



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

Shipper

Prepared for:
 Alberta Construction Association

Job Title:	Shipper	Assessment Location:	Calgary, AB	Data Collection Date:	November 27, 2020
-------------------	---------	-----------------------------	-------------	------------------------------	-------------------

Completed By:	Terilyn Miranda, OT	Submitted on:	May 4, 2021
----------------------	---------------------	----------------------	-------------

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.
--------------------	--

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>
-----------------------	--

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>
--------------------------------	---

Labour Provider:	N/A
-------------------------	-----

Job Overview:	As a Shipper the worker is required to load and unload materials to be delivered to customers for install. The shipper is also responsible to drive the work truck/van to the customer's location.		
	% of shift	Job Task	Task Description
	5 to 75%	Driving to work site	<ul style="list-style-type: none"> Operating vehicle safely and as per provincial driving laws Following GPS and/or written directions to work site
10 to 25%	Loading/Unloading Materials	<ul style="list-style-type: none"> Lifting/carrying doors, cabinets, materials to be assembled, counter tops, tools, etc. to be delivered Wrapping materials with moving blankets for protection Securing large and flat materials to the walls with strapping 	

Physical Demands Analysis

Job Title: Shipper

Date Prepared: December 11, 2020

Prepared for: Executive Millwork Inc.



			<ul style="list-style-type: none"> Rearranging and organizing the materials in the truck to ensure minimal shifting, and all materials required to bring fit in load
1 to 5%	Maintaining work truck/van		<ul style="list-style-type: none"> Fueling vehicle at gas station Checking windshield fluid and refilling as needed Referring the vehicle for maintenance as needed
1 to 5%	Performing pre-trip inspection		<ul style="list-style-type: none"> Performing exterior walk around vehicle Looking vehicle up and down during inspection
1 to 5%	Maintaining dock bay and steps to dock entrance		<ul style="list-style-type: none"> Clearing/shovelling snow Salting area to prevent ice build up as needed Keeping area clear of debris

Equipment/Tools:	<ul style="list-style-type: none"> Dollies and transport carts Dock plate 16' box truck or work van; automatic transmission Secure strapping Moving blankets
-------------------------	---

Exposures:	<ul style="list-style-type: none"> Inclement weather – may include rain, snow, sleet, high or low temperatures Vibration when driving on uneven ground Varying dust and debris 	
Environment:	Workstation	Within work vehicle driving to sites. Worksite is variable depending on delivery.
	Indoor/Outdoor	Indoors and outdoors
	Temperatures	Controlled in vehicle ; can be uncontrolled when unloading/loading work vehicle, or on various job sites
	Floor Surface	Cement flooring in work area; tile/low pile carpeting in lobby; wooden stairs Walking on various under footing outdoors depending on site (e.g. grass, snow, ice, gravel, pavement)
	Lighting	Natural lighting; variable lighting on job site
	Noise	Loud environmental noise; various heavy machinery running at one time Environmental noise when driving
	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 Exposure to gasoline and oils when maintain work vehicle
	Vibration	When driving on uneven roads Maneuvering dollies over uneven ground



Personal Protective Equipment Required:	<ul style="list-style-type: none"> • Long pants
Personal Protective Equipment as Required:	<ul style="list-style-type: none"> • Gloves • Hard hat • Safety vest or high visibility stripes • Eye protection • Hearing protection

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		M-H	Lim-L			-Loading/unloading materials and tools from the truck bed, pallets (5" high) or dollies including: assembled shelves, cabinets (~60 lbs.), materials to be assembled on site (1 to 30 lbs.), doors (60 lbs), etc. -Picking up/placing dock plate (4' x 2', ~50 lbs.)
Knee to Waist Level Lifting		M-H	Lim-L			- Loading/unloading materials and tools from the truck bed, pallets (5+'' high) or dollies including: assembled shelves, cabinets (~60 lbs.), materials to be assembled on site (1 to 30 lbs.), doors (60 lbs), etc.

Physical Demands Analysis

Job Title: Shipper

Date Prepared: December 11, 2020

Prepared for: Executive Millwork Inc.



Waist to Waist Level Lifting		M-H	Lim-L			Loading/unloading materials and tools from the transport cart (34" high) including: assembled shelves, cabinets (~60 lbs.), materials to be assembled on site (1 to 30 lbs.), doors (60 lbs), etc.
Waist to Chest Level Lifting		Lim-L				-Loading/unloading materials and tools from transport carts (34") including: materials to be assembled on site, tools, etc. (1 to 20 lbs.)
Waist to Shoulder Level Lifting		Lim-L				-Loading/unloading materials and tools from transport carts (34") including: materials to be assembled on site, tools, etc. (1 to 20 lbs.)
Waist to Overhead Level Lifting	X					-None
Front Carry		H				-Loading/unloading materials and tools including: assembled cabinets (60 lbs.), shelves, doors (60 lbs.), counter tops, etc. if dolly not available
Right / Left-handed Carry (Dominant Hand)		Lim-L				-Loading/unloading smaller materials and hand tools
Shoulder Carry		Lim-L				-Loading/unloading light or longer and unconventionally shaped materials
Static Pushing/Pulling (Force)		Lim-M				-Overhead pulling of the truck bed door and garage door closed -Ground level upward pulling to open the garage door or truck bed door -Pushing/pulling materials in the truck to position and organize the cabinets during loading (force required dependent on load)
Dynamic Pushing/Pulling (Force)		Lim-M				-Use of the transport carts to move heavier cabinets and units in/out of the truck (~5 lbs. push force) -Shovelling the loading dock driveway and steps in winter months

