



154 Meadowlark Health Centre
156 Street & 87 Avenue
Edmonton, Alberta T5R 5W9
Tel (780) 429-4761
Fax (780) 425-4274
Toll Free 1-800-493-5446

Physical Demands Analysis

Painter

Prepared for:
Alberta Construction Association

Job Title:	Painter	Assessment Location:	Edmonton, AB	Data Collection Date:	October 27, 2020
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Completed By:	Joanna Taets Von Amerongen, BKin	Submitted on:	January 29, 2021
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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, 8 hours/day; may vary depending on volume Break Schedule: Total of 1 hour break per day / 2-15 minute breaks, 1-30 minute break Shift Rotation: Dependent on site; night shifts occur from close to open of the site the painter is working on. On call is required: No Overtime required: No; but may be available depending on volume and project deadlines.
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Education / Experience:	Education required: N/A Hours required for position: N/A Tickets that may be required (not limited to): First Aid, WHMIS, Construction Safety Training Systems (CSTS) and Basic Safety Orientation (BSO).
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Labour Provider:	N/A
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Job Overview:	As a... the worker is required to...		
	% of shift	Job Task	Task Description
	3%	Hazard assessment	<ul style="list-style-type: none">Checking work area for any hazards and identify accordingly on the Field Level Hazard Assessment (FLHA).
	5%	Preparing work area	<ul style="list-style-type: none">Retrieving equipment and material required for the shift from work vehicle to work area on site.Preparing materials (paint in trays, spray guns, brushes, rollers, etc.) as needed for the shift's tasks outlined.This can be completed various times throughout the day depending on the size and quantities of the rooms/buildings being painted.

	30%	Sanding/taping	<ul style="list-style-type: none"> Sanding and taping desired area's including walls, baseboards, doors, etc. in preparation to be painted. The duration can vary depending on the size and complexity of the site.
	30%	Painting	<ul style="list-style-type: none"> Using either a brush, roller, or both to paint the desired areas. The duration can vary depending on the size and complexity of the site, as well as the quantity of coats of paint required.
	25%	Priming	<ul style="list-style-type: none"> Using either a brush, roller, or both to prime the painted areas. The duration can vary depending on the size and complexity of the site, as well as the quantity of coats of paint required.
	5%	Cleaning work area	<ul style="list-style-type: none"> Cleaning and organizing equipment and materials as well as the work area. This can be completed various times throughout the day depending on the size and quantities of the rooms/buildings being painted.

Equipment/ Tools:	<ul style="list-style-type: none"> Extension cords (11 lbs.) Painting tape Pole standers Brushes (up to 2 lbs.) Rollers Paint can with brush (5 lbs. half full) Ladders (6' – 12 lbs.) 14' foot ladders Spraying machine (40 lbs.) Trays with paint (14 lbs. full) Rollers Sanding blocks (0.5 lbs.) Pales of paint (54lbs. full) Tool box (12 lbs. half full) Free standing doors (29 lbs.)
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Exposures / Environment:	<ul style="list-style-type: none"> Outdoor elements (heat, cold, etc.) Noise exposure Paint fumes Dust
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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 • 6" sleeves and pants
Personal Protective Equipment as Required:	<ul style="list-style-type: none"> • Kneeling pads

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*	L		Lifting equipment and materials including pales of paint (54 lbs.), paint cans (up to 12 lbs.), brushes (up to 2 lbs.), rollers, sanding blocks (0.5), spraying machine (40 lbs.) and hose, trays (up to 14 lbs.), extension cords (11 lbs.), doors (29 lbs.), tool box (up to 24 lbs).
Knee to Waist Level Lifting			H*	L		Lifting equipment and materials including pales of paint (54 lbs.), paint cans (up to 12 lbs.), brushes (up to 2 lbs.), rollers, sanding blocks (0.5), spraying machine (40 lbs.) and hose, trays (up to 14 lbs.), extension cords (11 lbs.), ladders (12 lbs.), doors (29 lbs.), tool box (up to 24 lbs.).

