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Physical Demands Analysis

Heavy Hauler Driver

Prepared for:
Alberta Construction Association

Job Title:	Heavy Hauler Driver	Assessment Location:	Edmonton, AB	Data Collection Date:	August 18, 2020
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Completed By:	Erika Job BSc.OT	Submitted on:	November 11, 2020
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Disclaimer:	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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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 and destination (longer days/Saturday)
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Education / Experience:	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 Basic Safety Orientation (BSO), knowledge of rules and regulations for hauling equipment- weight and load securement.
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Labour Provider:	N/A
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Job Overview:	As a Heavy Hauler Driver, the worker is required to load, unload and transport various large equipment such excavators, loaders and crushers from the yard to various construction sites.		
	% of shift	Job Task	Task Description
	Up to 5%	Paper work (Field Level Hazard Assessment (FLHA) and log books)	<ul style="list-style-type: none">Identifying and logging hazards, exposures, plans for hazards and exposures, personal protective equipment (PPE) required. This is done with a paper and pen.Logging trips and inspection details.
	Up to 5%	Pre-trip Truck Inspection	<ul style="list-style-type: none">Checking truck to ensure mechanical fitness, fluids are adequate, controls are working, no mechanical failures or changes in truck from last shift. This requires walking around the truck and reaching to inspect various components on the truck, as well as bending and crawling to inspect under the truck.Reporting any issues to the shop as necessary.

	Up to 50%	Loading/unloading equipment, hooking and unhooking heavy hauler trailer, and securing equipment to the trailer	<ul style="list-style-type: none"> Operating heavy machinery and driving machinery onto the trailer (i.e. excavators, loaders, crushers). Using equipment to move large mud mats from the trailer to the floor on which equipment sits. Securing machinery/equipment to the trailer using half inch chains. Hooking up and unhooking heavy hauler trailer.
	Up to 75%	Driving to and from sites	<ul style="list-style-type: none"> Driving equipment/machinery back and forth between the shop and worksites. Number of trips per day varies as some trips may be 5-6 hours away. Communicating with workers on site and unloading the equipment at the chosen location on site. Driving to the shop to retrieve another bin.
	Up to 5%	Post Trip Truck Inspection	<ul style="list-style-type: none"> Checking truck to ensure fluids are adequate, controls are working, no mechanical failures or changes in truck from last shift. Reporting any issues to the shop as necessary.

Equipment/ Tools:	<ul style="list-style-type: none"> Heavy Hauler truck and trailer Heavy equipment (excavators, haulers, crushers) Mud mats (uses onsite equipment to remove and place on trailers) Tire and Tie down 1/2" to 3/8" Chains (30- 60 lbs.) Hand tools (impact gun, electric drill, ratchets) (Up to 10 lbs.) Pen, pencil and clipboard
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Exposures / Environment:	<ul style="list-style-type: none"> Fumes exposure (exhaust) Heat/Cold weather extremes Dust Wind Icy/slippy surfaces Noise and vibration exposure (during loading/unloading)
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Personal Protective Equipment Required:	<ul style="list-style-type: none"> Steel toed boots Safety vest or high visibility stripes
Personal Protective Equipment as Required:	<ul style="list-style-type: none"> Hard hat Gloves Safety glasses Long pants

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 and applying tire chains (60 lbs. clean and dry, may be heavier with mud and ice), handling and applying tie down chains (30 lbs.).
Knee to Waist Level Lifting		H	M			Handling and applying tire chains (60 lbs. clean and dry, may be heavier with mud and ice), handling and applying tie down chains (30 lbs.).
Waist to Waist Level Lifting		H	M			Handling and applying tire chains (60 lbs. clean and dry, may be heavier with mud and ice), handling and applying tie down chains (30 lbs.). Carrying small tools for minor repairs/inspection (i.e. drill, ratchets).
Waist to Chest Level Lifting			M			Handling and applying tie down chains (30 lbs.) at chest levels.
Waist to Shoulder Level Lifting			M			Handling and applying tie down chains (30 lbs.) at shoulder levels.
Waist to Overhead Level Lifting			M			Handling and applying tie down chains (30 lbs.) at shoulder levels.
Front Carry		H	M			Carrying and applying tire chains (60 lbs. clean and dry, may be heavier with mud and ice), handling and applying tie down chains (30 lbs.). Carrying small tools for minor repairs/inspection (i.e. drill, ratchets).
Right / Left-handed Carry (Dominant Hand)			M			Carrying, handling and applying tie down chains (30 lbs.), carrying small hand tools.

