ST. CLAIR COLLEGE

# Program Physical Demands Analysis

| | | | |
|---|---|---|---|
| **Program** | Border Services | **Date** | June 2025 |
| **Co-Ordinator** | Melissa Kakuk | **Chairperson** | Biagio Lattuca |

## STRENGTH

| Physical Demands | WEIGHT | | * FREQUENCY | | | | |
|---|---|---|---|---|---|---|---|
| | Maximum (in lbs) | Usual (in lbs) | Never | Seldom | Minor | Required | Major |
| Lifting | 165 | 10-90 | ☐ | ☐ | ☐ | ☒ | ☐ |
| Carrying | 100 | 10-90 | ☐ | ☐ | ☐ | ☒ | ☐ |
| Pushing | 85 | 10-90 | ☐ | ☐ | ☐ | ☒ | ☐ |
| Pulling | 85 | 10-90 | ☐ | ☐ | ☐ | ☒ | ☐ |
| Fine Finger Movements | | | ☐ | ☐ | ☐ | ☒ | ☐ |
| Handling | | | ☐ | ☐ | ☐ | ☒ | ☐ |
| Gripping | | | ☐ | ☐ | ☐ | ☒ | ☐ |
| Reaching (Above Shoulder) | | | ☐ | ☐ | ☐ | ☒ | ☐ |
| Reaching (Below Shoulder) | | | ☐ | ☐ | ☐ | ☒ | ☐ |
| Foot Action (1 Foot) | | | ☐ | ☐ | ☐ | ☒ | ☐ |
| Foot Action (2 Foot) | | | ☐ | ☐ | ☐ | ☒ | ☐ |
| Comments: | | | | | | | |

## MOBILITY

| Physical Demands | * FREQUENCY | | | | |
|---|---|---|---|---|---|
| | Never | Seldom | Minor | Required | Major |
| Throwing | ☐ | ☒ | ☐ | ☐ | ☐ |
| Sitting | ☐ | ☐ | ☐ | ☐ | ☒ |
| Standing | ☐ | ☐ | ☐ | ☐ | ☒ |
| Walking | ☐ | ☐ | ☐ | ☒ | ☐ |
| Running | ☐ | ☐ | ☐ | ☒ | ☐ |
| Climbing | ☐ | ☐ | ☐ | ☒ | ☐ |
| Bending/Stooping | ☐ | ☒ | ☐ | ☐ | ☐ |
| Crouching | ☐ | ☒ | ☐ | ☐ | ☐ |
| Kneeling | ☐ | ☒ | ☐ | ☐ | ☐ |
| Crawling | ☐ | ☐ | ☐ | ☒ | ☐ |
| Twisting | ☐ | ☒ | ☐ | ☐ | ☐ |
| Balancing | ☐ | ☒ | ☐ | ☐ | ☐ |
| Comments: | | | | | |

## SENSORY / PERCEPTUAL

| Physical Demands | * FREQUENCY | | | | |
|---|---|---|---|---|---|
| | Never | Seldom | Minor | Required | Major |
| Hearing – Conversation | ☐ | ☐ | ☐ | ☐ | ☒ |
| Hearing – Other Sounds | ☐ | ☐ | ☐ | ☒ | ☐ |
| Vision – Far | ☐ | ☐ | ☐ | ☒ | ☐ |
| Vision – Near | ☐ | ☐ | ☐ | ☒ | ☐ |
| Vision – Colour | ☐ | ☐ | ☐ | ☒ | ☐ |
| Vision – Depth | ☐ | ☐ | ☐ | ☒ | ☐ |
| Perception – Spatial | ☐ | ☐ | ☐ | ☒ | ☐ |
| Perception – Form | ☐ | ☐ | ☐ | ☒ | ☐ |
| Feeling | ☐ | ☐ | ☒ | ☐ | ☐ |
| Reading | ☐ | ☐ | ☐ | ☐ | ☒ |
| Writing | ☐ | ☐ | ☐ | ☐ | ☒ |
| Speech | ☐ | ☐ | ☐ | ☐ | ☒ |
| Comments: | | | | | |

## WORK ENVIRONMENT

| Physical Demands | * FREQUENCY | | | | |
|---|---|---|---|---|---|
| | Never | Seldom | Minor | Required | Major |
| Inside Work | ☐ | ☐ | ☐ | ☐ | ☒ |
| Outside Work | ☐ | ☐ | ☒ | ☐ | ☐ |
| Hot/Cold | ☐ | ☒ | ☐ | ☐ | ☐ |
| Humid/Dry | ☐ | ☒ | ☐ | ☐ | ☐ |
| Dust | ☒ | ☐ | ☐ | ☐ | ☐ |
| Vapour Fumes | ☒ | ☐ | ☐ | ☐ | ☐ |
| Noise | ☐ | ☐ | ☒ | ☐ | ☐ |
| Moving Objects | ☐ | ☐ | ☒ | ☐ | ☐ |
| Hazardous Machines | ☒ | ☐ | ☐ | ☐ | ☐ |
| Electrical | ☒ | ☐ | ☐ | ☐ | ☐ |
| Sharp Tools etc. | ☒ | ☐ | ☐ | ☐ | ☐ |
| Radiant/Thermal Energy | ☒ | ☐ | ☐ | ☐ | ☐ |
| Slippery | ☒ | ☐ | ☐ | ☐ | ☐ |
| Congested Worksite | ☒ | ☐ | ☐ | ☐ | ☐ |
| Comments: | | | | | |

## CONDITIONS OF WORK

| Physical Demands | * FREQUENCY | | | | |
|---|---|---|---|---|---|
| | Never | Seldom | Minor | Required | Major |
| Travelling | ☐ | ☐ | ☒ | ☐ | ☐ |
| Work Alone | ☐ | ☐ | ☒ | ☐ | ☐ |
| Work Independent but in group | ☐ | ☐ | ☒ | ☐ | ☐ |
| Deadline Pressures | ☐ | ☐ | ☒ | ☐ | ☐ |
| Interact with Public | ☐ | ☒ | ☐ | ☐ | ☐ |
| Operate Equipment/ Machinery | ☐ | ☒ | ☐ | ☐ | ☐ |
| Comments: | | | | | |

## Accessibility

| | |
|---|---|
| Wheelchair accessible | ☐ yes ☒ no |
| Comments: | |
| **See mobility demands.** | |

*** Frequency:**

Never.....Not performed.
Seldom .....Seldom performed. Not daily.
Minor.....Minor daily activity. Less than 1 hour
Required .....Frequent repetition, for 1-3 hours daily
Major.....Major job demand. Maximum ability required. Frequent repetition for more than 3 hours daily.