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Physical Demands Analysis

Finisher

Prepared for:
 Alberta Construction Association

Job Title:	Finisher	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: 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 Finisher the worker is required to prepare and apply finishing sealants, lacquer, or stain to product before it is assembled, and/or delivered to the customer.		
	% of shift	Job Task	Task Description
	5 to 50%	Preparing items to be lacquered	<ul style="list-style-type: none"> Lifting and transferring items onto working carts Hand sanding, taping and covering areas to protect from lacquer Verifying measurements and colours to be used
	5 to 25%	Preparing items for delivery	<ul style="list-style-type: none"> Using tape gun to secure items together Transferring items to delivery area with transport carts Ensuring items are grouped together correctly or each project
	0 to 50%	Applying lacquer with	<ul style="list-style-type: none"> Pushing items on working carts into/out of spray area Closing doors to spray area

		lacquer spray gun	<ul style="list-style-type: none"> • Consistent gripping of lacquer spray gun to apply lacquer evenly over item surface • Additional PPE required when using spray gun – coveralls, fume mask, eye protection, gloves
	5 to 25%	Organizing and clearing work area	<ul style="list-style-type: none"> • Putting away lacquer, paint and stains to appropriate storage area • Tidying work bench and replenishing sanding blocks, cover paper, tapes, etc. as needed • Sweeping and vacuuming within area as needed
	0 to 25%	Staining materials as required	<ul style="list-style-type: none"> • Transferring items from carts to staining table • Locating appropriate stain colour from shelving • Use of hand tools to remove lid, and mix stain as needed • Use of brush, rags, sponges, etc. to apply stain to materials • Transfer of stained materials to working cart and into back area for drying

Equipment/ Tools:	<ul style="list-style-type: none"> • Tape gun and tapes • Lacquers and stains • Lacquer spray gun (3-5 lbs.) • Transport carts, working carts, drying racks • Dollies • Paint Mixer/Agitator • Paint brushes and sponges
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Exposures:	<ul style="list-style-type: none"> • Paint, stain, sealant and lacquer fumes • Wood dust and shavings • Vibration with lacquer gun and use of air compressor hose 	
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 spray gun with air compressor

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"> • Eye protection • Coveralls • Gloves • Fume mask

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		Lim-H				-Retrieving tapes, wrapping gun (3-5 lbs.), etc. from lower level storage of workstation (below 38") -Transferring buckets of lacquer (50 lbs.) and standard stain cans (5 to 10 lbs.) from dollies to storage shelves in fire safe room
Knee to Waist Level Lifting		Lim-L				-Retrieving tapes, wrapping gun, etc. from lower level storage of workstation (below 38") -Retrieving materials from lower level of drying rack (5 to 20 lbs.)



Waist to Waist Level Lifting		Lim-M				<ul style="list-style-type: none"> -Transferring materials (5 to 25 lbs.) to be lacquered, prepped, sanded, stained, etc. from transport cart (34" high) to working carts (34" to 36") -Transferring materials from working rack to drying racks (5 to 20 lbs.) -Using spray gun (3-5 lbs.) for extended periods while applying lacquer
Waist to Chest Level Lifting		Lim-L				<ul style="list-style-type: none"> -Transferring materials (5 to 20 lbs.) from working rack to drying racks (up to 72" tall) -Using spray gun (3-5 lbs.) for extended periods while applying lacquer
Waist to Shoulder Level Lifting		Lim-L				<ul style="list-style-type: none"> - Transferring materials (5 to 20 lbs.) from working rack to drying racks (up to 72" tall) -Using spray gun (3-5 lbs.) for extended periods while applying lacquer
Waist to Overhead Level Lifting		Lim-L				<ul style="list-style-type: none"> - Transferring materials (5 to 20 lbs.) from working rack to drying racks (up to 72" tall)
Front Carry		Lim-L				<ul style="list-style-type: none"> -Transporting materials to different stations to be stained (32" high), sanded (34" to 36" high), lacquered or prepped
Right / Left-handed Carry (Dominant Hand)		L-H	Lim	Lim		<ul style="list-style-type: none"> -Putting buckets of paint (5 to 10 lbs.) and lacquer into storage room (50 lbs.) -Carrying paint/lacquer cans to agitator for mixing (5 to 10 lbs.) -Carrying lacquer spray hose and utilizing to apply lacquer to items -Carrying dolly throughout workspace for use -Using spray gun (3-5 lbs.) for extended periods while applying lacquer
Shoulder Carry	X					<ul style="list-style-type: none"> -None
Static Pushing/Pulling (Force)		Lim-L				<ul style="list-style-type: none"> -Re-arranging items on storage shelves
Dynamic Pushing/Pulling (Force)		Lim-L				<ul style="list-style-type: none"> -Transporting items on carts throughout site (5 lbs.) -Turning carts to access all angles of item to be worked on



Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Upper Extremity Work:						
Hand Gripping				X		-Use of tape and wrap gun to prep item for lacquer or delivery -Use of lacquer spray gun to finish item -Hand sanding items as needed -Using hand tools to pry open or close lacquer cans/buckets
Pinch Gripping			X			-Ripping tape or cover paper to cut to size
Upper Extremity Coordination			X			-Carrying items to/from drying racks -Use of wrapping and tape gun for prepping and preparing for delivery -Inserting stain/lacquer can into agitator for mixing
Reaching Forward				X		-Sanding items on working cart -Taping and applying paper covering if items on working cart -Transferring items from working cart to drying racks -Hand staining items -Use of lacquer gun (3-5 lbs.) to apply lacquer on all areas of item as needed
Overhead Shoulder Level Reaching		X				-Access upper levels of storage shelving to retrieve/replace paints, stains, and cleaning agents as needed -Accessing upper levels of drying racks
Below Shoulder Level Reaching		X				-Accessing lower level storage of work area -Sanding interior of objects on work cart
Throwing	X					-None

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Positional Work:						
Trunk Flexion (Bending)				X		-Sanding items on working racks -Staining items on working table -Reaching over item while lacquering -Applying tape and paper covering to prep for lacquering
Trunk Rotation (Twisting)			X			-Placing longer items on drying racks -Reaching around items when lacquering and staining -Taping and wrapping items for delivery
Kneeling	X					-None

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Crawling	X					-None
Crouching		X				-Retrieving items from lower level storage shelves or lower level of workstation
Squatting		X				-Retrieving items from lower level storage shelves or lower level of workstation
Neck Flexion				X		-When staining, sanding, taping and applying cover paper during prep -Viewing inside or beneath item while being lacquered
Neck Extension		X				-To search upper levels of storage shelves
Neck Rotation			X			-Viewing around items while being lacquered, stained, or during sanding -Viewing work environment

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Static Work:						
Sitting		X				-On breaks as needed
Static Standing				X		-When sanding, staining, taping, and lacquering items
Balancing	X					-None

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Ambulation:						
Walking: Level Surfaces				X		-Walking around site and work area; level, concrete flooring throughout
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				-To access second floor
Ladder		X				-Step stool as needed to access higher level of storage room
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 spray gun and hand tools, maneuvering materials, reading plans
Vision/Colour					X	-Viewing appropriate materials -Reviewing plans and lacquer colours
Vision/Depth					X	-Using hand tools and spray gun, maneuvering materials
Perception/Spatial					X	-General awareness of surroundings and machinery in use, maneuvering large materials in space and using spray gun
Feeling					X	-Handling materials and tools
Speech				X		-Communicating with team members -Following direction in emergency situations

PHOTOS OF TASKS AND WORK ENVIRONMENT

Figure 1: Lifting item from working rack to be transferred to drying rack



Figure 2: Putting item on drying rack following lacquer/stain

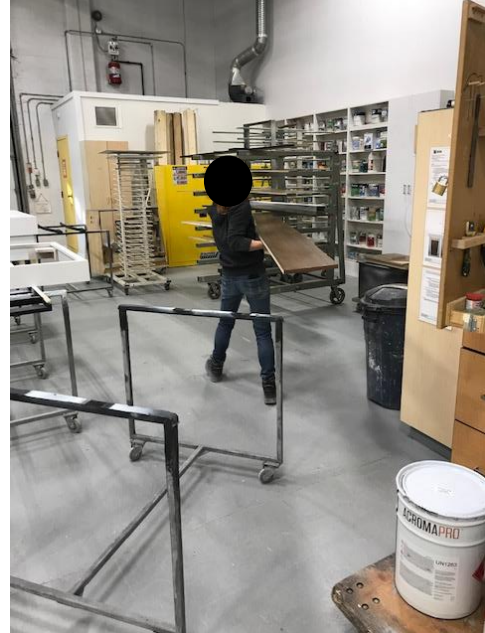


Figure 3: Taking items to secure them for delivery



Figure 4: Transporting items via working rack



Figure 5: Sanding item to prepare for lacquer



Figure 6: Sanding and applying covering to prepare for lacquering



Figure 7: One-handed carry of dolly used to transport lacquer buckers; typical drying rack



Figure 8: Variation of typical drying rack used



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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