

PHYSICAL DEMANDS FORM – YARD/SAWMILL

Note: In terms of an 8 hour workday, “Occasionally” equals 1% to 33%;
 “Frequently”, 34% to 65%; “Continuously”, 67% to 100%.

1. In an 8 hour workday, employee must: (Circle full capacity of each activity)

a. Sit	No.	①	2	3	4	5	6	7	8
b. Stand	No.	1	2	3	4	5	6	7	⑧
c. Walk	No.	1	2	3	4	5	6	7	⑧

2. Employee’s job requires:

	Not at all	Occasionally	Frequently	Continuously
a. Bend/Stoop				X
b. Squat			X	
c. Crawl		X		
d. Climb height		X		
e. Reach above shoulder level			X	
f. Crouch		X		
g. Kneel		X		
h. Balance		X		
i. Push/Pull				X

3. Employee’s Job requires he/she carry:

	Never	Occasionally	Frequently	Continuously
a. Up to 10 lbs.				X
b. 11-24 lbs.				X
c. 25-34 lbs.				X
d. 35-50 lbs.				X
e. 51-74 lbs.			X	
f. 75-100 lbs.			X	

PHYSICAL DEMANDS FORM CONTINUED

4. Employee's Job requires he/she lift:

	Never	Occasionally	Frequently	Continuously
a. Up to 10 lbs.				X
b. 11-24 lbs.				X
c. 25-34 lbs.				X
d. 35-50 lbs.				X
e. 51-74 lbs.			X	
f. 75-100 lbs.			X	

5. Job requires employee use feet for repetitive movements as in operating foot controls:

Right
Left
Both
 _____ Yes _____ No _____ Yes _____ No X Yes _____ No

6. Job requires employee use hands for repetitive actions such as:

Simple Grasping
Firm Grasping
Fine Manipulating
 Right _____ Yes _____ No X Yes _____ No _____ Yes _____ No
 Left _____ Yes _____ No X Yes _____ No _____ Yes _____ No

7. Employee's job requires:

	Yes	No	Comments
a. Working on unprotected heights	_____	<u> X </u>	_____
b. Being around moving machinery	<u> X </u>	_____	<u> Lift trucks, saws, planers, etc. </u>
c. Exposure to marked changes in temperature and humidity	<u> X </u>	_____	_____
d. Driving automotive equipment	<u> X </u>	_____	_____
e. Exposure to dust, fumes and gases	<u> X </u>	_____	_____