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Physical Demands Analysis

CNC Operator – Weeke

Prepared for:
 Alberta Construction Association

Job Title:	CNC Operator - Weeke	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: 5 days/week, 9 hours/day; 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: N/A</p> <p>Tickets that may be required (not limited to): First Aid, WHMIS, Construction Safety Training Systems (CSTS) and Basic Safety Orientation (BSO).</p>
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Labour Provider:	N/A
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Job Overview:	As a CNC Operator - Weeke the worker is required to review the project plan, and perform the programming of the Weeke to complete the cut out as required.		
	% of shift	Job Task	Task Description
	25%	Review plans for cut-out	<ul style="list-style-type: none"> Read and review paper plans for project cut outs, once prepared wood pieces are received Verify plans with team members as required Verify measurements and dimensions of pieces as needed
	25%	Set up/program cut out	<ul style="list-style-type: none"> Use Weeke computer to set for appropriate cut out Verify measurements and dimensions with paper plans
25%	Load/unload wood for cutting	<ul style="list-style-type: none"> Lift and carry prepared wood pieces onto Weeke base Set clamps to hold wood piece in place Push/pull wood piece as needed to ensure it is lined up appropriately 	

			<ul style="list-style-type: none"> Lift wood from base once cut; place on cart or pallet to be transported as needed
	25%	Cleaning base and area	<ul style="list-style-type: none"> Use of air compressor hose to blow wood dust from surface and ensure a clean work area

Equipment/Tools:	<ul style="list-style-type: none"> Weeke Vantage 36L CNC Router Air compressor hose Shop vacuum
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Exposures:	<ul style="list-style-type: none"> Dust/Wood Shavings Vibration Loud Noise Chemicals, stains, glues and paints in surrounding environment 	
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 Eye protection Ear protection
Personal Protective Equipment as Required:	<ul style="list-style-type: none"> Gloves

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-M			-Lifting wood pieces (1 to 60 lbs.) from pallets (5" from ground level) to router table (38" tall). -Load dependent on size of wood pieces.
Knee to Waist Level Lifting		H	L-M			-Lifting wood pieces (1 to 60 lbs.) piled on pallets to router table (38" tall). -Load dependent on size of wood pieces. -Height of wood variable depending on amount and thickness of wood piles.
Waist to Waist Level Lifting		H	L-M			-Transferring wood pieces from router table (38" tall) to transport cart (34" tall)
Waist to Chest Level Lifting		M-H				-Transferring wood pieces from transport cart (34" tall) to router table (38"); lift height dependent on size/shape of wood piece – often large, wide pieces will be carried at a higher height
Waist to Shoulder Level Lifting		M-H				
Waist to Overhead Level Lifting	X					-None
Front Carry		Lim-H				-Carrying wood for discard from router table (38" tall) to discard bin
Right / Left-handed Carry (Dominant Hand)			L			-Carrying smaller wood pieces to pallet/cart for transport, small wood to discard bin, and paper plans to server for input and review
Shoulder Carry	X					-None
Static Pushing/Pulling (Force)		M	L			-Adjusting wood pieces on router table; force dependent on type of wood/material being cut, and size of the piece



Dynamic Pushing/Pulling (Force)		Lim-L					-Pushing/pulling transport cart (~5.0 lbs push force; force dependent on load)
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Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Upper Extremity Work:						
Hand Gripping				X		-Use of air compressor, shop vacuum, and computer mouse as needed -Handling wood pieces, and paper plans
Pinch Gripping		X				-Remove smaller pieces of wood following cuts
Upper Extremity Coordination				X		-Bilateral handling of wood pieces being placed/removed from table -Reviewing blue prints
Reaching Forward			X			-Placing and positioning wood on router table -Reaching for air compressor or vacuum for use
Overhead Shoulder Level Reaching		X				-To access upper areas of router as needed
Below Shoulder Level Reaching			X			-Lifting wood from low level pallets or carts -Placing and positioning wood on router table
Throwing	X					-None

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Positional Work:						
Trunk Flexion (Bending)			X			-Adjusting wood positioning on router table, and inspecting wood on table prior to and following cut -Using shop vacuum as needed to clean area
Trunk Rotation (Twisting)			X			-To place/remove wood from router table; observe environment and surroundings as needed
Kneeling	X					-None
Crawling	X					-None
Crouching		X				-Inspect wood at lower level/ on router table or cart
Squatting		X				-Inspect wood at lower level/ on router table or cart
Neck Flexion			X			-View wood on router table, pallet, or cart -Reviewing paper plans
Neck Extension		X				-View upper area of router as needed
Neck Rotation			X			-Monitor router while cutting, and view wood pieces and plans as needed

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Static Work:						
Sitting		X				-On breaks as needed
Static Standing				X		-When using the computer to set the router, monitoring the router cut, and reviewing the paper plans
Balancing	X					-None

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Ambulation:						
Walking: Level Surfaces				X		-Level flooring within the workspace -Anti fatigue matting surrounding the computer station, and router base
Walking: Uneven Surfaces	X					-None
Walking: Slopes	X					-None
Jumping	X					-None
Running	X					-None

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Climbing:						
Stairs		X				-Standard stairs within site
Ladder	X					-None
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

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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: Transferring wood onto router table.

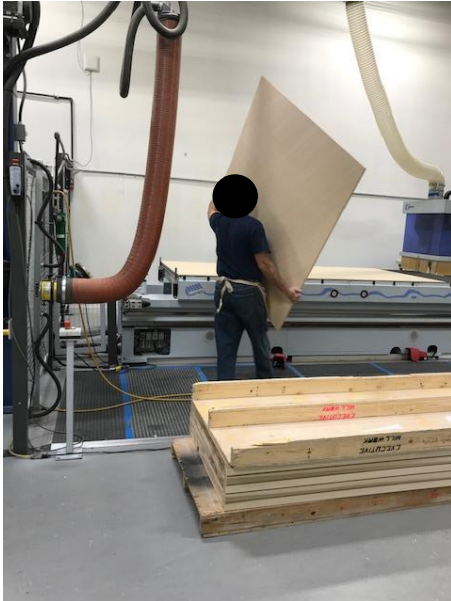


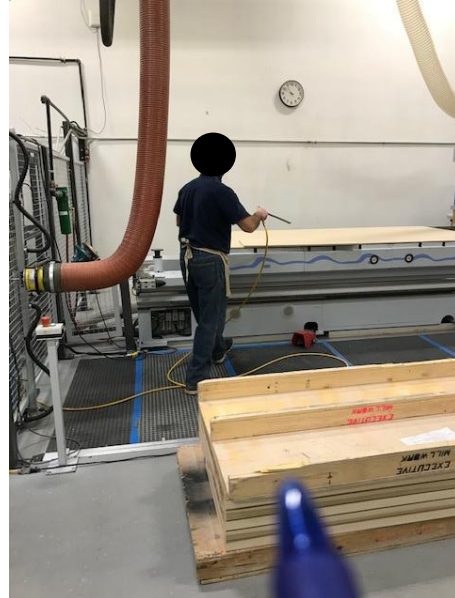
Figure 2: Adjusting/positioning wood on router table.



Figure 3: Use of shop vacuum to clean surface.



Figure 4: Use of air compressor hose to clean wood.



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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,

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

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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