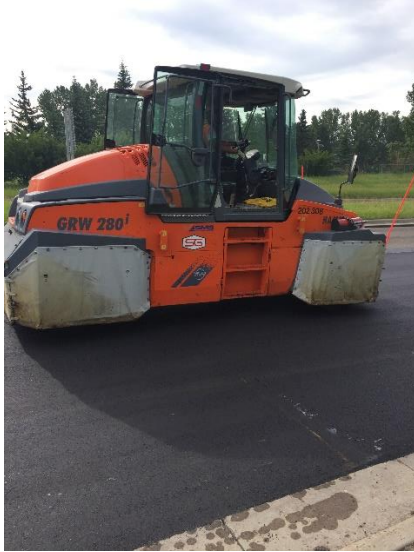


**Figure 4: Left side controls of Steel Drum Roller.**





**Figure 5: Roller operator: Rubber.**



If you have any questions, and/or would like to discuss this assessment and report further, I can be reached at (780) 429-4761.

Sincerely,

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**Joanna Taets Von Amerongen, BKin**  
**Kinesiologist**

**SITE SPECIFIC JOB DEMAND ADDITIONS:**

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Site Specific Job Demand:						
Vibration						Operating Roller: from steering wheel and controls.
Wrist Flexion/Extension						Operating steering wheel and controls on Roller.
Writing		X				Filling out IFLRA.



### Validation Agreement

<b>Job Title:</b>	Heavy Equipment Operator – Roller Operator
<b>Data Collection Date:</b>	July 21, 2020

We the undersigned have reviewed the Physical Demands Analysis for this position and agree that the physical demands documented in this report are representative of the true demands of the tasks associated with the job title as assessed on the date listed above.

<b>Completed by:</b>	Joanna Taets Von Amerongen, BKin	Lifemark Clinician Name
<b>Approved by:</b>	Matt Cooper, Paul Parsons	Management Representative
<b>Approved by:</b>		Worker Representative
<b>Approved by:</b>		Labour Provider Representative