

Physical Demands Analysis (PDA)

Critical Job Demands • Ergonomics • Postures / Forces / Duration • Task Breakdown

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201-350 Oxford St. West
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What?

- An assessment of the physical and functional demands of a particular job or series of workstations.
- Objective, detailed and accurate assessment of the job tasks to determine the demands of a job on the human body.

Why?

- The information is critical for making accurate and safe decisions about return to work duties and timing.
- It is no longer considered appropriate to make return to work decisions without a careful analysis of whether the employee's functional abilities meet the job physical demands.

How?

- On-site workplace and job task analysis by a physiotherapist and/or ergonomic kinesiologist in collaboration with the work supervisor, and Health and Safety Committee as applicable.
- Job forces, postures, frequency, repetition are all analyzed with sophisticated equipment and measurement tools and measured against ergonomically safe standards.
- Digital photography is utilized to capture various work positions and demands.
- The photos are included in the report to promote a clear understanding of the job tasks.
- Reports are clear, concise, and easy to use.
- Usually the assessor is at the work place for 2 - 3 hours.
- Referral to Report 10 – 14 days.

When?

- It is recommended that organizations consider the development of PDA's for the jobs which have the highest rate of work injury.
- PDAs provide insight into how to avoid subsequent injuries and how to effectively return injured workers to the specific job.
- Due to technology and work process changes over time, the nature and mechanics of jobs change. PDAs have to be updated periodically.



Referral can be made through the Functional Diagnostic Centre
519-471-7900