

PHYSICAL DEMANDS

Job Title: Waste & Recycling Hauler					Position #: 000763
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: Able to obtain CDL and Middlebury College drivers license. Forklift certification.					
Work Environment: 90% driving and getting in/out truck in seasonal conditions.					
TASK	R	O	F	C	DESCRIPTION
Lift (lbs)	75		10 to 40		*Up to 75 lbs (1 person) for miscellaneous items such as discarded furniture, office equipment, drums and construction trash. * 67 lbs from ground to 46" high performed rarely when replacing gas cylinder on forklift. Trash bags weighing * 10 lbs - 40 lbs on a frequent basis. *Lift loose cardboard 62" into baler on a constant basis for up to 2-3 hours x/day and *construction trash 74" into large dumpster.
Carry	75				*Up to 75 lbs for 50 yards when collecting trash at "Forest Hall". Carrying items up/down stairs and in winter conditions.
Push	100				*Up to 100 lbs to move full dumpster short distances and on occasions through snow. Other pushing includes * 80 lbs force required to move full 2 yard dumpsters some 20 feet, over lip and through snow.
Pull	100				*Up to 100 lbs to move full dumpster short distances and on occasions through snow. Other pulling includes * 80 lbs force required to move full 2 yard dumpsters some 20 feet, over lip and through snow. * 50 lbs with overhead pull of hook and cable.
Sit				X	*Driving for 8 hours with frequent stops to collect trash.
Stand/Walk		X			*Walking short distance generally and up to 50 yards occasionally to collect trash. Most walking is outside and 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			*Maneuvering dumpsters. Getting in/out truck.
Crawl					Not required.
Climb			X		*Frequently to get in/out of vehicles. This requires near-vertical climbing up to a 26" high step.
Reach				X	*When handling trash, recycling and to drive. Reaches overhead occasionally to lift items into dumpsters up to 74" above ground level . Overhead reaching and pull on hook and cable.
Handle				X	*Working mostly with two hands sometimes unsighted and sometimes 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			*To climb in/out of truck frequently. *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. *Reaching over rail to pull on rope. *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