

Name _____

Job Demands Questionnaire

Job Title _____

1. How many hours per week do you usually work on this job? _____

2. Work postures: 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.....	_____	_____

3. How often do you have to kneel or crawl in your work?

()	()	()	()	()
not at all (never)	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)

4. How often do you have to lie down (for example, as an auto mechanic) in your work?

()	()	()	()	()
not at all (never)	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)

5. How often do you have to squat or remain bent or twisted at the hips in your work?

()	()	()	()	()
not at all (never)	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)

6. How often do you do work which caused vibrations to your whole body?

()	()	()	()	()
not at all (never)	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)

7. Do you have to operate a foot pedal?

()	()	()	()	()
not at all (never)	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)

8. On this job, how often do you lift:

	not at all (never)	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 to 20 pounds:	()	()	()	()	()
20 to 50 pounds:	()	()	()	()	()
50 to 100 pounds:	()	()	()	()	()
More than 100 pounds:	()	()	()	()	()

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

	not at all (never)	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 to 20 pounds:	()	()	()	()	()
20 to 50 pounds:	()	()	()	()	()
50 to 100 pounds:	()	()	()	()	()
More than 100 pounds:	()	()	()	()	()

10. How often do you **jump** from one level to another? (For example, jumping down from a truck cab or from a loading dock.)

() not at all (never)	() 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)
()	()	()	()	()

11. About how often per day do you **climb a flight of steps** on this job?

() not at all (never)	() 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)
()	()	()	()	()

12. Five ratings of physical demands are described below. Please mark the one which 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 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.