



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

T-Bar Installer

Prepared for:
Alberta Construction Association

Job Title:	T-bar Installer	Assessment Location:	Grande Prairie, AB	Data Collection Date:	December 9, 2020
-------------------	-----------------	-----------------------------	--------------------	------------------------------	------------------

Completed By:	Christina O'Connor, B. Sc. Kin.	Submitted on:	July 29, 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 this specific location.
--------------------	---

Work Schedule:	Shift Duration: 4 days/week, 10 hours/day; may vary Break Schedule: Total of 1 hour break per day/ extra ½ hour past 5:30pm 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. On call is required: No. Overtime required: Yes, this would be job dependent.
-----------------------	--

Education / Experience:	Education required: N/A Hours required for position: N/A 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).
--------------------------------	--

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

Job Overview:	A T-Bar Installer is required to determine the square footage required using various handheld tools and to ensure all materials placed are level. A worker would be required to map out sections to ensure main Ts and cross Ts are placed correctly to allow for any venting and lighting required, and to ensure ceiling tiles evenly spaced.		
	% of shift	Job Task	Task Description
	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.
	5%	Clean Up / Job Prep	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.

			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.
	93%	T-bar installation	A worker would be required to determine the square footage required using various handheld tools and to ensure all materials placed are level. A worker would be required to map out sections to ensure main Ts and cross Ts are placed correctly to allow for any venting and lighting required, and to ensure ceiling tiles evenly spaced.

Equipment/ Tools:	<ul style="list-style-type: none"> • Ceiling tiles (60 lbs) • Main Ts (50 per box, 100 lbs) • Cross Ts (20 per box, 60 lbs) • Wall mold (64 lbs) • Screws • Snips • Hilti concrete nailer (10 lbs) • Lasers • Scaffolding (46 lbs for deck, 42 lbs for railings, bar 16 lbs) • Ladder (45 lbs) • Tape measure
--------------------------	--

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
---------------------------------	---

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
--	---

Personal Protective Equipment as Required:	<ul style="list-style-type: none"> 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		H		Lim		Could be required to lift the following from ground level: <ul style="list-style-type: none">A variety of tools and equipmentA bundle of cross Ts (60 lbs)A bundle of main Ts (100 lbs)A cross T (3 lbs)A Main T (2 lbs)Hilti concrete nailer (10 lbs)A box of wall mold (64 lbs)Scaffolding deck (46 lbs)Scaffolding railings (42 lbs)Scaffolding bars (16 lbs)
Knee to waist level lifting			H			Could be required to lift the following from knee level: <ul style="list-style-type: none">Bench (13 lbs)Ladder (45 lbs)Hand tools (5 lbs)A bundle of cross TsA bundle of main Ts

Waist to waist level lifting		H	Lim		<p>Could be required to lift the following from waist level:</p> <ul style="list-style-type: none"> • A bundle of tiles • Wall mould (64 lbs) • Cross Ts (60 lbs) • Main Ts (100 lbs) • A cross T (3 lbs) • A Main T (2 lbs) • Hand tools
Waist to chest level lifting		H	Lim		<p>Could be required to lift the following to chest level:</p> <ul style="list-style-type: none"> • A bundle of tiles onto the scaffolding (60 lbs) • A wall mold (<5 lbs) • A cross T (3 lbs) • A Main T (2 lbs) • Hand tools • Laser
Waist to shoulder level lifting		H	Lim		<p>Could be required to lift the following to shoulder level:</p> <ul style="list-style-type: none"> • A bundle of tiles onto the scaffolding (60 lbs) • A wall mold • A cross T (3 lbs) • A Main T (2 lbs) • Hand tools • Concrete nailer (10 lbs) • Laser
Waist to overhead level lifting			Lim		<p>Could be required to lift the following overhead:</p> <ul style="list-style-type: none"> • A cross T (3 lbs) • A Main T (2 lbs) • A single ceiling tile (10 lbs) • Clamp • Hand tools • Laser
Front carry		H			<p>Could be required to carry the following:</p> <ul style="list-style-type: none"> • A bundle of tiles • A bundle of cross Ts • A bundle of main Ts • A ladder • Bench

Right / left-handed carry (dominant hand)			Lim		<p>Could be required to carry the following:</p> <ul style="list-style-type: none"> • Tools • Hilti • Bench • A cross T (3 lbs) • A Main T (2 lbs)
Shoulder carry		H			<p>Could be required to carry the following on their shoulder:</p> <ul style="list-style-type: none"> • A bundle of tiles • A bundle of main Ts • A bundle of cross Ts <p>This would be worker dependent if they to chose to carry on their shoulder.</p>
Static Pushing/Pulling (Force)				Lim	Pushing and pulling would be required with use of a drill, when assembling scaffolding, when drilling, when putting in rivets, when connecting cross Ts and main Ts, etc.
Dynamic Pushing/Pulling (Force)			M		Required when moving scaffolding, opening/closing doors, sweeping, moving materials, etc.

