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Physical Demands Analysis

Apprentice

Prepared for:
 Alberta Construction Association

Job Title:	Apprentice	Assessment Location:	Calgary, AB	Data Collection Date:	November 24, 2020
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Completed By:	Terilyn Miranda, OT	Submitted on:	May 4, 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:	<p>Shift Duration: 4-5 days/week, 9 hours/day; days may vary depending on projects available</p> <p>Break Schedule: Total of 1 hour break per day (2 x 15 minute, 1 x 30 minute)</p> <p>Shift Rotation: Not applicable</p> <p>On call is required: No</p> <p>Overtime required: No; but may be available depending on project volume</p>
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Education / Experience:	<p>Education required: Not Applicable</p> <p>Hours required for position: Not Applicable</p> <p>Tickets that may be required (not limited to): Not Applicable</p>
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Labour Provider:	N/A
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Job Overview:	As an Apprentice the worker is required to review drawings and specifications, select materials, and produce samples of cabinets as directed for a customer. The apprentice also completes the pressing and assembling of the cabinetry, and completes accurate finishes including installing doors, drawers, pulls, temporary footings, et.		
	% of shift	Job Task	Task Description
	1 to 10%	Reviewing blueprints, and plan construction of cabinetry with cabinet maker	<ul style="list-style-type: none"> Obtaining paper plans Planning the process materials, and measurements required to construct cabinetry as requested by customer and cabinet maker Gather appropriate materials for job
	25 to 75%	Operating machinery and using hand tools to	<ul style="list-style-type: none"> Lifting and transferring the materials to the adhesive table Use of glue/adhesive and roller to apply to materials; can be completed with assistance to ensure efficiency

		cut, shape and form wood required for project	<ul style="list-style-type: none"> • Lifting and transferring laminate panels and secure with adhesive • Lifting and transferring assembled material into press; removing and placing on pallet or transport cart once completed • Transporting materials throughout work site to equipment required • Use of table saw or chop saw to cut wood to specifications required
	10 to 50%	Assembling Cabinetry	<ul style="list-style-type: none"> • Transporting materials with carts to upright press • Lifting and positioning materials in upright press for assembly • Applying adhesive, setting press and letting cabinetry sit in press to adhere • Transferring assembled cabinet to pallet
	25 to 50%	Applying finishing hardware	<ul style="list-style-type: none"> • Cutting and securing temporary footer to lower cabinets • Applying drawer glides, securing shelf stops, applying cabinet doors, etc. with hand tools, and compressor nail gun • Reaching in and around cabinet to apply finishing hardware as needed • Requires varying standing, bending, kneeling and squatting positions • Lifting and transferring assembled cabinet to dolly to be brought to loading area for delivery once project completed
	0 to 100%	Attending education as needed	<ul style="list-style-type: none"> • Can be on site or external schooling as required

Equipment/ Tools:	<ul style="list-style-type: none"> • Kappa 450 Format 4 Table Saw • Heat press • Cold press • Hand tools (e.g. power drill, hand tools, level, sanding blocks [1-3 lbs.]) • Chop saw • Nail Gun/Air Compressor hose
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Exposures:	<ul style="list-style-type: none"> • Vibration from machinery and power tools • Wood dust and shavings • Fumes from adhesive/glues, stains and lacquers • Loud noises from machinery • May be required to work at varying heights depending on job site • May involve working in small/confined spaces for a duration of time
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Environment:	Workstation	Variable depending on task – shared workstations and large equipment usage within a large open warehouse
	Indoor/Outdoor	Majority indoors
	Temperatures	Controlled
	Floor Surface	Cement flooring in work area; tile/low pile carpeting in lobby; wooden stairs
	Lighting	Fluorescent overhead
	Noise	Loud environmental noise; various heavy machinery running at one time Hearing protection required with and around tool and heavy equipment use
	Fumes/Odours/Dust	Exposure to wood dust and debris Fumes from paint, stains, cleaners, adhesives and oils present within work areas
	Chemicals	Exposure to paint, stains, cleaners, adhesives and oils throughout work areas
	Vibration	With use of hand tools and heavy equipment

Personal Protective Equipment Required:	<ul style="list-style-type: none"> • Steel toed boots • Long pants
Personal Protective Equipment as Required:	<ul style="list-style-type: none"> • Gloves • Eye protection • Hearing protection • Dust mask/Respirator

