

Program Physical Demands Analysis

Program	Practical Nursing H863	Date	April 2025
Co-Ordinator	Rosemary Wagner	Chairperson	Corrin Primeau

STRENGTH							
Physical Demands	WEIGHT		* FREQUENCY				
	Maximum (in lbs)	Usual (in lbs)	Never	Seldom	Minor	Required	Major
Lifting	50 lbs		☐	☐	☐	☐	☒
Carrying	20 lbs	5-20 lbs	☐	☐	☐	☒	☐
Pushing	Force 20 lbs	5-20 lbs	☐	☐	☐	☐	☒
Pulling	Force 20 lbs	5-20 lbs	☐	☐	☐	☒	☐
Fine Finger Movements			☐	☐	☐	☐	☒
Handling			☐	☐	☐	☐	☒
Gripping			☐	☐	☐	☒	☐
Reaching (Above Shoulder)			☐	☐	☐	☐	☒
Reaching (Below Shoulder)			☐	☐	☐	☐	☒
Foot Action (1 Foot)			☐	☐	☒	☐	☐
Foot Action (2 Foot)			☐	☐	☒	☐	☐
Comments:							
For the maximum weight (in lbs), the person should be albe to do each physical demand up to the max. of 50 lbs. Average range of adults is 100 - 250 lbs.							

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:					
Must have acute senses and full command of written and spoken English					

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:					
- Particals i.e. inhalation treatment - May have to hold client while getting x-ray					

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:					
May require travel for community based work					

Accessibility	
Wheelchair accessible	☐ yes ☒ no
Comments:	

* Frequency:

NeverNot performed.
SeldomSeldom performed. Not daily.
Minor.....Minor daily activity. Less than 1 hour
RequiredFrequent repetition, for 1-3 hours daily
Major.....Major job demand. Maximum ability required. Frequent repetition for more than 3 hours daily.

Doctor/ Practitioner’s Signature _____

Date of Assessment _____