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## Physical Demands Analysis

### Class 1 Driver

Prepared for:  
Alberta Construction Association

<b>Job Title:</b>	Class 1 Driver	<b>Assessment Location:</b>	Edmonton, AB	<b>Data Collection Date:</b>	August 18, 2020
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<b>Completed By:</b>	Erika Job BSc.OT	<b>Submitted on:</b>	November 12, 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> 5 days/week, 10-12 hours/day; may vary depending on volume <b>Break Schedule:</b> Total of 1 hour break per day / 2-15 minute coffee breaks, 1-30 minute lunch break <b>Shift Rotation:</b> Not applicable <b>On call is required:</b> No <b>Overtime required:</b> Yes; depending on volume (longer days/Saturday)
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<b>Education / Experience:</b>	<b>Education required:</b> Not applicable <b>Hours required for position:</b> Not applicable; experience driving is beneficial <b>Tickets that may be required (not limited to):</b> Air Brakes, Class 1 Driver's License, WHMIS and Basic Safety Orientation (BSO).
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<b>Labour Provider:</b>	N/A
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<b>Job Overview:</b>	As a Class 1 Driver, the worker is required to haul loads of crushed gravel, or demolition material from jobsites throughout the city to the yard or to various landfills.		
	% of shift	Job Task	Task Description
	Up to 5%	Field Level Hazard Assessment	<ul style="list-style-type: none"><li>Identifying hazards, exposures, plans for hazards and exposures, personal protective equipment (PPE) required.</li></ul>
	Up to 10 %	Pre-trip and post trip truck inspection and safety check	<ul style="list-style-type: none"><li>Checking truck to ensure fluids are adequate, controls are working, no mechanical failures or changes in truck from last shift. This includes walking around the truck for a visual inspection as well as hands on checks.</li><li>Reporting any issues to the shop as necessary.</li></ul>
	74-77%	Driving to and from sites, Visco and landfills	<ul style="list-style-type: none"><li>Driving to and from jobsites, the yard, as well as landfills (including waiting in the truck while debris is loaded into the bin by loaders onto the truck).</li></ul>

			<ul style="list-style-type: none"> <li>Driving the truck between sites.</li> <li>Using a manual lever on the back side of the truck to open/close the tarp on top of the dump prior to loading and unloading debris/material.</li> <li>Communicating with workers on site for loading and unloading the truck at the chosen location and coordinating material delivery.</li> <li>Can complete for 4-7 sites each shift.</li> </ul>
	5%	Paperwork	<ul style="list-style-type: none"> <li>Completing paperwork after each trip to the designated site and handing in paperwork at the end of the shift.</li> </ul>

<b>Equipment/ Tools:</b>	<ul style="list-style-type: none"> <li>Semi truck and trailer</li> <li>Chains (up to 34 lbs.)</li> <li>Tarp lever</li> <li>Hand tools (&lt;10 lbs.)</li> <li>Pen, paper, clipboard</li> </ul>
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<b>Exposures / Environment:</b>	<ul style="list-style-type: none"> <li>Fumes exposure (exhaust)</li> <li>Heat/Cold</li> <li>Dust</li> <li>Wind</li> <li>Asbestos</li> <li>Noise and vibration exposure (during loading and unloading)</li> </ul>
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<b>Personal Protective Equipment Required:</b>	<ul style="list-style-type: none"> <li>Safety vest or high visibility stripes</li> <li>Long pants</li> <li>Steel toed boots</li> </ul>
<b>Personal Protective Equipment as Required:</b>	<ul style="list-style-type: none"> <li>Hard hat</li> <li>Gloves</li> <li>Safety glasses</li> </ul>

NOC STRENGTH LEVEL KEY	
Strength Level	Definition
<b>Limited (Lim)</b>	Up to 5 kg (11 pounds)
<b>Light (L)</b>	5 kg to 10 kg (11 – 22 pounds)
<b>Medium (M)</b>	10 kg to 20 kg (22 – 44 pounds)
<b>Heavy (H)</b>	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		M				Chains, fluids for truck maintenance, small hand tools. Chains 34 lbs. Small hand tools <10 lbs.
Knee to Waist Level Lifting		M				Chains, fluids for truck maintenance, small hand tools. Chains 34 lbs. Small hand tools <10 lbs.
Waist to Waist Level Lifting		M				Chains, fluids for truck maintenance, small hand tools. Chains 34 lbs. Small hand tools <10 lbs.
Waist to Chest Level Lifting		M				Chains, fluids for truck maintenance, small hand tools. Chains 34 lbs. Small hand tools <10 lbs.
Waist to Shoulder Level Lifting		M				Chains, fluids for truck maintenance, small hand tools. Chains 34 lbs. Small hand tools <10 lbs. For example to manually dislodge back dump tailgate if it gets stuck.
Waist to Overhead Level Lifting		M				Chains, fluids for truck maintenance, small hand tools. Chains 34 lbs. Small hand tools <10 lbs. For example to manually dislodge back dump tailgate if it gets stuck.
Front Carry		M				Chains, fluids for truck maintenance, small hand tools. Chains 34 lbs. Small hand tools <10 lbs.