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Waist to Waist Level Lifting			H*	L		Lifting equipment and materials including pales of paint (54 lbs.), paint cans (up to 12 lbs.), brushes (up to 2 lbs.), rollers, sanding blocks (0.5), spraying machine (40 lbs.) and hose, trays (up to 14 lbs.), extension cords (11 lbs.), ladders (12 lbs.), doors (29 lbs.), tool box (up to 24 lbs.).
Waist to Chest Level Lifting		M	L			Lifting equipment and materials including paint cans (up to 12 lbs.), brushes (up to 2 lbs.), rollers, sanding blocks (0.5), spraying hose, trays (up to 14 lbs.), extension cords (11 lbs.), ladders (12 lbs.), doors (29 lbs.).
Waist to Shoulder Level Lifting			L			Lifting equipment and materials including paint cans (up to 12 lbs.), brushes (up to 2 lbs.), rollers, sanding blocks (0.5), spraying hose, trays (up to 14 lbs.), extension cords (11 lbs.), ladders (12 lbs.).
Waist to Overhead Level Lifting			L			Lifting equipment and materials including paint cans (up to 12 lbs.), brushes (up to 2 lbs.), rollers, sanding blocks (0.5), spraying hose, trays (up to 14 lbs.), extension cords (11 lbs.), ladders (12 lbs.).
Front Carry			H*	L		Carrying equipment and materials including pales of paint (54 lbs.), spraying machine (40 lbs.) and hose, trays (up to 14 lbs.), extension cords (11 lbs.), doors (29 lbs.), tool box (up to 24 lbs.).
Right / Left-handed Carry (Dominant Hand)			H*	L		Carrying equipment and materials including pales of paint (54 lbs.), paint cans (up to 12 lbs.), brushes (up to 2 lbs.), rollers, sanding blocks (0.5), spraying machine (40 lbs.) and hose, trays (up to 14 lbs.), extension cords (11 lbs.), ladders (12 lbs.), doors (29 lbs.).
Shoulder Carry			Lim			Carrying ladders (12 lbs.)
Static Pushing/Pulling (Force)	X					Not required.
Dynamic Pushing/Pulling (Force)					Light NOC level	Applying tape/sanding block to baseboards, walls, doors during preparation phase. Applying paint using a roller or brush during painting/priming phases. Pushing/pulling ladder around work area.

*For manual handling tasks above 50 lbs., it is recommended that the worker use either a 2 person lift or assistive equipment (crane, zoom boom, forklift, etc.).

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Upper Extremity Work:						
Hand Gripping					X	Gripping equipment and materials including pales of paint, paint cans, brushes, rollers, sanding blocks, spraying machine and hose, trays, extension cords, ladders, doors, various obstructions on site.
Pinch Gripping			X			Using paint brush to paint/prime trim/baseboards.
Upper Extremity Coordination					X	Handling equipment and materials including pales of paint, paint cans, brushes, rollers, sanding blocks, spraying machine and hose, trays, extension cords, ladders, doors, various obstructions on site.
Reaching Forward				X		During sanding/taping phases, painting and priming phases, preparing and cleaning work area.
Overhead Shoulder Level Reaching				X		During sanding/taping phases, painting and priming phases of higher levels on site.
Below Shoulder Level Reaching				X		During sanding/taping phases, painting and priming phases, preparing and cleaning work area.
Throwing	X					Not required.

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Positional Work:						
Trunk Flexion (Bending)				X		Sanding, taping, painting and priming lower levels in work area, work area preparation and clean up.
Trunk Rotation (Twisting)			X			Sanding, taping, painting and priming narrow areas including corners and confined spaces. During work area preparation and clean up.
Kneeling			X			Accessing lower levels of work area including baseboards and underneath window sills to sand, tape, paint and prime.
Crawling			X			Accessing lower levels of work area including baseboards and underneath window sills to sand, tape, paint and prime.
Crouching			X			Accessing lower levels of work area including baseboards and underneath window sills to sand, tape, paint and prime.

Squatting			X			Accessing lower levels of work area including baseboards and underneath window sills to sand, tape, paint and prime, during work area preparation and clean up.
Neck Flexion				X		Checking surroundings on site, during lower/waist level aspects of work area for all phases (sanding/taping, painting and priming) as well as work area preparation and clean up.
Neck Extension				X		Checking surroundings on site, during higher level aspects of work area for all phases (sanding/taping, painting and priming) as well as work area preparation and clean up.
Neck Rotation				X		Checking surroundings on site, during all phases (sanding/taping, painting and priming) as well as work area preparation and clean up.

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Static Work:						
Sitting			X			During breaks.
Static Standing				X		During hazard assessment, sanding, painting and priming of work area.
Balancing			X			Using ladder throughout work area, throughout site (outside).

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Ambulation:						
Walking: Level Surfaces				X		Throughout work area and site (indoors). During sanding, taping, painting and priming of work area.
Walking: Uneven Surfaces			X			Dependent on site (outdoors).
Walking: Slopes		X				Dependent on site.
Jumping	X					Not required.
Running	X					Not required.

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Climbing:						
Stairs			X			To access various levels on site.
Ladder			X			Accessing higher levels of work area.
Other	X					Not required.

PHOTOS OF TASKS AND WORK ENVIRONMENT

Figure 1: Completing side trunk flexion to tape the corner of a room.



Figure 2: Using a ladder and reaching overhead to apply tape to the top corner of a wall.



Figure 3: Crouching to paint the corner of a room using a paint brush.



Figure 4: Completing neck extension to paint a wall using a roller.



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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

SITE SPECIFIC JOB DEMAND ADDITIONS:

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Site Specific Job Demand:						

Validation Agreement

Job Title:	Painter
Data Collection Date:	October 27, 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 and Credentials
Approved by:	Bryan Kondo, Superintendent	Management Representative
Approved by:		Worker Representative
Approved by:		Labour Provider Representative