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Physical Demands Analysis

Residential Painter

Prepared for:
Alberta Construction Association

Job Title:	Residential Painter	Assessment Location:	Grande Prairie, AB	Data Collection Date:	July 7, 2021
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Completed By:	Christina O'Connor, B. Sc. Kin	Submitted on:	July 29, 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 this specific location.
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Work Schedule:	Shift Duration: 5 days/week, 8 hours/day; may vary Break Schedule: Total of 1 hour break per day Shift Rotation: Not applicable On call is required: No Overtime required: Occasionally, however this is up to the worker's discretion.
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Education / Experience:	Education required: There is no education required for the position. Hours required for position: N/A Tickets that may be required (not limited to): WHMIS.
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Labour Provider:	N/A
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Job Overview:	A Residential Painter is required to apply paints, varnishes, and sealants for a lasting finish using brushes, rollers, and spray guns.		
	% of shift	Job Task	Task Description
	4%	Job Preparation	A Residential Painter is required to gather all supplies required to complete a job. This may include ensuring all necessary supplies and tools are gathered at the shop or from the store as needed. Most supplies can be brought to site and left until the job is complete. A Residential Painter would also be required to tape surfaces as needed, use poly to protect surfaces, walls, or contents, strain paint (as required), floor protectants, etc.
	91%	Painting	A Residential Painter is required to apply paints, varnishes, and sealants for a lasting finish using brushes, rollers, and spray guns.
	5%	Clean-Up	A Residential Painter may be required to clean up any paint splatter on surfaces, sweep up any accumulated dust, and make sure all supplies and tools are contained to ensure a clean and safe working environment.

Equipment/ Tools:	<ul style="list-style-type: none"> • External lighting • Heaters • Pails of paint (60 lbs) • Paint cans ((9 lbs) • Ladder (20 lbs) • Paint poles (<5 lbs) • Caulking gun • Paint brush • Paint sprayers • Paint roller • Extension poles • Paint trays • Sanding poles • Sanding sponges • Putty knives • Old buckets • Paint strainer • Poly • Painter's tape • Canvas drop cloth • Putty • Rags
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Exposures / Environment:	<p>A Residential Painter would be required to work indoors 90% of the time with adequate lighting and temperature control. Paint needs to be stored above 10 degrees to ensure the integrity of the product. Additional lighting and heaters may be required depending on the working environment. 10% of the time, exterior painting is required; this would be completed above 10 degrees and in good weather conditions.</p>
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Personal Protective Equipment Required:	<ul style="list-style-type: none"> • Respiratory gear (if using a paint sprayer) <p>PPE is not required for most residential working environments.</p>
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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		H				A Residential Painter may be required to lift the following from the knee to waist level: <ul style="list-style-type: none">• Paint• Primer• Ladder• Paint brush/ roller• A cut can
Knee to Waist Level Lifting		H	Lim			A Residential Painter may be required to lift the following at waist level: <ul style="list-style-type: none">• Paint• Primer• Ladder• Putty knives• Paint cans• Sanding pole• Canvas drop cloths• Sander• Paint brush/ roller
Waist to Waist Level Lifting			Lim			A Residential Painter may be required to lift the following from waist to chest level: <ul style="list-style-type: none">• Paint brush• Putty knives• Sander• Paint brush/ roller• A cut can

Waist to Chest Level Lifting			Lim			<p>A Residential Painter may be required to lift the following from waist to shoulder level:</p> <ul style="list-style-type: none"> • Paint brush • Putty knives • Sander • Paint brush/ roller • A cut can
Waist to Shoulder Level Lifting			Lim			<p>A Residential Painter may be required to lift the following from waist to overhead level:</p> <ul style="list-style-type: none"> • Paint brush • Putty knives • Sander • Paint brush/ roller
Waist to Overhead Level Lifting		H				<p>A Residential Painter may be required to carry the following items:</p> <ul style="list-style-type: none"> • Pail of paint • Can of paint • Ladder • Paint tray
Front Carry		H	Lim			<p>A Residential Painter may be required to carry the following items:</p> <ul style="list-style-type: none"> • Pail of paint • Can of paint • Paint tools, such as a putty knife, paint brush, sander, etc.
Right / Left-handed Carry (Dominant Hand)		H	Lim			<p>A Residential Painter may be required to carry the following items:</p> <ul style="list-style-type: none"> • Pail of paint • Can of paint • Paint tools, such as a putty knife, paint brush, sander, etc.
Shoulder Carry	X					A backpack/harness load is not used for residential painting.
Static Pushing/Pulling (Force)				L	Lim	A Residential Painter would be required to push and pull while loading and unloading materials, moving drop cloths, painting with a brush/roller, sanding, cleaning, etc.
Dynamic Pushing/Pulling (Force)	X					N/A

