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Physical Demands Analysis

Form Worker

Prepared for:
 Alberta Construction Association

Job Title:	Form Worker	Assessment Location:	Edmonton, AB	Data Collection Date:	June 17, 2021
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Completed By:	Joanna Ellingson, BKin	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 the specific location.
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Work Schedule:	<p>Shift Duration: 4 days/week, 9.5 hours/day; 1 day/week, 8.25 hours/day</p> <p>Break Schedule: Total of 1 hour break per day / 2-15 minute coffee breaks, 1-30 minute lunch break</p> <p>Shift Rotation: Not applicable</p> <p>On call is required: No</p> <p>Overtime required: No; but may be available upon Foreman discretion</p>
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Education / Experience:	<p>Education required: Not applicable</p> <p>Hours required for position: Not applicable</p> <p>Tickets that may be required (not limited to): Fall protection, 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 form worker, the worker is required to prepare the site for concrete or other materials to be poured. This includes the possibility of clearing the site of any barriers, levelling the site, installing outlines using temporary boards (wooden or metal) and stakes, as well as ensuring the site is ready for the concrete or other materials to be poured.		
	% of shift	Job Task	Task Description
	2%	Tailgate talk	<ul style="list-style-type: none"> The form worker's plan for the day including progress on site thus far and from previous day, plan for remaining projects required and updates on any changes required for remaining projects. Discuss any safety concerns/hazards and updates related to the day's work. Hazard assessment discussion and where the form workers will be working for the day.



	2%	Site Review	<ul style="list-style-type: none"> Review progress to date and discuss plan for the day. Ensure site is on time and update foreman accordingly (if required).
	94%	Form Tasks	<ul style="list-style-type: none"> Working on site by preparing the outlined area for concrete or other materials to be poured. This involves installing wooden or metal boards and stakes, ensuring the site is level and to the correct dimensions as well as installing glycol lines.
	2%	Clean site	<ul style="list-style-type: none"> Ensure all equipment and tools are placed back onto work truck, ensure safety by cleaning the site at the end of the work day.

Equipment/ Tools:	<ul style="list-style-type: none"> Boarder (90 lbs.) Compressor with Jack Hammer (60 lbs.) Crate (48 lbs.) Pry Bar (18 lbs.) Hilts Drill (23 lbs.) Pry Bar (18 lbs.) Drill (13 lbs.) Sledge Hammer (13 lbs.) Pick (6 lbs.) Leveller (5 lbs.) Shovel (4 lbs.) Stakes (4 lbs.)
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Exposures / Environment:	<ul style="list-style-type: none"> Noise exposure Dust (concrete/wood) exposure Vehicle exhaust Heat Wind Cold Tripping hazards
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Personal Protective Equipment Required:	<ul style="list-style-type: none"> Hard hat Steel toed boots Gloves CSA safety glasses Safety vest or high visibility stripes Long pants Kneeling pads
Personal Protective Equipment as Required:	<ul style="list-style-type: none"> Masks worn within 6 feet due to COVID

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		Lifting wooden boards (and installing), stakes (and installing), various equipment, cones for site, crate and boarder cover from ground, completing site clean up.
Knee to Waist Level Lifting			H			Lifting wooden boards, stakes, various equipment and tools, cones for site, crate and boarder from elevated ground or from elevated position (dependent on site), completing site clean up.
Waist to Waist Level Lifting		L				Lifting cones or barriers to/from site or adjusting for site access, completing site clean up.
Waist to Chest Level Lifting			H			Lifting materials and equipment from work truck onto site.
Waist to Shoulder Level Lifting	X					Not required.
Waist to Overhead Level Lifting	X					Not required.
Front Carry		H				Carrying crate and boarder, wooden boards, various equipment and tools, cones around the site, completing site clean up.

