# Job Demands Form

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| --- |
| Employee Information |

|  |  |
| --- | --- |
| Employee Name (Last, First, Middle) |  |
| Date |  |
| Employer Name  |  |
| Evaluator  |  |
| Job Title  |  |

|  |
| --- |
| Specific Task Requirements (Include walking surfaces, distance to carry or walk, etc.)  |

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |
| 4. |  |

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| Physical Requirements (Check box for each of the tasks the worker will perform)  |

|  |  |
| --- | --- |
|  | Total Hours In 8-Hour Day |
| **Body Movements** | 0-1 | 1-3 | 3-6 | 6-8 |
| Repetitive Use of Hands  |  |  |  |  |
| a) Squeezing  |  |  |  |  |
| b) Supinate/pronate  |  |  |  |  |
| c) Keyboarding  |  |  |  |  |
| Reach Above Shoulder  |  |  |  |  |
| Twist Upper Body  |  |  |  |  |
| Bend at Waist  |  |  |  |  |
| Kneel  |  |  |  |  |
| Sit  |  |  |  |  |
| Stand  |  |  |  |  |
| Walk  |  |  |  |  |
| Walk Uneven Surface  |  |  |  |  |
| Climb  |  |  |  |  |
| Operate Foot Controls  |  |  |  |  |
| Overall Endurance  |  |  |  |  |
| **Physical**  |  |  |  |  |
| Lift 1-10 lbs. |  |  |  |  |
| Lift 11-19 lbs. |  |  |  |  |
| Lift 20-49 lbs. |  |  |  |  |
| Lift 50+ lbs. |  |  |  |  |
| Carry 1-10 lbs. |  |  |  |  |
| Carry 11-19 lbs. |  |  |  |  |
| Carry 20-49 lbs. |  |  |  |  |
| Carry 50+ lbs. |  |  |  |  |
| Push 1-10 lbs. |  |  |  |  |
| Push 11-19 lbs. |  |  |  |  |
| Push 20-49 lbs. |  |  |  |  |
| Push 50+ lbs. |  |  |  |  |
| Pull 1-10 lbs. |  |  |  |  |
| Pull 11-19 lbs. |  |  |  |  |
| Pull 20-49 lbs. |  |  |  |  |
| Pull 50+ lbs. |  |  |  |  |
| **Environment.** Include if job is preformed indoors or outdoors and if temperature extremes exist.  |  |
| **Hazards.** Include noise, light, fumes, dust, floor surface, etc.  |  |
| **Equipment/Tools.** Include whether hand or machine driven. |  |
| **Products/Materials.** Identify products and materials to be used. |  |
| **Endurance.** Identify whether job includes sustained activity levels.  |  |
| **Additional Information/Comments** |
|  |
| **Completed By** |
| Completed by |  |
| Date |  |