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Upper Extremity Work:						
Hand Gripping				X		Required when using a paint brush, putty knife, a roller, sanding, extension poles, moving product, clean-up, holding/carrying a cut can, etc.
Pinch Gripping			X			Required when using a paintbrush and finger patching.
Upper Extremity Coordination				X		Required when handling paintbrushes, paint rollers, sanders, sanding, cleaning up, prepping jobs, driving, etc.
Reaching Forward				X		Required when painting, sanding, taping, placing poly, cleaning, etc.
Overhead Shoulder Level Reaching				X		Required when painting, sanding, taping, placing poly, cleaning, etc.
Below Shoulder Level Reaching				X		Required when painting, sanding, taping, placing poly, cleaning, etc.
Throwing	X					N/A

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Positional Work:						
Trunk Flexion (Bending)			X			Required when completing tasks below shoulder height painting, sanding, using poly, taping, touch ups, wiping down surfaces, working in small spaces, gathering supplies, etc.
Trunk Rotation (Twisting)			X			Required when working in small spaces, painting, sanding, cleaning tasks, etc.
Kneeling			X			Required when working at low levels to complete tasks, such as painting, sanding, cleaning tasks, puttying, caulking, etc. This would be worker dependent, as some painters may choose to crouch or sit while they work.
Crawling		X				Required when working in small, confined spaces or when painting baseboards (this is worker dependent).
Crouching			X			Required when working at low levels to complete tasks, such as painting, sanding, cleaning tasks, puttying, caulking, etc. This would be worker dependent, as some painters may choose to kneel or sit while they work.

Squatting			X			Required when working at low levels to complete tasks, such as painting, sanding, cleaning tasks, puttying, caulking, etc. This would be worker dependent, as some painters may choose to kneel, crouch, or sit while they work.
Neck Flexion			X			Required when completing tasks below shoulder height painting, sanding, using poly, taping, touch ups, wiping down surfaces, working in small spaces, etc.
Neck Extension				X		Required when completing tasks above shoulder height, such as painting, sanding, using poly, taping, touch ups, wiping down surfaces, etc.
Neck Rotation				X		Required throughout the day as a safe work practice, for visual feedback as work is completed, etc.

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Static Work:						
Sitting				X		Required when driving to jobsites, on breaks, or if completing seated work tasks (this is worker dependent).
Static Standing			X			Required if working on a ladder for an extended period of time.
Balancing			X			Required when completing painting, job preparation tasks, touch ups, etc. while on a ladder.

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Ambulation:						
Walking: Level Surfaces			X			Required when completing job preparation tasks, clean-up tasks, refilling paint trays, etc.
Walking: Uneven Surfaces		X				Required when walking outside with supplies, depending on the terrain and jobsite, disposing of any garbage, completing exterior painting, etc.
Walking: Slopes	X					N/A
Jumping	X					N/A
Running	X					N/A

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Climbing:						
Stairs		X				Required at some job locations. A worker may be required to work on the stairs to complete job tasks or utilize them to retrieve items.
Ladder			X			Required when working on surfaces above chest height, such as ceilings or upper walls.
Other	X					N/A

PHOTOS OF TASKS AND WORK ENVIRONMENT

Figure 1: A worker is required to cut the edge of a wall with a paint brush along the edges to ensure all surfaces are painted evenly.



Figure 2: A worker would be required to work in awkward spaces and angles while painting to ensure an even finish.



Figure 3: Pictured below is a worker completing cutting along the baseboards of a wall.



Figure 4: Pictured below is a worker rolling paint in a room that has already been cut.



Figure 5. A worker would be required to work around different fixtures on the wall with care to ensure a clean finish.



Figure 6. Pictured below is a finished room that has been completely painted and cleaned.



If you have any questions, and/or would like to discuss this assessment and report further, I can be reached at (780) 532-7077.

Sincerely,



Christina O'Connor, B. Sc. Kin

SITE SPECIFIC JOB DEMAND ADDITIONS:

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

Validation Agreement

Job Title:	Residential Painter
Data Collection Date:	July 7, 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:	Christina O'Connor B. Sc. Kin	Lifemark Clinician Name and Credentials
Approved by:		Management Representative
Approved by:		Worker Representative
Approved by:		Labour Provider Representative