

Name: \_\_\_\_\_

## Job Demands Questionnaire

Job Title: \_\_\_\_\_ Number of Years: \_\_\_\_\_

1. How many hours per week do you usually work at this job? \_\_\_\_\_

2. For *this* job, fill in the hours per day that you usually work in the following postures.

	Max at 1 Time	Total Hours
Sitting down (office, car, truck, etc.)	_____	_____
Standing (at a counter, at a machine, etc.)	_____	_____
Walking while carrying less than 20 pounds	_____	_____
Walking while carrying more than 20 pounds	_____	_____

	Not at all	Rarely (less than 1/10 of the time)	Occasionally (less than 1/3 of the time)	Frequently (1/3 to 2/3 of the time)	Constantly (more than 2/3 of the time)
3. How often do you crawl in your work?	_____	_____	_____	_____	_____
4. How often do you have to lie down in your work?	_____	_____	_____	_____	_____
5. How often do you have to squat or remain bent or twisted at the hips in your work?	_____	_____	_____	_____	_____
6. How often do you do work that caused vibrations to your whole body?	_____	_____	_____	_____	_____
7. Do you have to operate a foot pedal?	_____	_____	_____	_____	_____

8. On this job how often do you lift:

	Never	Less than 1/10 of the time	Less than 1/3 of the time	1/3 to 2/3 of the time	More than 2/3 of the time
10 to 20 lbs.	_____	_____	_____	_____	_____
20 to 50 lbs.	_____	_____	_____	_____	_____
50 to 100 lbs.	_____	_____	_____	_____	_____
More than 100 lbs.	_____	_____	_____	_____	_____

9. On this job, how often do you carry:

	Never	Less than 1/10 of the time	Less than 1/3 of the time	1/3 to 2/3 of the time	More than 2/3 of the time
10 to 20 lbs.	_____	_____	_____	_____	_____
20 to 50 lbs.	_____	_____	_____	_____	_____
50 to 100 lbs.	_____	_____	_____	_____	_____
More than 100 lbs.	_____	_____	_____	_____	_____

	Not at all	Rarely (less than 1/10 of the time)	Occasionally (less than 1/3 of the time)	Frequently (1/3 to 2/3 of the time)	Constantly (more than 2/3 of the time)
10. How often do you jump from one level to another? (ex. Jumping down from a truck cab or loading dock)	_____	_____	_____	_____	_____
11. About how often per day do you climb a flight of steps on the job?	_____	_____	_____	_____	_____

12. Five ratings of physical demands are described below. Please mark the one that best describes your job.

- Sedentary** - Sometimes I stand or walk, but I sit down most of the time.  
- Occasionally, I lift up to a 10 pound load.
- Light** Any of the following:  
- I walk or stand more than one third of the time  
- I often lift up to 10 pounds  
- I sit down, but often work a foot pedal.
- Medium** I often lift up to 20 pounds, or sometimes up to 50 pounds.
- Heavy** I often lift up to 50 pounds, or sometimes up to 100 pounds.
- Very Heavy** I often lift over 50 pounds, or sometimes over 100 pounds.