

# Appendix I-C-6 Physical Demands Analysis (PDA)

Date		Analyst								
Department			Job Title				Shift			
PHYSICAL DEMANDS		Not Component	* FREQUENCY				LOAD (object/tool)		COMMENTS	
			Seldom	Minor	Required	Major	Maximum (Kg)	Usual (Kg)		
<b>STRENGTH</b>	Lifting									
	Carrying									
	Pushing									
	Pulling									
	Handling									
	Throwing									
	Gripping	Power Grasp								
		Pinch Grasp								
	Reaching	Above Shoulder								
		Below Shoulder to the Side								
<b>POSTURES</b>	Shoulder	Abduction								
		Flexion								
	Hip	Abduction								
		Wrist	Flexion Extension							
			Radial Ulnar Devn							
	Trunk	Pronate Supinate								
		Flexion								
		Extension								
		Side Bend								
	Neck	Twist								
		Flexion								
		Extension								
		Side Bend								
<b>MOBILITY</b>	Foot Action	Twist								
		Flexion								
		Extension								
		Side Bend								
		Twist								
		Sitting								
		Standing								
		Walking								
		Climbing								
	Crawling									
	Crouching									
Kneeling										
Balancing										
Fine Finger Movements	One Foot									
	Feet									

\* FREQUENCY  
 SELDOM = Not always performed during completion of job  
 MINOR = Performed less than 25% of job  
 REQUIRED = Frequent Repetition for 25%-50% of job  
 MAJOR = Frequent Repetition for more than 50% of job

PHYSICAL DEMANDS		Not Component	* FREQUENCY				COMMENTS
			Seldom	Minor	Required	Major	
SENSORY/PERCEPTUAL	Hearing	Conversations					
		Other Sounds					
	Vision	Far					
		Near					
		Colour					
	Perception	Spatial - organisation					
		Form - recognition					
	Feeling						
	Reading						
	Writing						
	Keying/Typing						
	Speech						
WORK ENVIRONMENT	Outside Work						
	Hot						
	Cold						
	Humid						
	Dry						
	Dust						
	Vapour Fumes						
	Noise						
	Vibration	Whole Body					
		Upper Extremity					
	Contact Stress						
	Striking with Hand/Fist						
	Moving Objects						
	Hazardous Machines						
	Electrical						
	Sharp Tools etc.						
	Radiant/Thermal Energy						
Slippery							
Congested Worksite							
Chemical Irritants							
CONDITIONS	Work Independent but in Group						
	Operate Equipment/Machinery						
	Machine Paced						
	Production Quotas						
	Deadline Pressures						
	Irregular/Extended Hours						
* FREQUENCY							
SELDOM = Not always performed during completion of job			REQUIRED = Frequent Repetition for 25% -50% of job				
MINOR = Performed less than 25% of job			MAJOR = Frequent Repetition for more than 50% of job				