<b>Right / Left-handed Carry (Dominant Hand)</b>		M				Chains, fluids for truck maintenance, small hand tools. Chains 34 lbs. Small hand tools <10 lbs.
<b>Shoulder Carry</b>	X					Not required
<b>Static Pushing/Pulling (Force)</b>	X					Not required
<b>Dynamic Pushing/Pulling (Force)</b>		M			L	Pushing/pulling levers to open and close tarp, pushing various buttons on truck dashboard, pushing bin truck hood to complete checks, fill fluids as required, pushing and pulling gear shifter with right arm

\*It is recommended the worker use assistive equipment or use a 2 person lifting method for anything greater than 50 lbs.

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Upper Extremity Work:						
Hand Gripping					X	Gripping the steering wheel, shifting gears, gripping the lever to empty the bin, lever to adjust the tarp, gripping the truck hood to complete safety check/fill fluids as required. Gripping chains, and hand tools on site.
Pinch Gripping			X			Using a pen, checking truck during checks.
Upper Extremity Coordination					X	Operating the steering wheel, shifting gears, shifting the lever to empty the bin and lever to adjust the tarp, adjusting the truck hood to complete safety check/fill fluids as required. Manipulating chains, and small tools as needed, pushing various buttons on truck dashboard.
Reaching Forward					X	Reaching the steering wheel, gears, various buttons on the truck dashboard, horn strap truck hood, during truck and safety check, operating tarp lever, moving debris in the way of tarp.
Overhead Shoulder Level Reaching			X			Reaching horn strap while reversing truck, reaching to enter truck, during truck and safety check, manually adjusting tarp, manually opening tailgate if needed.
Below Shoulder Level Reaching					X	Reaching the steering wheel, gears, various buttons on the truck dashboard, horn strap truck hood, during truck and safety check reaching for various materials.
Throwing	X					Not required

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Positional Work:						
Trunk Flexion (Bending)			X			During truck and safety checks (pre/post trip).
Trunk Rotation (Twisting)				X		Checking surroundings in truck while driving and emptying bin, during truck and safety checks.
Kneeling		X				Checking lower levels of truck during truck and safety checks (pre/post trip). Dependent on workers preferred method.
Crawling		X				Checking lower levels of truck during truck and safety checks (pre/post trip). Dependent on workers preferred method.
Crouching		X				Checking lower levels of truck during truck and safety checks (pre/post trip). Dependent on workers preferred method.
Squatting	X					Not required
Neck Flexion			X			Communicating with workers on sites while in truck, checking surroundings while at Visco shop or on construction site, during truck and safety checks.
Neck Extension			X			Checking surroundings while at Visco shop or on construction site, during truck and safety checks.
Neck Rotation				X		Checking surroundings in truck while driving and checking mirrors, during truck and safety checks.

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Static Work:						
Sitting					X	Driving truck, completing FLRA and paperwork for each site, unloading/loading truck.
Static Standing		X				Chequing various components of truck during truck and safety checks (pre/post trip), filling fluids as required.
Balancing			X			While entering and exiting truck, adjusting tarp manually, walking on various sites.

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Ambulation:						
Walking: Level Surfaces		X				While in bays/office at Visco shop.
Walking: Uneven Surfaces			X			In Visco yard and various sites to delivering and picking up loads of materials/debris.
Walking: Slopes		X				Dependent on site for pick up/drop off of bins.
Jumping	X					Not required
Running	X					Not required

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Climbing:						
Stairs		X				To access second level at Visco office.
Ladder		X				Ladders on dump trailer to check inside bed of dump trailer.
Other			X			To enter and exit truck, accessing front end of truck for truck and safety checks.



**PHOTOS OF TASKS AND WORK ENVIRONMENT**

**Figure 1: Pulling lever to open tarp system**



**Figure 2: Detaching dump trailer.**



**Figure 3: Worker opening hood.**



**Figure 4: Worker climbing up ladder to check inside bed of dump prior to closing tarp.**



**Figure 5: Worker shifting gears while driving**



**Figure 6: Worker manually opening tailgate to dump**



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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**Erika Job BSc.OT**  
**Occupational Therapist**



**SPECIFIC JOB DEMAND ADDITIONS:**

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Site Specific Job Demand:						
Vibration				X		While driving on site, loading and unloading bins onto truck.
Foot Flexion/Extension					X	While operating truck’s foot pedals.

### Validation Agreement

<b>Job Title:</b>	Class 1 Driver
<b>Data Collection Date:</b>	August 18, 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>	Erika Job, BSc.OT	Lifemark Clinician Name
<b>Approved by:</b>	Corinne Visser, HSE Advisor	Management Representative
<b>Approved by:</b>		Worker Representative
<b>Approved by:</b>		Labour Provider Representative