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Upper Extremity Work:						
Hand Gripping				X		Required when using a Hilti nailer, using a ladder, removing scaffolding, installing T-bar ceiling, clean up, site prep, etc.
Pinch Gripping			X			Required when using tools, when cutting main Ts and cross Ts, when measuring, when screwing in materials, when using rivets, completing paperwork, etc.
Upper Extremity Coordination					X	Required when doing site prep, during site cleanup, when assembling T-bar ceilings, using tools, getting materials, etc.
Reaching Forward			X			Required when doing site prep, during site cleanup, when assembling T-bar ceilings, using tools, getting materials, etc.
Overhead Shoulder Level Reaching				X		Required when assembling the framework for T-bar ceiling, when measuring, when using a laser, when installing the T-bar ceiling, when installing the ceiling tiles, etc.
Below Shoulder Level Reaching			X			Required during site cleanup, site prep, gathering materials, prepping materials, measuring materials, etc.

Throwing		X				Required when tossing garbage into bins.
----------	--	---	--	--	--	--

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Positional Work:						
Trunk Flexion (Bending)			X			Required when completing site cleanup, site prep, gathering materials, cleaning up any debris, etc.
Trunk Rotation (Twisting)			X			Required when completing site cleanup, site prep, gathering materials, cleaning up any debris, installing T-bar ceiling, working at heights, etc.
Kneeling		X				Required when working in awkward spaces or when working on scaffolding.
Crawling		X				Required if working on scaffolding in awkward positions.
Crouching		X				Required when working in awkward spaces or when working on scaffolding.
Squatting		X				Required when working in awkward spaces or when working on scaffolding.
Neck Flexion			X			Required when gathering materials, site cleanup, site prep, measuring materials, cutting materials, etc.
Neck Extension					X	Required throughout the day when working overhead to install a T-bar ceiling, to install tiles, to measure, to secure ceiling, etc.
Neck Rotation			X			Required throughout the day as a safe work practice as well as when installing T-bar ceiling, measuring, cutting, etc.

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Static Work:						
Sitting			X			Required on breaks, driving to site, and completing paperwork.
Static Standing				X		Required when completing work on ladders, scaffolding, or step ladders.
Balancing				X		Required when completing work on ladders and scaffolding.

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Ambulation:						
Walking: Level Surfaces				X		This is job dependent, however most jobs are typically on even ground at this stage.

Walking: Uneven Surfaces		X				Required when walking outside on various job sites.
Walking: Slopes		X				This would be site dependent.
Jumping	X					N/A
Running	X					N/A

Job Demand	Frequency					Details/Measurements
	N/R	R	O	F	C	
Climbing:						
Stairs		X				This is site dependent. Stair climbing may be required more on one site than another.
Ladder			X			Required when completing T-bar installation; however, this could be interchangeable with the use of scaffolding.
Other			X			Required when completing T-bar installation; however, this could be interchangeable with the use of ladder climbing.

PHOTOS OF TASKS AND WORK ENVIRONMENT

Figure 1: An example of what a room may look like prior to installing a T-Bar Ceiling.



Figure 2: A worker would use a laser to ensure all wall molds are placed level to one another.

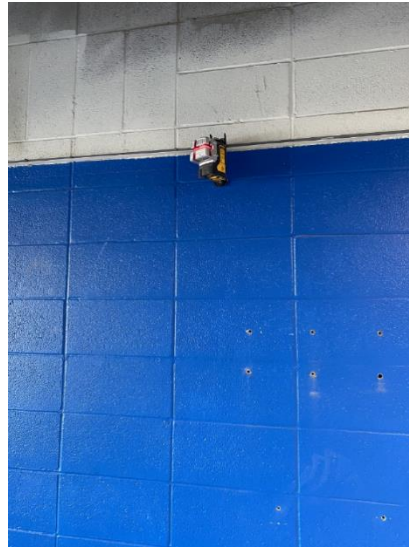


Figure 3: A worker installing a main T onto the wall and ensuring all angles are right.



Figure 4: A section of the suspended ceiling that was completed. The Main T is running length wise, while the Cross Ts are running horizontally.



Physical Demands Analysis
Job Title: T-Bar Installer
Date Prepared: January 8, 2021
Prepared for: Chinook Drywall



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, appearing to read "Car.", is positioned above a horizontal line.

Christina O'Connor, B. Sc. Kin

Validation Agreement

Job Title:	T-Bar Installer
Data Collection Date:	December 9, 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, B. ScKin	Lifemark Clinician Name and Designation
Approved by:		Management Representative
Approved by:		Worker Representative
Approved by:		Labour Provider Representative