

## **Physical Demands Analysis / PDIF:**

We will travel to the worksite to objectively measure the physical and cognitive demands of a specific position. This includes specific measurements of all forces required to move objects and use tools, as well as the positional demands such as standing, kneeling, lifting, carrying, push/pulling, sitting, climbing, balance, reaching, manual dexterity, environmental conditions, etc. The position is then classified into an occupational category (ie: medium demands level of work). This information can be used to assist with RTW plans, prevention of injuries, and employment placements.

We are also able to assist with the Physical Demands Information Form (PDIF), used by WSIB to gather and document specific information about the physical demands of jobs.

Completing the PDIF will help to identify potential risk factors for injuries in a job, to discover ways to modify the job to reduce risk factors, and/or accommodate an injured workers restrictions so they can return to work.

It can also help the Workplace Safety & Insurance Board (WSIB) make benefit entitlement decisions.

However, if your worker is injured, please note that the PDIF is not a complete Physical Demands Analysis.