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## Physical Demands Analysis

### Demolition Labourer

Prepared for:  
Alberta Construction Association

<b>Job Title:</b>	Demolition Labourer	<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 11, 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, 9 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 <b>Tickets that may be required (not limited to):</b> First Aid, WHMIS, Construction Safety Training Systems (CSTS) 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 demolition labourer the worker is required to complete various labour and cleaning tasks in the yard, shop and on various job sites. The labourer is also responsible for assisting tradesmen on site as required.		
	% of shift	Job Task	Task Description
	Up to 5%	Job prep and planning/ logging hours	<ul style="list-style-type: none"><li>• Complete hour log.</li><li>• Direction provided by supervisor on what tasks to complete for that day.</li><li>• Communication with other trades required to minimize hazards.</li><li>•</li></ul>
	Up to 95%	Completing general labour duties	<ul style="list-style-type: none"><li>• A General Labourer could be completing a variety of different tasks. Some of which include:<ul style="list-style-type: none"><li>○ Sweeping and cleaning duties in the shop, on trucks etc.</li></ul></li></ul>

			<ul style="list-style-type: none"> <li>○ Cutting the grass, shoveling snow.</li> <li>○ Tidying work sites and ensuring tools and equipment are picked up / stored appropriately.</li> <li>○ Replenishing stock to tradesmen on the work site</li> <li>○ Emptying garbage bins at work site.</li> <li>○ Setting up and taking down temporary fencing at job sites.</li> <li>○ Cleaning up, moving and sorting debris on job sites and in the yard.</li> <li>○ Standing on the crusher and pulling out any spotted metal such as rebar as rock debris is loaded into the crusher by a heavy equipment operator.</li> <li>○ Pulling out debris that causes a jam in the crusher.</li> <li>○ Greasing equipment after use, such as the crusher.</li> <li>○ Painting various equipment or shop areas.</li> <li>○ Setting up fencing on sites and traffic control.</li> </ul> <ul style="list-style-type: none"> <li>● A General Labourer may drive a truck to the work site or around work site, depending on the task.</li> </ul>
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<b>Equipment/ Tools:</b>	<ul style="list-style-type: none"> <li>● Equipment</li> <li>● Grease gun (5 lbs.)</li> <li>● Track shovel (4 lbs.)</li> <li>● Shovel/ ice pick</li> <li>● Broom (push/bristle)</li> <li>● Sledge Hammer (10 lbs.)</li> <li>● Prybar (7 lbs.)</li> <li>● Hand tools (up to 10 lbs.)</li> <li>● Fluids/paint (up to 12 lbs.)</li> <li>● Chains ½ inch (14 lbs.)</li> <li>● Hose for attachments (10 lbs.)</li> <li>● Paint brush, tray</li> <li>● Truck</li> <li>● Traffic signs (~ 5 lbs.)</li> </ul>
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<b>Exposures / Environment:</b>	<ul style="list-style-type: none"> <li>● Heat/Cold</li> <li>● Inclement weather (rain, wind, high or low temperatures while working outside)</li> <li>● Silica Dust</li> <li>● Noise exposure</li> <li>● Sparks</li> <li>● Vibration</li> <li>● Trip hazards</li> <li>● Working at heights greater than 6 feet</li> <li>● Slippery surfaces</li> </ul>
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	<ul style="list-style-type: none"> <li>Moving vehicles and equipment onsite</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 glasses</li> <li>Safety vest or high visibility stripes</li> <li>Long sleeve and pant work suit</li> </ul>
<b>Personal Protective Equipment as Required:</b>	<ul style="list-style-type: none"> <li>Respirator and face shield</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		H		M		Handling: - Hand tools (Up to 10 lbs.). - Brooms, rakes (< 5 lbs.). - Painting brush/trays < 5 lbs.). - Sledge hammer (10 lbs.). - Chains ½ inch (14 lbs.). - Picking up debris on site. - Moving materials. - Shoveling. - Traffic signs (~5 lbs.). *Typically works with another labourer and can request assistance for items >50 lbs.
Knee to Waist Level Lifting		H		M		As above
Waist to Waist Level Lifting			H	M	Lim	Handling: - Hand tools (Up to 10 lbs.). - Brooms, rakes (< 5 lbs.). - Painting brush/trays < 5 lbs.). - Sledge hammer (10 lbs.). - Chains ½ inch (14 lbs.). - Picking up debris on site. - Moving materials. - Moving temporary fence while setting up/taking down. - Snow removal from trucks, walk ways. - Pulling/lifting small metal scraps/debris out of crusher. - Traffic signs (~5 lbs.). *Typically works with another labourer and can request assistance for items >50 lbs.
Waist to Chest Level Lifting		H		L	Lim	- Moving temporary fence while setting up/taking down. - Snow removal from trucks, walk ways. - Pulling/lifting small metal scraps/debris out of crusher. *Typically works with another labourer and can request assistance for items >50 lbs.