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	Lim-M			<ul style="list-style-type: none"> -Lifting and maneuvering materials from pallets (5" high), or vertical carts to prepare cabinets, shelving and doors -Lifting large panels of MDF (98" x 55"), laminate, pressed materials etc. (5 to 50+ lbs.) -Using hand tools (1 to 5 lbs.) to assemble cabinetry and apply base footing while cabinet resting on pallet (5" high)
Knee to Waist Level Lifting		H	Lim-M			<ul style="list-style-type: none"> -Lifting and maneuvering materials from vertical carts or stacked on pallets to prepare cabinets, shelving and doors. Lifting large panels of MDF (98" x 55"), laminate, pressed materials etc. (5 to 50+ lbs.) -Using hand tools to assemble cabinetry and apply base footing while cabinet resting on pallet (5" high)
Waist to Waist Level Lifting		H	Lim-M			<ul style="list-style-type: none"> -Transferring materials (5 to 50+ lbs.) from transport carts (34") to table saw, work station (36" tall), adhesive table, press, etc. -Transferring assembled cabinetry from upright press to pallet with assistance (up to 100+ lbs. depending on cabinet size) -Buddy lifts available as needed
Waist to Chest Level Lifting		H	Lim-M			<ul style="list-style-type: none"> -Lifting material to cut with chop saw (1 to 10 lbs.) -Lifting large panels of material in side carry with assistance -Placing materials into press (up to 58" high)
Waist to Shoulder Level Lifting		Lim-H				<ul style="list-style-type: none"> -Lifting material to cut with chop saw (1 to 10 lbs.) -Lifting large panels of material in side carry with assistance -Placing materials into press (up to 58" high)
Waist to Overhead Level Lifting		Lim-H				<ul style="list-style-type: none"> -Lifting large panels of material in side carry with assistance (varying weights depending on size, and material)



Front Carry		H	Lim-L			-Transporting materials throughout work site as needed (up to 50+ lbs.) -Working with large panels of laminate at the table saw, or prior to pressing when applying adhesive
Right / Left-handed Carry (Dominant Hand)		Lim-L				-Carrying hand tools throughout site as needed
Shoulder Carry	X					-None
Static Pushing/Pulling (Force)		Lim-L				-Positioning materials in press -Repositioning cabinetry in vertical press when being assembled -Holding finishing hardware in place while using nail gun or power drill to secure
Dynamic Pushing/Pulling (Force)		Lim-L				-Using transport cart to maneuver materials around work site (~5.0 lbs., force required depending on load). -Assisting and supporting materials with use of the table saw

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Upper Extremity Work:						
Hand Gripping				X		-Manual handling of materials to load/unload from machinery -Use of hand tools to assemble cabinetry and apply finishing hardware -Using the roller to apply adhesive to panels prior to pressing
Pinch Gripping			X			-Handling nails, screws and finishing hardware
Upper Extremity Coordination					X	-Feeding and supporting materials as they are passed through table saw, chop saw, press, etc. -Manual handling of materials while assembling cabinetry -Supporting materials in place, while using power drill, hand tools, etc. to secure
Reaching Forward				X		-While supporting materials as they pass through machinery (e.g. table saw, press) -Applying adhesive to prepare materials prior to pressing



Overhead Shoulder Level Reaching				X		-When handling large panels of materials; use of a side carry -Use of chop saw -Access items within workstation shelving (e.g. sanding blocks, tapes, hand tools, etc.) -Stabilizing cabinetry from crouched position while applying finishing hardware
Below Shoulder Level Reaching			X			-Reaching downward into cabinetry to apply finishing hardware to cabinetry -When lifting large panels of material to side carry with assistance -Access lower level storage areas -Setting machinery prior to use
Throwing	X					-None

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Positional Work:						
Trunk Flexion (Bending)				X		-Supporting materials while using table saw -Forward bend while rolling adhesive/glue along materials prior to pressing, and leaning into press to insert and position item. Press table height variable between the waist and chest height of an individual depending on stature and amount of items stacked in press -When working at workstation -Amount of forward flexion can vary with worker's height
Trunk Rotation (Twisting)				X		-Transferring items into the press -Loading/unloading material from the table saw, or upright press when assembling cabinetry -When completing visual and tactile inspection of cabinetry when applying finishing hardware -When using drill and/or other hand tools on the lower edge of the cabinet
Kneeling			X			-When working with cabinetry at pallet height (5" from ground) during application of finishing hardware
Crawling	X					-None
Crouching			X			-To access lower level of cabinetry while applying finishing hardware -Refilling adhesive bucket -To access materials stored at a lower level/beneath work benches or on pallets

Squatting			X			-Powering on and setting machinery prior to use -To access materials on pallets or stored on vertical carts
Neck Flexion				X		-Viewing materials on table saw (36" high), work stations, pallets (5" from ground), viewing interior of cabinets while finishing, etc. -Various neck positions required when working with interior of cabinetry as finishing hardware is applied
Neck Extension				X		-Viewing materials on table saw (36" high), work stations, pallets (5" from ground), viewing interior of cabinets while finishing, etc. -Various neck positions required when working with interior of cabinetry as finishing hardware is applied
Neck Rotation				X		-Viewing materials on table saw (36" high), work stations, pallets (5" from ground), viewing interior of cabinets while finishing, etc. -Various neck positions required when working with interior of cabinetry as finishing hardware is applied -Viewing the work environment and the worker's surroundings

