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Physical Demands Analysis

Roll Off Bin Truck Driver

Prepared for:
Alberta Construction Association

Job Title:	Roll Off Bin Truck Driver	Assessment Location:	Edmonton, AB	Data Collection Date:	August 19, 2020
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Completed By:	Joanna Taets Von Amerongen, BKin	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, 9 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)
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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).
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Labour Provider:	N/A
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Job Overview:	As a Roll Off Bin Truck Driver, the worker is required to retrieve bins of various sizes from the yard at the shop and transport the bins to sites for various construction companies to use. The Roll Off Bin Truck Driver is also required to pick up the bins at various construction sites to bring back to the yard.		
	% of shift	Job Task	Task Description
	2-3%	Field Level Hazard Assessment	<ul style="list-style-type: none">Identifying hazards, exposures, plans for hazards and exposures, personal protective equipment (PPE) required.
	8-10%	Truck and Safety Check	<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.
	74-77%	Driving to and from sites	<ul style="list-style-type: none">Retrieving the required bin from the yard (including loading the bin onto the truck).

			<ul style="list-style-type: none"> Driving the bin to the desired site. Communicating with workers on site and unloading the bin at the chosen location on site. Driving to the shop to retrieve another bin. Complete for 4-7 sites each shift.
	8%	Post Trip Check	<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.
	5%	Paperwork	<ul style="list-style-type: none"> Completing paperwork after each trip to the designated site and handing in paperwork at the end of the shift.

Equipment/ Tools:	<ul style="list-style-type: none"> Roll Off Bin Truck Chains (up to 34 lbs.) Straps (4 lbs.) Tarp lever (13 lbs.)
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Exposures / Environment:	<ul style="list-style-type: none"> Fumes exposure (exhaust) Heat/Cold Dust Wind Asbestos Noise exposure (during bin roll off)
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Personal Protective Equipment Required:	<ul style="list-style-type: none"> Hard hat Steel toed boots Gloves Safety glasses Safety vest or high visibility stripes Long pants
Personal Protective Equipment as Required:	<ul style="list-style-type: none"> Masks worn within 6 feet due to COVID

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				Chains (34 lbs.), straps (4 lbs.), fluids for truck maintenance (12 lbs.), various materials (up to 50 lbs.) at the shop or on construction sites as required.
Knee to Waist Level Lifting		*H				Chains (34 lbs.), straps (4 lbs.), fluids for truck maintenance (12 lbs.), various materials (up to 50 lbs.) at the shop or on construction sites as required.
Waist to Waist Level Lifting		*H				Chains (34 lbs.), straps (4 lbs.), fluids for truck maintenance (12 lbs.), various materials (up to 50 lbs.) at the shop or on construction sites as required.
Waist to Chest Level Lifting		*H				Chains (34 lbs.), straps (4 lbs.), fluids for truck maintenance (12 lbs.), various materials (up to 50 lbs.) at the shop or on construction sites as required.
Waist to Shoulder Level Lifting		*H				Various materials (up to 50 lbs.) at the shop or on construction sites placing into bin as required.
Waist to Overhead Level Lifting		*H				Various materials (up to 50 lbs.) at the shop or on construction sites placing into bin as required.
Front Carry		*H				Various materials (50 lbs.) at The shop or on construction sites as required.
Right / Left-handed Carry (Dominant Hand)		*H				Chains (34 lbs.), straps (4 lbs.), fluids for truck maintenance (12 lbs.), various materials (up to 50 lbs.) at the shop or on construction sites as required.
Shoulder Carry	X					Not required
Static Pushing/Pulling (Force)	X					Not required

Dynamic Pushing/Pulling (Force)			*H	L		Pushing/pulling levers to lower bin and adjust tarp (13 lbs.), opening/closing bin doors, pushing various buttons on truck dashboard, pushing bin truck hood to complete checks (72 lbs.), fill fluids as required, pushing various materials on site as required.
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*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 lower the bin, lever to adjust the tarp, gripping the truck hood to complete safety check/fill fluids as required. Gripping chains, straps and various materials on site.
Pinch Gripping			X			Pulling horn strap while reversing truck, checking truck during checks.
Upper Extremity Coordination					X	Operating the steering wheel, shifting gears, shifting the lever to lower the bin and lever to adjust the tarp, adjusting the truck hood to complete safety check/fill fluids as required. Manipulating chains, straps and various materials on site, 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, reaching for various materials.
Overhead Shoulder Level Reaching			X			Reaching horn strap while reversing truck, reaching to enter truck, during truck and safety check, manually adjusting tarp, placing materials into bin as required.
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 retrieving/releasing 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 the shop or on construction site, during truck and safety checks.
Neck Extension			X			Checking surroundings while at the shop or on construction site, during truck and safety checks.
Neck Rotation				X		Checking surroundings in truck while driving and retrieving/releasing bin, 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 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, 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 The shop.

Walking: Uneven Surfaces			X			In the yard and various sites for pick up/drop off of bins.
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 the office.
Ladder		X				Ladders on bins to check bin or tarp.
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: Various buttons on truck dashboard.



Figure 2: Worker's view during bin release onto site.



Figure 3: Gears used to operate truck.



Figure 4: Worker exiting truck with 3 point contact.

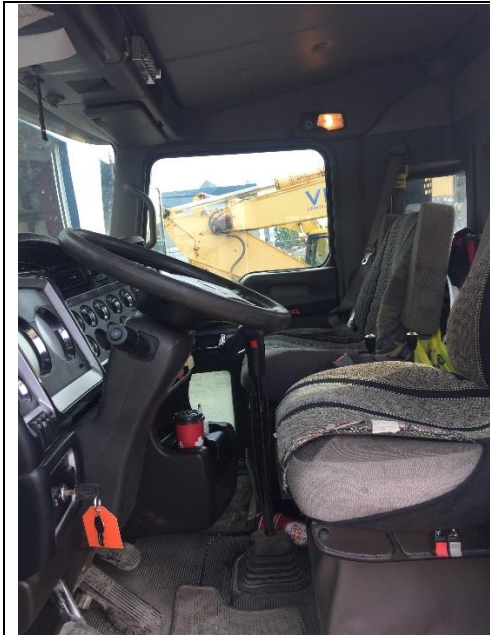


Figure 5: Interior set up of truck.



Figure 6: Tarp system lever





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,

Joanna Taets Von Amerongen, BKin
Kinesiologist

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

Job Title:	Roll Off Bin Truck Driver
Data Collection Date:	August 19, 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:	Joanna Taets Von Amerongen, BKin	Lifemark Clinician Name
Approved by:	Corinne Visser, HSE Advisor	Management Representative
Approved by:		Worker Representative
Approved by:		Labour Provider Representative