

Toll Free 1-800-493-5446

## Physical Demands Analysis

### Class 1 Driver

# Prepared for: Alberta Construction Association

Job Title:	Cla	ass 1 Driver	Assessment Location:	Edmonton, AB		Data Collection Date:	August 18, 2020	
Completed I	Ву:	Erika Job BSc.OT		Submitted on:	No	November 12, 2020		
Disclaimer:		The Physical Deman contact the comparer representation of the	any directly to	confirm this phy	⁄sica	I demands analy	and location. Please rsis is an accurate	
Work Schedule:		Shift Duration: 5 days/week, 10-12 hours/day; may vary depending on volume Break Schedule: Total of 1 hour break per day / 2-15 minute coffee breaks, 1-30 minute lunch break Shift Rotation: Not applicable On call is required: No Overtime required: Yes; depending on volume (longer days/Saturday)						
Education / Experience:		Education required: Yes; depending on volume (longer days/Saturday)  Education required: Not applicable Hours required for position: Not applicable; experience driving is beneficial Tickets that may be required (not limited to): Air Brakes, Class 1 Driver's License, WHMIS and						

Labour	N/A
Labour	IN/A
Duovidon	
Provider:	

Basic Safety Orientation (BSO).

Job Overview:	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	Identifying hazards, exposures, plans for hazards and exposures, personal protective equipment (PPE) required.					
	Up to 10 %	Pre-trip and post trip truck inspection and safety check	<ul> <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	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).					

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		•	Driving the truck between sites.  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.  Communicating with workers on site for loading and unloading the truck at the chosen location and coordinating material delivery.  Can complete for 4-7 sites each shift.
5%	Paperwork	•	Completing paperwork after each trip to the designated site and handing in paperwork at the end of the shift.

Equipment/ Tools:	<ul><li>Semi truck and trailer</li><li>Chains (up to 34 lbs.)</li></ul>
	Tarp lever
	Hand tools (<10 lbs.)
	Pen, paper, clipboard

Exposures / Environment:	<ul><li>Fumes exposure (exhaust)</li><li>Heat/Cold</li></ul>
	• Dust
	Wind
	• Asbestos
	Noise and vibration exposure (during loading and unloading)

Personal Protective	Safety vest or high visibility stripes			
Equipment Required:	Long pants			
	Steel toed boots			
Personal Protective	Hard hat			
Equipment as Required:	• Gloves			
	Safety glasses			

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)				
<b>Medium (M)</b> 10 kg to 20 kg (22 – 44 pounds)					
Heavy (H) Greater than 20 kg (44 pounds plus)					

<sup>\*</sup>Strength Level Key based on the National Occupational Classification

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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 St	trength	Level	Details/ Measurements
	N/R R	0	F	С	
Material Handling:					
Floor to Waist Level	M				Chains, fluids for truck maintenance, small
Lifting					hand tools.
					Chains 34 lbs.
					Small hand tools <10 lbs.
Knee to Waist Level	M				Chains, fluids for truck maintenance, small
Lifting					hand tools.
					Chains 34 lbs.
					Small hand tools <10 lbs.
Waist to Waist Level	M				Chains, fluids for truck maintenance, small
Lifting					hand tools.
					Chains 34 lbs.
					Small hand tools <10 lbs.
Waist to Chest Level	M				Chains, fluids for truck maintenance, small
Lifting					hand tools.
					Chains 34 lbs.
					Small hand tools <10 lbs.
Waist to Shoulder Level	M				Chains, fluids for truck maintenance, small
Lifting					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	M				Chains, fluids for truck maintenance, small
Lifting					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.

