

PHYSICAL DEMANDS

Job Title: Groundswoker, Landscape Services (Regular & Seasonal)					Position #: 000447 & S00822
Hours: 40		Breaks: 1 x 30 mins & 1 x 15 mins		Overtime: 10-12 hrs during commencement week	
Equipment: Weedwacker, shovels, rider lawn mower, push lawn mower, chain saw, pruning shears, gator, snowblowers, edgers, backpack blowers					
Work Environment: 90% outdoors					
TASK	R	O	F	C	DESCRIPTION
Lift (lbs)		60			*Up to 60 lbs with lift of 6ft banquet tables (1 person). *82 lb 8 ft banquet tables and 84 lbs 5 ft diameter round table (two person), *50 lb bags of seed, salt and fertilizer, *40 lb trash bags from floor to 5 feet high when lifting from outside fixed trash bins. *Shovel snow off roof of McCardell hall lifting an estimated 25 lbs to 50 lbs load when torque is factored into calculations, over a 44" high wall. Most lifting is occasional, however at times, such as commencement, frequent lifting of chairs and tables is required.
Carry (lbs)		60			* 60 lb 6 ft banquet tables (1 person) and 80 lb 8 ft banquet tables up to 100 yards (two person), *50 lb bags of salt up to 50 yards. *Wear back pack blowers weighing 25 lbs for up to 7 ½ hours. Most carrying is occasional, however at times, such as during commencement, frequent carrying of chairs is required.
Push (lbs)		100	20		*Up to 100 lbs of force to push trolley of 8 x 8ft banquet tables 2-3 ft., *50 lbs to push trolley holding 60 chairs and *50 lbs to push lawn mowers up steep slopes. Also pushing of seed and fertilizer spreaders. This can be required on a frequent basis at times.
Pull (lbs)		100	20		*Up to 100 lbs to pull trolley of 8 x 8 ft banquet tables 2-3 ft., *50 lbs to pull trolley of 60 chairs and *20 lbs of force to pull rakes, lawn mowers, seed and fertilizer spreaders on a frequent basis.
Sit				X	*Up to 8 hours of driving rider lawn mower in a day. Outside of driving lawn mowers, plow trucks, gators or delivery trucks, sitting is rare.
Stand/Walk				X	Up to 8 hours in a day mostly outdoors that would include walking up/down steps, grass, sloped and uneven terrain and pavement.
Bend/Squat			X		*Can vary in frequency between occasional to frequent. Bending can be repetitive for extended periods of time when doing tasks such as lawn maintenance, snow shoveling, raking.
Crouch/Kneel			X		*Can vary in frequency between occasional to frequent. Crouching/kneeling can be repetitive for extended periods of time when doing tasks such as weeding.
Twist/Turn				X	Can be constant when weedwacking for up to 8 hours.
Crawl	X				NA
Climb			X		*Generally climbing is on an occasional basis, however during tree pruning time, this requires frequent climbing of ladders.
Reach				X	*Most reaching is between chest to waist level. At times overhead reaching can be frequent, such as pruning season.
Handle				X	*Generally groundswokers have equipment or tools in their hands on a constant basis. Grip force of 50 lbs per hand is required to perform heavy shoveling.
Finger				X	*Operating controls of powered equipment such as line trimmers, leaf blowers etc.
Balance			X		*Working on ladders without holding ladder, walking on working on snow and ice covered outdoor surfaces in winter.
Vibration				X	*Moderate Hand-Arm vibration with use of powered equipment (i.e. weedwacker, snowblower, chain saw, hedger, blower)

Rare (R)	1 - 10%	1 – 5 min/hr	<1 hr/day
Occasional (O)	11 - 33%	6 - 20 min/hr	1 - 2 ½ hr/day
Frequent (F)	34 - 66%	21 - 40 min/hr	2 ½ - 5 ½ hr/day
Constant (C)	67 - 100%	41 - 60 min/hr	> 5 ½ hr/day