<b>Waist to Shoulder Level Lifting</b>		H		L	Lim	<ul style="list-style-type: none"> <li>- Moving temporary fence while setting up/taking down.</li> <li>- Snow removal from trucks, walk ways.</li> <li>- Pulling/lifting small metal scraps/debris out of crusher.</li> </ul> <p>*Typically works with another labourer and can request assistance for items &gt;50 lbs.</p>
<b>Waist to Overhead Level Lifting</b>		H		L	Lim	<ul style="list-style-type: none"> <li>- Handling tools such as paint brush, chains, hand tools at overhead levels.</li> <li>-Lifting items into waste bin.</li> <li>-Pulling/lifting small metal scraps/debris out of crusher.</li> <li>- Setting up/taking down temporary fencing.</li> </ul> <p>*Typically works with another labourer and can request assistance for items &gt;50 lbs.</p>
<b>Front Carry</b>		H	M		L	<p>Carrying items/materials around the job site:</p> <ul style="list-style-type: none"> <li>- Hand tools (Up to 10 lbs.).</li> <li>- Brooms, rakes (&lt; 5 lbs.).</li> <li>- Painting brush/trays &lt; 5 lbs.).</li> <li>- Sledge hammer (10 lbs.).</li> <li>- Chains ½ inch (14 lbs.)</li> <li>- Picking up debris on site.</li> <li>- Moving materials.</li> <li>- Moving temporary fence while setting up/taking down.</li> <li>- Snow removal from trucks, walk ways.</li> </ul> <p>Pulling/lifting small metal scraps/debris out of crusher.</p>
<b>Right / Left-handed Carry (Dominant Hand)</b>			M	L		Carrying hose, grease gun, hand tools, various fluids for equipment, materials.
<b>Shoulder Carry</b>		L				Carrying hoses, or chains.
<b>Static Pushing/Pulling (Force)</b>			L			Using hand tools, holding fence in place while setting up or removing.
<b>Dynamic Pushing/Pulling (Force)</b>			M	L		<ul style="list-style-type: none"> <li>-Pushing/pulling pieces of rebar or debris out from crusher feeder.</li> <li>-Pushing/pulling broom.</li> <li>-Whiling climbing up large equipment.</li> </ul>

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Upper Extremity Work:						
Hand Gripping					X	-Hand tools and materials. -Steering wheel. -Grease gun.
Pinch Gripping			X			Pen/pencil while doing hour logs Nuts/bolts/screws
Upper Extremity Coordination					X	-During labour tasks such as digging, shoveling, painting, manipulation materials and tools. -Removing pieces of rebar or debris out from crusher feeder.
Reaching Forward					X	-During labour tasks such as digging, shoveling, painting, manipulation materials and tools. -Removing pieces of rebar or debris out from crusher feeder.
Overhead Shoulder Level Reaching					X	-Handling tools such as paint brush, chains, hand tools at overhead levels. -Lifting items into waste bin. -Reaching for metal scraps/debris to pull out of crusher. - Setting up/taking down temporary fencing.
Below Shoulder Level Reaching					X	-During labour tasks such as digging, shoveling, painting, manipulation of materials and tools. -Removing pieces of rebar or debris out from crusher feeder.
Throwing					X	-Throwing/dropping small pieces of metal debris and rebar out from crusher loader. -Throwing items into waste bins.