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Right / Left-handed		М	Chains, fluids for truck maintenance, small
Carry (Dominant Hand)			hand tools.
			Chains 34 lbs.
			Small hand tools <10 lbs.
Shoulder Carry	Х		Not required
Static	Х		Not required
Pushing/Pulling (Force)			
Dynamic Pushing/Pulling (Force)		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

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

Job Demand		Fi	requenc	су		Details/Measurements
	N/R	R	0	F	С	
<b>Upper Extremity Work:</b>						
Hand Gripping					Х	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			Х			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			Х			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					Х	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	Χ					Not required

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Job Demand	Frequency			y		Details/Measurements
	N/R	R	0	F	С	
Positional Work:						
Trunk Flexion (Bending)			Х			During truck and safety checks (pre/post trip).
Trunk Rotation (Twisting)				Х		Checking surroundings in truck while driving and emptying bin, during truck and safety checks.
Kneeling		Х				Checking lower levels of truck during truck and safety checks (pre/post trip). Dependent on workers preferred method.
Crawling		Х				Checking lower levels of truck during truck and safety checks (pre/post trip). Dependent on workers preferred method.
Crouching		Х				Checking lower levels of truck during truck and safety checks (pre/post trip). Dependent on workers preferred method.
Squatting	Х					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			Х			Checking surroundings while at Visco shop or on construction site, during truck and safety checks.
Neck Rotation				Х		Checking surroundings in truck while driving and checking mirrors, during truck and safety checks.

Job Demand		F	requenc	y		Details/Measurements
	N/R	R	0	F	С	
Static Work:						
Sitting					Х	Driving truck, completing FLRA and paperwork for each site, unloading/loading truck.
Static Standing		Х				Chequing various components of truck during truck and safety checks (pre/post trip), filling fluids as required.
Balancing			Х			While entering and exiting truck, adjusting tarp manually, walking on various sites.

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Job Demand	Frequency					Details/Measurements	
	N/R	R	0	F	С		
Ambulation:							
Walking: Level Surfaces		Х				While in bays/office at Visco shop.	
Walking: Uneven			Х			In Visco yard and various sites to delivering	
Surfaces						and picking up loads of materials/debris.	
Walking: Slopes		Х				Dependent on site for pick up/drop off of	
						bins.	
Jumping	Х					Not required	
Running	Х					Not required	

Job Demand	Frequency					Details/Measurements
	N/R	R	0	F	С	
Climbing:						
Stairs		Χ				To access second level at Visco office.
Ladder		Х				Ladders on dump trailer to check inside bed of dump trailer.
Other			Х			To enter and exit truck, accessing front end of truck for truck and safety checks.

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#### PHOTOS OF TASKS AND WORK ENVIRONMENT

Figure 1: Pulling lever to open tarp system

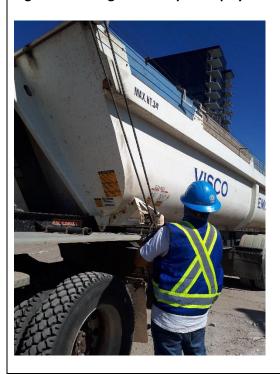


Figure 3: Worker opening hood.

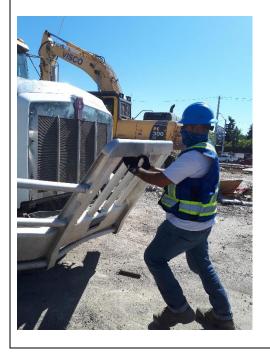


Figure 2: Detaching dump trailer.

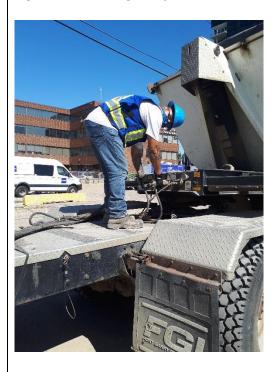


Figure 4: Worker climbing up ladder to check inside bed of dump prior to closing tarp.



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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,

Erika Job BSc.OT Occupational Therapist

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#### **SPECIFIC JOB DEMAND ADDITIONS:**

Job Demand	Frequency					Details/Measurements		
	N/R	R	0	F	С			
Site Specific Job Demand:								
Vibration				Х		While driving on site, loading and unloading bins onto truck.		
Foot Flexion/Extension					Х	While operating truck's foot pedals.		

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## **Validation Agreement**

Job Title:	Class 1 Driver
Data Collection Date:	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.

Completed by:	Erika Job, BSc.OT	Lifemark Clinician Name
Approved by:	Corinne Visser, HSE Advisor	Management Representative
Approved by:		Worker Representative
Approved by:		Labour Provider Representative