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Physical Demands Analysis

Form Labourer

Prepared for:
Alberta Construction Association

Job Title:	Form Labourer	Assessment Location:	Calgary, AB	Data Collection Date:	June 25, 2021
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Completed By:	Terilyn Miranda, OT	Submitted on:	July 30, 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: 7:00 a.m. to 7:00 p.m. Break Schedule: Breaks as able throughout shift Shift Rotation: Not applicable On call is required: No Overtime required: No
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Education / Experience:	Education required: Completion of grade 12. On site Standard General orientation provided on hire. Required to complete RSTS, and WHIMS 2015.
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Job Overview:	As a Form Labourer the worker is required to determine what forms are required for each job site, and safely and efficiently deliver and retrieve the forms from sites as required to ensure jobs are completed as per the required schedule. They typically work in a 3-person crew (including the Form Driver), and respond to their crew foreman who provides their assignments each shift. The worker is required to communicate with the crew members, and other crews as needed, to ensure the task is completed safely, efficiently, and as directed.		
	% of shift	Job Task	Task Description
	25-50	Deliver forms to sites as required	<ul style="list-style-type: none">• Load forms from the stock yard to the truck bed and trailer• Tie down forms on trailer, and secure forms in truck bed prior to driving• Travel to sites as required• Identify areas of site requiring form• Anticipate appropriate form length for each given area• Retrieve form from truck bed and/or trailer; push/pull forms to access form required• Carry form to area and drop in place• Change form if size retrieved is not appropriate• Drop off form pins appropriate to form size and site
	25-50	Travel to required sites	<ul style="list-style-type: none">• Riding within the Form Truck, being operated by the Form Driver, to the required site

			<ul style="list-style-type: none"> Typically attend more than 3 sites per shift, spending less than 3.5 hours at each site Follows direction from the Form Driver with regards to rules, regulations, and requirements for use and safe operation of the work vehicle
	25-50	Retrieve forms from site	<ul style="list-style-type: none"> Use pin puller and sledge hammer to loosen form pins Load pins onto truck Load forms onto truck Return to stock yard to unload, and sort forms Replace pins in stock yard

Equipment/ Tools:	<ul style="list-style-type: none"> Purastar Truck (6400 kg tare, GVW 22000kg); automatic transmission Truck trailer (12' long) Form pins (large 7 lbs. and small 4 lbs.) Pin puller (large 10 lbs. and small 5 lbs.) Hand crank straps for tie down (5 lbs.) Sledgehammer (12 lbs.) Forms of various sizes (largest is 5 metres in length, 74 lbs.) Barriers identify holes at site (~20 lbs.)
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Exposures / Environment:	<ul style="list-style-type: none"> Exposure to vibration when driving on uneven surfaces Exposure to inclement weather including high heat, rain, sleet, and mild snow (required to work in up to 10 ml of rain; do not work in temperatures below -15°C or above 34°C) Exposure to environmental dust, debris, and allergens
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Personal Protective Equipment Required:	<ul style="list-style-type: none"> Hard hat Steel toed boots Gloves Safety vest or high visibility stripes Eye protection
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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				Loading/unloading forms of various sizes from truck/trailer (up to 74 lbs.). Retrieving/replacing pins from pin storage on truck (4 lbs./7 lbs. per pin; up to 48 lbs. if carrying multiple).
Knee to Waist Level Lifting		Lim-H				Loading/unloading forms from trailer (up to 74 lbs. Retrieving/replacing pins from pin storage on truck (4 lbs./7 lbs. per pin; up to 48 lbs. if carrying multiple).
Waist to Waist Level Lifting		L-H				Moving the barrier out of hole to place form. Moving forms around within the trailer or truck bed (up to 74 lbs.).
Waist to Chest Level Lifting		H				Loading/unloading forms from truck bed (up to 74 lbs.)
Waist to Shoulder Level Lifting		Lim-H				Loading/unloading forms from truck bed (up to 74 lbs.) Securing tie down straps to truck (5 lbs.)
Waist to Overhead Level Lifting		Lim-H				Loading/unloading forms from truck bed (up to 74 lbs.) Securing tie down straps to truck (5 lbs.)
Front Carry		L-H				Loading/unloading pins from truck, up to 50 feet (approximately 4 large pins ~21 lbs., 12 small pins ~48 lbs., at one time).
Right / Left-handed Carry (Dominant Hand)		Lim				Carrying single form pins, pin puller, sledgehammer, straps, and other tools around site. Moving smaller forms around as needed.
Shoulder Carry		Lim-H				Carrying and loading/unloading large forms. Carrying pin puller or sledgehammer.
Static Pushing/Pulling (Force)			Lim			Moving forms around the truck bed and trailer. Moving forms around within the stock yard. Pushing hand crank to replace/remove cover for truck bed.
Dynamic Pushing/Pulling (Force)		H				Moving forms around within the stock yard.