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Upper Extremity Work:						
Hand Gripping				X		-Gripping steering wheel while driving -Manual handling of materials and tools while loading/unloading
Pinch Gripping		X				-Cleaning and clearing smaller debris from the truck bed

Physical Demands Analysis

Job Title: Shipper

Date Prepared: December 11, 2020

Prepared for: Executive Millwork Inc.



Upper Extremity Coordination				X		-Driving to work site location -Manual handling of materials when loading/unloading
Reaching Forward		X				-Handling items to load/unload
Overhead Shoulder Level Reaching		X				-Closing rear truck door or garage door -Accessing sun visor or rear view mirror in truck
Below Shoulder Level Reaching		X				-Lifting and maneuvering items on truck bed, pallets, or dollies -Changing gears when driving -Opening rear truck door, or garage door
Throwing	X					-None

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Positional Work:						
Trunk Flexion (Bending)		X				-Accessing lower levels/truck bed -Picking up/putting down bridging ramp
Trunk Rotation (Twisting)		X				-Loading/unloading items
Kneeling		X				-Retrieving/placing items on truck bed
Crawling	X					-None
Crouching		X				-Retrieving/placing items on truck bed
Squatting		X				-Retrieving/placing items on truck bed
Neck Flexion		X				-Viewing lower levels/truck bed when loading/unloading
Neck Extension		X				-Viewing upper areas -Reaching upwards to reach truck door/garage door
Neck Rotation				X		-Shoulder checking/viewing road when driving -Viewing environment when loading/loading

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Static Work:						
Sitting				X		-While driving to work site/returning to shop -On breaks as needed
Static Standing		X				-When planning loading/unloading tasks and communicating with team members
Balancing	X					-None

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

Physical Demands Analysis

Job Title: Shipper

Date Prepared: December 11, 2020

Prepared for: Executive Millwork Inc.



Walking: Level Surfaces			X			-Loading dock flooring is even, concrete -On site as needed
Walking: Uneven Surfaces			X			-Variable flooring on work site – grass, gravel, icy or snow covered walk ways, etc. -Bridging ramp has built in treads
Walking: Slopes			X			-Walking across the bridging ramp from the dock to the truck -On ramps or sloped flooring on work site
Jumping	X					-None
Running	X					-None

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Climbing:						
Stairs		X				-On work site as needed -5 steps to back delivery bay entrance
Ladder		X				-On work site as needed
Other		X				-Step into work truck (~12")

Sensory/Perception	Frequency					Details
	N/R	R	O	F	C	
Hear/Conversations				X		-Communicating with team members
Hear/Other			X			-Audible alarms -Audible signals while driving
Vision/Far			X			-Viewing surroundings -Driving work vehicle
Vision/Near					X	-Driving work vehicle
Vision/Colour					X	-Viewing appropriate road signs and signals
Vision/Depth					X	-Driving work vehicle
Perception/Spatial					X	-General awareness of surroundings -Driving work vehicle
Feeling					X	-Handling materials -Driving work vehicle
Speech				X		-Communicating with team members -Following direction in emergency situations

PHOTOS OF TASKS AND WORK ENVIRONMENT

Figure 1: Loading dock



Figure 2: Carrying items in/out of truck without ramp



Figure 3: Lifting/placing items on floor of truck



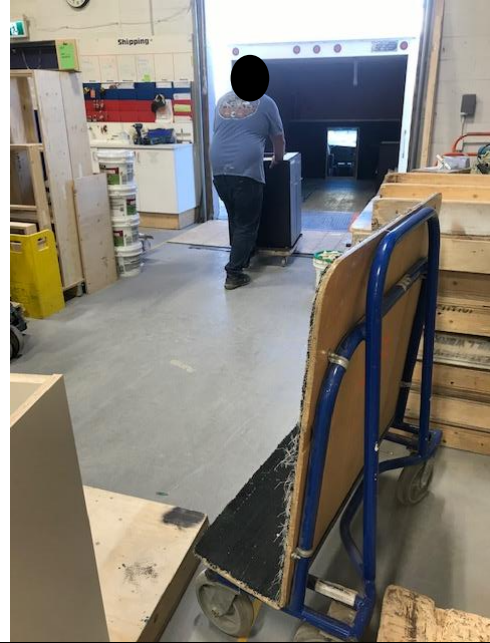
Figure 4: Maneuvering the bridging ramp into place



Figure 5: Carrying a cabinet into the truck



Figure 6: Using a dolly to load heavier cabinets



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,



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:	Shipper
Data Collection Date:	November 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:	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