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Positional Work:						
Trunk Flexion (Bending)					X	-During labour tasks such as digging, shoveling, painting, manipulation of materials and tools. -Reaching in and moving pieces of rebar or debris out from crusher feeder.
Trunk Rotation (Twisting)					X	As above

<b>Kneeling</b>		X				Getting under machinery or belting such as in crusher to remove jams, low level work such as painting.
<b>Crawling</b>		X				As above
<b>Crouching</b>		X				As above
<b>Squatting</b>				X		Lifting items from floor level, retrieving items from the floor, shoveling.
<b>Neck Flexion</b>					X	-During labour tasks such lifting, painting, manipulation of materials and tools. -Looking in and moving pieces of rebar or debris out from crusher feeder.
<b>Neck Extension</b>				X		-Spotting. -Painting. -Putting items in large garbage bins. -While getting on/off large equipment.
<b>Neck Rotation</b>					X	-During labour tasks such lifting, painting, manipulation of materials and tools. -Looking in and moving pieces of rebar or debris out from crusher feeder. -Spotting

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
<b>Static Work:</b>						
<b>Sitting</b>			X			Driving to and from jobsites and within the yard.
<b>Static Standing</b>				X		-During labour tasks such lifting, painting, manipulation of materials and tools. -Standing on crusher while looking in and moving pieces of rebar or debris out from crusher feeder.
<b>Balancing</b>				X		Climbing on/off equipment, ladders.

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
<b>Ambulation:</b>						
<b>Walking: Level Surfaces</b>			X			In the shop.
<b>Walking: Uneven Surfaces</b>					X	Standing work on jobsites, in The yard.
<b>Walking: Slopes</b>				X		Dependent on site, walking up piles of demolition debris in yard.
<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				Up to the second floor office.
Ladder			X			Ladders to access different equipment such as crusher, dumpster bin ladders.
Other			X			Climbing on/off various large equipment.

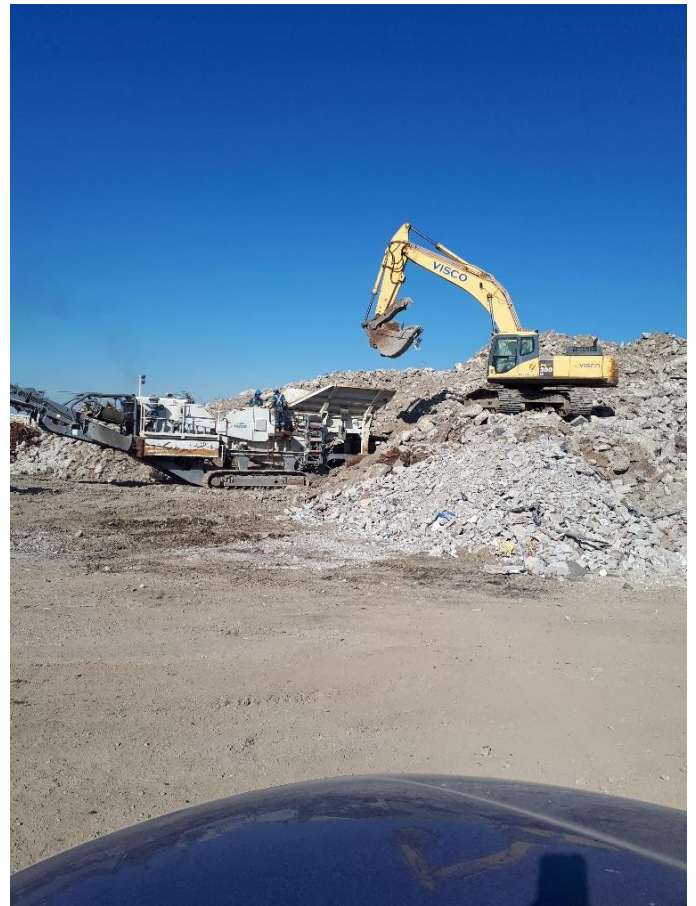


**PHOTOS OF TASKS AND WORK ENVIRONMENT**

**Figure 1: Climbing up onto crusher.**



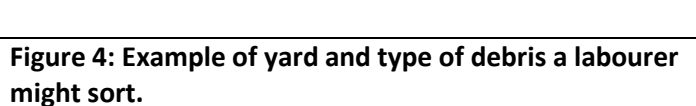
**Figure 2: Two workers reaching in and removing debris from crusher loader as material is loaded in by excavator.**



**Figure 3: Worker removing jam in crusher.**



**Figure 4: Example of yard and type of debris a labourer might sort.**





**Figure 5: Worker greasing crusher.**



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 operating tools on site.

### Validation Agreement

<b>Job Title:</b>	Demolition Labourer
<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