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Static Work:						
Sitting		X				-On breaks as needed
Static Standing				X		-When using chop saw, assembly cabinetry at upright press, applying finishing hardware, etc. -Utilizing hand tools at work bench -Applying roll on adhesive prior to pressing
Balancing	X					-None

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Ambulation:						
Walking: Level Surfaces				X		-Flooring at work site is level; concrete
Walking: Uneven Surfaces		X				-Walking outdoors as needed
Walking: Slopes	X					-None
Jumping	X					-None



Running	X					-None
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Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Climbing:						
Stairs		X				-To access second story of work site as needed
Ladder		X				-Use of step ladder as needed
Other	X					-None

Sensory/Perception	Frequency					Details
	N/R	R	O	F	C	
Hear/Conversations				X		-Communicating with team members
Hear/Other			X			-Audible alarms, machinery in use, general awareness of surroundings
Vision/Far			X			-Viewing team members working in surroundings, monitoring machinery/materials being manipulated
Vision/Near					X	-Using machinery and hand tools, maneuvering materials, reading blue prints
Vision/Colour					X	-Viewing appropriate materials -Reviewing blueprints/plans
Vision/Depth					X	-Using machinery and hand tools, maneuvering materials
Perception/Spatial					X	-General awareness of surroundings and machinery in use, maneuvering large materials in space and with machinery use
Feeling					X	-Handling materials and machinery
Speech				X		-Communicating with team members -Following direction in emergency situations

PHOTOS OF TASKS AND WORK ENVIRONMENT

Figure 1: Lifting and carrying large panel of material to be prepared for pressing



Figure 2: Lifting/lowering panel following pressing to vertical cart for transport

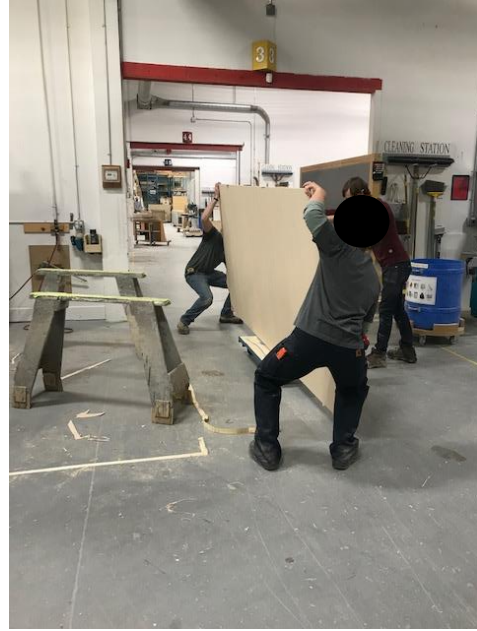


Figure 3: Positioning materials for pressing



Figure 4: Working with interior of cabinet once assembled



Figure 5: Using chop saw to cut base supports



Figure 6: Working with lower edge of cabinetry once assembled

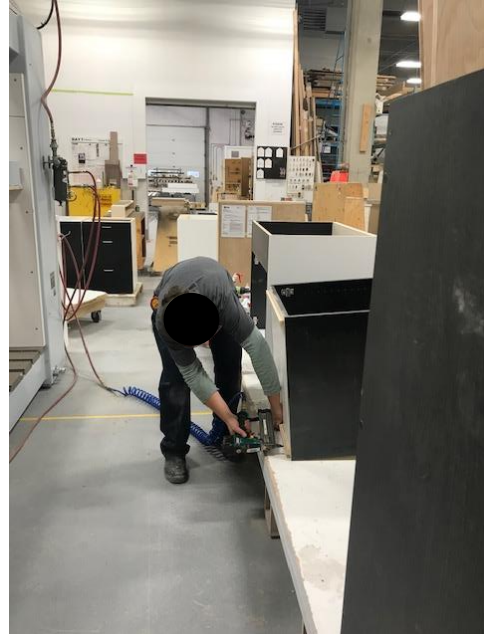


Figure 7: Transporting materials with vertical cart



Figure 8: Use of table saw to cut material panels



Physical Demands Analysis
Job Title: Apprentice
Date Prepared: December 11, 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,

A handwritten signature in blue ink, appearing to read "T. Miranda".

Terilyn Miranda, M.Sc.OT, B.H.Sc
Occupational Therapist



SITE SPECIFIC JOB DEMAND ADDITIONS:

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



Validation Agreement

Job Title:	Apprentice
Data Collection Date:	November 24, 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:	Terilyn Miranda, M.Sc.OT, B.H.Sc Occupational Therapist	Lifemark Clinician Name and Designation
Approved by:		Management Representative
Approved by:		Worker Representative
Approved by:		Labour Provider Representative