Shoulder Carry	X					Not required
Static Pushing/Pulling (Force)	X					Not required
Dynamic Pushing/Pulling (Force)			H			Pushing/pulling levers to lift hood of truck for inspections, opening chain storage compartments, shifting gears, pushing various buttons on truck dashboard, fill fluids as required. Unable to get objective push/pull measurements due to shape/size of levers, estimated at a heavy level.

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Upper Extremity Work:						
Hand Gripping					X	Gripping the steering wheel, while shifting gears, the lever to open the hood and chain storage compartments, chains, straps, safety rails to get in and out of the truck.
Pinch Gripping		X				Checking the truck during inspection, using a pen while writing logs.
Upper Extremity Coordination					X	Operating the steering wheel, shifting gears, and shifting the lever open the truck hood to complete safety check/fill fluids as required. Manipulating chains, straps and various hand tools. Pushing various buttons on truck dashboard.
Reaching Forward					X	Reaching the steering wheel, shifting gears, various buttons on the truck dashboard, during truck and safety check, and while securing equipment to trailer.
Overhead Shoulder Level Reaching			X			Reaching the safety rail while climbing into the truck, during truck and safety check, manually adjusting chains and straps while securing equipment.
Below Shoulder Level Reaching					X	Reaching the steering wheel, shifting gears, various buttons on the truck dashboard, during truck and safety check, and while securing equipment.
Throwing			X			Throwing chains over equipment to fasten it.

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), while securing equipment with chains, applying tire chains if needed.
Trunk Rotation (Twisting)				X		Checking surroundings in truck while driving and during truck and safety checks.
Kneeling		X				Checking lower levels of truck during truck and safety checks (pre/post trip), applying tire chains. 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), applying tire chains. Dependent on workers preferred method.
Squatting		X				Checking lower levels of truck during truck and safety checks (pre/post trip), applying tire chains. Dependent on workers preferred method.
Neck Flexion			X			Communicating with workers on sites while in truck, safety checks (pre/post trip), securing equipment, checking surroundings in mirrors, doing paperwork and completing logs.
Neck Extension			X			While climbing in and out of truck, safety checks (pre/post trip), securing and inspecting loads.
Neck Rotation					X	Checking surroundings in truck while driving, during truck and safety checks (pre/post trip), securing and inspecting loads.

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Static Work:						
Sitting					X	Driving truck, completing paperwork, for each site, unloading/loading bins.
Static Standing		X				Checking various components of truck during truck and safety checks (pre/post trip), filling fluids as required.

Balancing			X			While entering and exiting truck and getting on/off the trailer while securing or inspecting loads.
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Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Ambulation:						
Walking: Level Surfaces		X				While in bays/office at the shop.
Walking: Uneven Surfaces			X			In the yard and various sites for pick up/drop off of equipment.
Walking: Slopes			X			Walking on/off trailer.
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 the office.
Ladder		X				To check various equipment, loads.
Other				X		To enter and exit truck and other large equipment, machinery, accessing front end of truck for truck and safety checks.

PHOTOS OF TASKS AND WORK ENVIRONMENT

Figure 1: Disconnecting tire chains from chain storage



Figure 2: Heavy Hauler Truck- Inspecting trailer connection



Figure 3: Pulling on lever to disconnect trailer



Figure 4: Inside of truck with gear shift on the right



Physical Demands Analysis
Job Title: **Heavy Hauler Driver**
Date Prepared: August 30, 2020
Prepared for: Alberta Construction Association



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

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 equipment onto truck.
Foot Flexion/Extension					X	While operating truck’s foot pedals.

Validation Agreement

Job Title:	Heavy Hauler 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