

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
- <b>Sitting</b> down (office, car, truck, etc.) .....	_____	_____
- <b>Standing</b> (at a counter, at a machine, etc.).....	_____	_____
- <b>Walking</b> while carrying less than 20 pounds .....	_____	_____
- <b>Walking</b> 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.