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Physical Demands Analysis

Insulator

Prepared for:
 Alberta Construction Association

Job Title:	Insulator	Assessment Location:	Grande Prairie, AB	Data Collection Date:	December 7, 2020
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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:	<p>Shift Duration: 4 days/week, 10 hours/day; may vary</p> <p>Break Schedule: Total of 1 hour break per day/ extra ½ hour past 5:30pm</p> <p>Shift Rotation: This would be job-dependent; however, if working on commercial jobs, workers may be required to work at night to avoid working during business operation hours.</p> <p>On call is required: No.</p> <p>Overtime required: Yes, this would be job dependent.</p>
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Education / Experience:	<p>Education required: N/A</p> <p>Hours required for position: N/A</p> <p>Tickets that may be required (not limited to): Fall protection, H2S Alive, Wildlife awareness, Ground Disturbance, Elevated Work Platform (EWP) machinery use, Confined Space, 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:	An insulator is responsible for installing insulation to assist with reducing noise in buildings, preventing the spread of fire and smoke, and help with maintaining temperature control. An insulator may be required to install a vapour barrier to reduce moisture.		
	% of shift	Job Task	Task Description
	5%	Clean Up / Job Prep	<p>A worker would be required to prepare their job site by gathering all tools and equipment necessary to complete the tasks at hand, gathering all materials, ensuring proper PPE, and setting up any temporary containments.</p> <p>A worker would be required to clean up throughout their day to reduce any materials or equipment that could impact a worker's ability to complete a job. A worker would be responsible for cleaning up their tools and materials to ensure there are no safety hazards throughout their day.</p>

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	2%	Paperwork	A worker would be required to fill out their Field Level Hazard Assessment (FLHA), COVID screening paperwork, toolbox talks, and equipment inspection forms. A worker would be required to fill out multiple toolbox talks and field level hazard assessments if a job changes throughout the day.
	2%	Interpreting blueprints	The worker would be required to interpret blueprints to ensure that they are insulating the correct walls with the correct materials.
	92%	Insulating	The worker is required to measure, cut, and install installation according to the blueprints. A worker would be required to complete this below waist level, at waist level, and above shoulder level.

Equipment/ Tools:	<ul style="list-style-type: none"> • Tape measure. • Utility knife. • Scaffolding (Deck: 46 lbs, railings: 42 lbs) • Ladder (45 lbs) • Lights (wobble lights, trouble lights, handheld, and headlamps) • Insulation (24 lbs) • Box of garbage bags (15 lbs)
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Exposures / Environment:	<p>Work can be inside or outside depending on the jobs required. A worker could be exposed to the following:</p> <ul style="list-style-type: none"> • Noise • Rough Terrain • Tripping Hazards • Moving Equipment • Heights • Vibrations • Hot/Cold Temperatures • Dust
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Personal Protective Equipment Required:	<ul style="list-style-type: none"> • Hard hat • Steel toed boots • Gloves • Foam safety eyewear (fectoggle) • Safety vest or high visibility stripes • Long sleeves and pants • Hearing 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			Could be required to lift the following from ground level: <ul style="list-style-type: none"> • Hand tools (<5 lbs), • Pieces of insulation (<5lbs)
Knee to waist level lifting		H		M		Could be required to lift the following from knee level: <ul style="list-style-type: none"> • Ladder (45 lbs) • Bag of insulation (24 lbs) • Scaffolding deck (46 lbs) • Scaffolding railing (42 lbs)
Waist to waist level lifting		H	Lim			Could be required to lift the following from waist level: <ul style="list-style-type: none"> • Hand tools (<5 lbs), • Pieces of insulation (<5lbs) • Ladder (45 lbs) • Bag of insulation (24 lbs) • Scaffolding deck (46 lbs) • Scaffolding railing (42 lbs)
Waist to chest level lifting			Lim			Could be required to lift the following from chest level: <ul style="list-style-type: none"> • Hand tools (<5 lbs), • Pieces of insulation (<5lbs)

Waist to shoulder level lifting		H	Lim		Could be required to lift the following from shoulder level: <ul style="list-style-type: none"> • Hand tools (<5 lbs), • Pieces of insulation (<5lbs) • Scaffolding deck (46 lbs) • Scaffolding railing (42 lbs)
Waist to overhead level lifting			Lim		Could be required to lift the following from overhead level: <ul style="list-style-type: none"> • Hand tools (<5 lbs), • Pieces of insulation (<5lbs)
Front carry		H	M		Could be required to carry the following: <ul style="list-style-type: none"> • Ladder (45 lbs) • Bag of insulation (24 lbs) • Scaffolding deck (46 lbs) • Scaffolding railing (42 lbs)
Right / left-handed carry (dominant hand)			M		Could be required to carry the following: <ul style="list-style-type: none"> • Hand tools • Bags of insulation
Shoulder carry		M			Could be required when carrying: <ul style="list-style-type: none"> • Bags of insulation
Static Pushing/Pulling (Force)				Lim	Could be required to push/pull: <ul style="list-style-type: none"> • When cutting bags of insulation • When cutting insulation • When installing insulation
Dynamic Pushing/Pulling (Force)		L			Could be required to push/pull: <ul style="list-style-type: none"> • Opening/closing doors • Moving bags of insulation

