



Physical Demands Analysis certification course

### **Instructor Information**

Kevin Cairns Bsc.(Kin)

Since 2005 President of Metriks Education Inc. a company that provides products and education for measuring rehabilitation. For eight years prior I worked for ARCON, as Director of Education for Canada and the USA. I was the manager of the FCE program for a Columbia Rehabilitation that had a chain of the 30 Ontario clinics. After graduating from the University of Waterloo my first job was as a Clinical Kinesiologist for two years at Sports Injury Rehabilitation. I have lectured at Queens University in the Physical and Occupation Therapy Department, University of Guelph-Humber and at the Canadian Memorial Chiropractic College as part of the Independent Chiropractic Evaluation series, the Post Graduate Rehabilitation Fellowship program.

### **Course Description**

The Physical Demands Analysis (PDA) is a systematic procedure used by healthcare providers, government agencies, employers, unions, workers and insurance providers to quantify and evaluate the exact physical, functional and environmental demands of a given task or job.

The PDA Certification lecture was created for Health Care Professionals who wish to become Certified PDA Assessors and learn how to use measurement tools to perform Physical Demands Analysis.

Training will include hands on instruction on how to use the measurement instruments, how to document observations. Instruction on interpretation and report writing will be included in this course. The hands on section will include how to measure the following types of demands: Strength, Mobility, Agility, Hand Function, and Aerobic Demands. The lecture portion of the course will include: What is a PDA? Who can conduct a PDA? When is a PDA performed? Where is a PDA performed? Why is a PDA performed? Understanding how to break a job into a description, essential tasks, and job demands. How to write a report.

### **Materials**

A detailed PDA manual will be provided. All of the hardware and software will be available for use in the workshop. You may wish to bring your own notebook and pen, although notepads will be available.

### **Certification**

A designation of Certified PDA Assessor will be awarded to candidates who attend the class and pass the exam with a grade of 80% or higher. The exam will be based on the material covered during the course, the required reading of the FCE manual, and the sample reports.

## Calendar

8:30 a.m.	Registration
9:00 a.m.	Overview of the PDA: Who, What, Where, When and Why of the PDA
10:30 a.m.	Break
10:45 a.m.	How to National Occupational Classification to collect PDA information.
12:00 p.m.	Lunch
1:00 p.m.	Interview with the Manager
1:30 p.m.	Observing the worker perform the task on video, documenting % of task
2:30 p.m.	How to use the measurement tools
3:00 p.m.	Break
3:15 p.m.	How to interpret results and write report
4:30 p.m.	Exam
5:00 p.m.	Class Dismissed