Right / Left-handed Carry (Dominant Hand)			H			Carrying wooden boards, various equipment and tools, cones, stakes, etc. around the site, completing site clean up. This is dependent on worker's preference for lifting.
Shoulder Carry			H			Carrying wooden boards, various equipment and tools, cones, stakes, etc. around the site, completing site clean up. This is dependent on worker's preference for lifting.
Static Pushing/Pulling (Force)		Heavy NOC Level				Using electric drill to place holes in concrete or other materials to set up wooden board supports.
Dynamic Pushing/Pulling (Force)				Heavy NOC Level		Installing wooden boards and stakes into ground using a hammer (nailing, placing stakes in ground, etc.)

*Anything greater than 50 lbs., it is recommended the worker use assistive equipment or use a 2 person lifting method.

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Upper Extremity Work:						
Hand Gripping					X	Gripping power/hand tools, placing stakes and wooden boards, gripping various equipment, crate and boarder, cones, using leveller to check work, completing site clean up, etc.
Pinch Gripping			X			Installing nails into wooden boards, installing glycol lines, attaching string to stakes.
Upper Extremity Coordination					X	Using power/hand tools, placing stakes and wooden boards, using various equipment, crate and boarder, cones, using leveller to check work, cutting wooden boards to site specific measurements, completing site clean up, etc.
Reaching Forward				X		Reaching to access equipment and tools, installing wooden boards and stakes, cones, cutting wooden boards to site specific measurements, hammering nails into wooden boards installing/removing strings, and completing site clean up.
Overhead Shoulder Level Reaching		X				Removing string from stakes and wooden boards.

Below Shoulder Level Reaching					X	Reaching to access equipment and tools, installing wooden boards and stakes, cones, cutting wooden boards to site specific measurements, hammering nails into wooden boards, installing strings, and completing site clean up.
Throwing	X					Not required.

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Positional Work:						
Trunk Flexion (Bending)					X	Using various equipment and tools on site (cutting boards), measuring various aspects of site to ensure correct dimensions using leveller, installing boards and stakes, applying string to stakes and wooden boards, completing site clean up, etc.
Trunk Rotation (Twisting)			X			Installing stakes to ground and applying string to wooden boards/stakes.
Kneeling			X			Measuring and cutting boards to site specific dimensions, measuring boards at lower levels once installed.
Crawling	X					Not required.
Crouching			X			Holding stakes while partner secures boards into place, measuring boards at lower levels once installed.
Squatting	X					Not required.
Neck Flexion					X	Completing site specific measurements with boards, installing boards and stakes, attaching string to boards and stakes, reviewing site progress to date, completing site clean up.
Neck Extension			X			Checking site and surroundings to ensure hazards are minimized.
Neck Rotation					X	Completing site specific measurements with boards, installing boards and stakes, attaching string to boards and stakes, reviewing site progress to date, working in tandem with partner, completing site clean up.



Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Static Work:						
Sitting		X				During breaks.
Static Standing				X		During tailgate talk, site review, while installing boards and stakes, measuring boards.
Balancing				X		On site while installing boards and stakes, completing site specific measurements, applying strings, using drill to create holes in concrete, around site on uneven ground.

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Ambulation:						
Walking: Level Surfaces			X			Walking throughout site (indoors/outdoors); frequency depending on progress of site (beginning vs. finishing stages).
Walking: Uneven Surfaces				X		Walking throughout site (indoors/outdoors); frequency depending on progress of site (beginning vs. finishing stages).
Walking: Slopes		X				Depending on site layout: on gravel or pavement.
Jumping	X					Not required.
Running	X					Not required.

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Climbing:						
Stairs		X				Dependent on site: buildings, commercial sites, etc.
Ladder		X				Dependent on site: buildings, commercial sites, etc.
Other			X			Accessing site from road way, throughout the site and accessing equipment/tools on work truck.

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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 black ink, appearing to read "J. Ellingson".

Joanna Ellingson, BKin
Kinesiologist

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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:	Joanna Ellingson, BKin	Lifemark Clinician Name and Credentials
Approved by:		Management Representative
Approved by:		Worker Representative
Approved by:		Labour Provider Representative