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Upper Extremity Work:						
Hand Gripping				X		Maneuvering form pins, tools, forms, and other supplies as needed. Use of crank to cover truck bed, and securing straps.
Pinch Gripping	X					Not applicable.
Upper Extremity Coordination		X				Pulling form pins with pin puller/sledgehammer.
Reaching Forward			X			Maneuvering forms on truck bed, trailer, or on ground at site. Placing/removing hole barriers. Utilizing hand crank to don/doff tarp on truck bed. Accessing controls within the truck cabin.
Overhead Shoulder Level Reaching		X				Reaching into truck bed to retrieve/replace forms (total height of truck bed 7' 6"). Securing straps to truck; throwing straps over truck.
Below Shoulder Level Reaching		X				To access pin storage of truck (32" from ground). Using pin puller/sledgehammer to loosen pins and pull out.
Throwing		X				Loading smaller forms into the truck bed or trailer. Tossing strapping over trailer and truck bed to secure form load.

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Positional Work:						
Trunk Flexion (Bending)			X			Loading/unloading pins and forms from the truck. Completing truck inspection. Maneuvering forms as required.
Trunk Rotation (Twisting)			X			Loading/unloading forms from truck and trailer. Maneuvering forms in the truck, and removing them for use. Placing forms on site as needed.
Kneeling	X					Not applicable.
Crawling	X					Not applicable.
Crouching		X				Retrieving forms from ground level in the stock yard. Retrieving/replacing forms from ground level on site.
Squatting		X				Securing straps to tie down forms on truck trailer. Inspecting tires, and other lower levels on truck inspection.
Neck Flexion			X			Viewing environment.
Neck Extension		X				Viewing environment.
Neck Rotation			X			Viewing environment.

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Static Work:						
Sitting			X			Riding in Form Truck to site.
Static Standing		X				Inspecting the site. Searching for the appropriate form on trailer or truck bed. Viewing the fit of the form in the given hole.
Balancing		X				Standing on the edge of the trailer or truck bed to load/unload forms

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Ambulation:						
Walking: Level Surfaces			X			On site and at the main office/storage location Includes paved roadways, and tiled/carpeted surfaces
Walking: Uneven Surfaces			X			Sites can include unpaved roads May include grass, dirt, gravel, etc.
Walking: Slopes		X				Dependent on site
Jumping	X					Not applicable.
Running	X					Not applicable.

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Climbing:						
Stairs		X				Climbing steps into form truck (12", 29", 38" to cab).
Ladder		X				Climbing ladder to access truck bed at back of truck (24", 35", and 43" step height)
Other		X				Climbing back of truck bed (48") and trailer (24" trailer, 36" wheel well) to access forms.

PHOTOS OF TASKS AND WORK ENVIRONMENT

Figure 1: Cab of Form Truck



Figure 2: Access to truck bed via ladder, or step



Figure 3: Use of hand crank to cover or remove tarp from truck bed.



Figure 4: Truck trailer loaded with forms, and secured with straps



Figure 5: Rear view of truck with pin storage on underside of truck

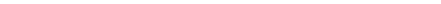


Figure 6: Barriers covering hole to be fitted for forms





Figure 7: Unloading forms from truck bed, and forms placed in hole for use



Physical Demands Analysis
Job Title: Form Labourer
Date Prepared: July 14, 2021
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

Validation Agreement

Job Title:	Form Labourer
Data Collection Date:	June 25, 2021

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 Credentials
Approved by:		Management Representative
Approved by:		Worker Representative