ST. CLAIR COLLEGE

Program Physical Demands Analysis

Program	T051 - Project Management	**Date**	October 2026
Co-Ordinator	Al Douglas	**Chairperson**	Ruth Susannah

STRENGTH

Physical Demands	WEIGHT		* FREQUENCY				
	Maximum (in lbs)	Usual (in lbs)	Never	Seldom	Minor	Required	Major
Lifting	10	5	☐	☐	☒	☐	☐
Carrying	10	5	☐	☐	☒	☐	☐
Pushing	10	5	☐	☐	☒	☐	☐
Pulling	10	5	☐	☐	☒	☐	☐
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:	

Program is wheelchair accessible, but not all employment opportunities would be deemed wheelchari accessible.

*** 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.