

PHYSICAL DEMANDS

Job Title: Team Leader/Mechanic for Waste Management					Position #: 002160
Hours: 40 per week		Breaks: 1 x 30 min. 1 x 15 min.		Overtime: Mandatory for 16 – 30 hrs in May	
Equipment: Latex & cut resistant gloves, reflective vests, safety glasses, steel toed shoes, apron, forklift, pallet jacks, totes, dumpsters, dolly and hand tools.					
Special Requirements: CDL license. Forklift cert. Able to obtain Middlebury College drivers license. Able to cover for Handler & Hauler positions.					
Work Environment: 70% inside on concrete floors in a warehouse type environment and 30 % outside in seasonal conditions.					
TASK	R	O	F	C	DESCRIPTION
Lift (lbs)		75	10 to 40		*Up to 75 lbs for miscellaneous items such as discarded furniture, office equipment, drums & construction trash. *Lifting 67 lbs from ground to 46" high performed rarely to replace gas cylinder on forklift. *Trash bags weighing 10-40 lbs frequently. *Loose cardboard into 62" high crusher on a constant basis, 2-3 hours x/day. *Construction trash into 74" large dumpster.
Carry (lbs)	75				*Up to 75 lbs for 50 yards rarely when collecting trash at "Forest". Carrying items up/down stairs & in winter conditions. * 10-40 lb bags of trash frequently. 5 gallon pales of engine oil (35 lbs).
Push (lbs)	100	50	40		*Up to 100 lbs to move full dumpster short distances, on occasions through snow. * 80 lbs to move full 2 yd dumpsters 20 ft, over lip and through snow. * 50 lbs to move loaded paper table occasionally and * 50 lbs to move full drums of liquid 10 ft across concrete floor using pallet jack. *Move compost bins (40 lbs) and trolley bins (35 lbs).
Pull (lbs)		100	40		*Up to 100 lbs to move loaded paper table across the floor. * 100 lbs to move full dumpster through snow. *Pull with up to 80 lbs of force on a rope to raise chute at the baler. * 50 lbs to pull a full drum of liquid 10 ft across concrete using pallet jack. *Move compost bins (40 lbs) and trolley bins (35 lbs) for short distances throughout day.
Sit		X			*Generally required only for driving.
Stand/Walk				X	*Standing in one place can be up to 2-3 hours sorting, otherwise walking for short distances frequently. An estimated 20% of walking is outside in seasonal conditions.
Bend/Squat			X		*To lift trash from ground level.
Crouch/Kneel	X				*To perform equipment maintenance and inspect some items.
Twist/Turn			X		When sorting trash and recycling as well as when loading or unloading vehicles.
Crawl	X				May be needed when working underneath equipment.
Climb			X		*Frequently to get in/out of vehicles which requires step climbing up/down 26" high steps. Also up to 5 flights of stairs on campus buildings and a 4 step vertical ladder to operate "baler".
Reach				X	*When handling trash, recycling and equipment. Repetitive forward reaching up to 36" when sorting. Reaches overhead occasionally to lift items into dumpsters up to 74" above ground level . Occasional throwing of bags (10 – 20 lbs) up to 10 ft high. Reaching when working on equipment.
Handle				X	*Sufficient grip force to loosen bolts/nuts, lift and carry heavy items. *Working mostly with two hands sometimes unsighted and often performing a separate task with each hand at same time. *Wears two layers of glove due to cut risk from sharp objects.
Finger		X			*To retie trash bags, sort trash and operate powered equipment controls.
Balance		X			*Climbing stairs while carrying trash/recycling items in two hands, partially unsighted without the aid of handrails. *Walking one floor above the ground on see-through metal grating. *Walking on concrete floor that may have spilled liquids and residue on surface for periods of day. *Winter conditions on snow and ice.

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

Evaluator: Mark Coleman, OTR/L

Updated: 04/13/12