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Upper Extremity Work:						
Hand Gripping				X		Required when carrying bags of insulation, using tools, site clean up, site prep, etc.
Pinch Gripping			X			Required when operating a phone, completing paperwork, using a knife, and installing insulation.
Upper Extremity Coordination					X	Could be required when handling bags of insulation, using tools, installing insulation, moving ladders, moving materials, etc.
Reaching Forward				X		Required throughout the day when insulating, measuring, cutting materials, etc.
Overhead Shoulder Level Reaching				X		Required when insulating ceilings and walls above waist level.
Below Shoulder Level Reaching				X		Required throughout the day when insulating areas at waist level or below the waist.

Throwing		X				Required when throwing bags of garbage into the dumpster.
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Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Positional Work:						
Trunk Flexion (Bending)			X			Required when cutting materials, working at waist level or below, etc.
Trunk Rotation (Twisting)			X			Required when cutting materials, working at waist level or below, etc.
Kneeling			X			Required when insulating or cutting materials on scaffolding.
Crawling		X				Required when insulating in crawl spaces.
Crouching			X			Required when insulating or cutting materials on scaffolding.
Squatting			X			Required when insulating or cutting materials on scaffolding.
Neck Flexion			X			Required when insulating below waist, cutting materials, gathering materials, cleaning up, etc.
Neck Extension				X		Required when insulating or measuring above head.
Neck Rotation				X		Required throughout the day as a safe work practice.

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Static Work:						
Sitting			X			Required when insulating at low level positions or when on breaks.
Static Standing		X				Required when placing materials, taking materials out, cutting materials, using tools, etc.
Balancing			X			Required when climbing up scaffolding and ladder climbing.

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Ambulation:						
Walking: Level Surfaces				X		Required when walking on even ground in residential or commercial buildings.
Walking: Uneven Surfaces				X		Required when walking outside to dispose of garbage or to gather materials.
Walking: Slopes		X				Could be required depending on the site.
Jumping	X					N/A



Running	X					N/A
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Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Climbing:						
Stairs		X				Could be completed in residential or commercial building; however, this depends on site.
Ladder			X			Required when ascending and descending ladder to complete insulation installation.
Other – Scaffolding			X			Required when ascending and descending scaffolding to complete insulation installation.

PHOTOS OF TASKS AND WORK ENVIRONMENT

Figure 1: A bag of insulation that would need to be opened with a utility knife to use the product.



Figure 2: A worker using a piece of steel framing to place insulation bats higher up. Alternatively, ladders or scaffolding could be used.

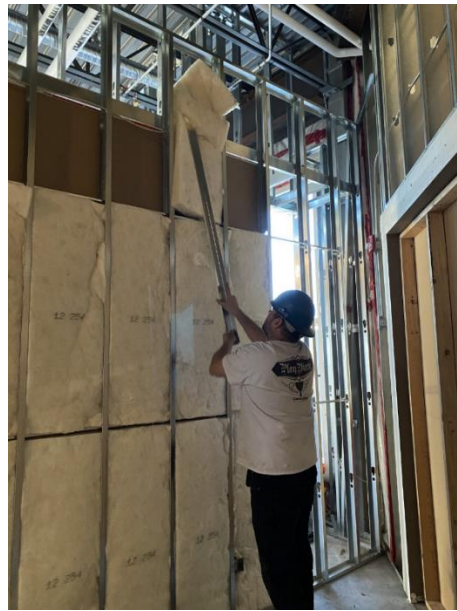


Figure 3: A worker insulating the lower portion of the wall.



Figure 4: A worker placing the last insulation bat for the lower portion of the wall. The insulation is pictured to the right of the picture following the removal of the bag.



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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) 532-7077.

Sincerely,

A handwritten signature in black ink that reads "Car." followed by a period.

Christina O'Connor, B. Sc. Kin

Validation Agreement

Job Title:	Insulator
Data Collection Date:	December 7, 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:	Christina O'Connor, BScKin	Lifemark Clinician Name and Designation
Approved by:		Management Representative
Approved by:		Worker Representative
Approved by:		Labour Provider Representative