

PHYSICAL DEMANDS

Job Title: Custodian, Breadloaf Campus					Position #: 000140
Hours: 40		Breaks: 1 x 30 min, 1 x 15 min.		Overtime: 8-10 hrs mandatory 3-4 wks/year	
Equipment: Vacuum cleaner, mops & buckets, brooms, ladders, brushes, spray bottles, auto scrubbers, auto sweepers, shampooers.					
Work Environment: 95% indoors.					
TASK	R	O	F	C	DESCRIPTION
Lift (lbs)		80	10 to 20		*Up to 80 lbs to lift and shift bed ("The Inn") from below knee level up 2" and across 1-2". Also *lift and tip 32 lb lge. fire extinguisher rarely; 25 lb vacuum cleaner; supplies up to 50 lbs from floor to chest level occasionally (note that boxes of supplies can be broken down to reduce weight); 20 lb bags of clean linens and blankets from floor to overhead (ladder available); 40 lb buckets of water with mop; 55 lb mattress and 50 lbs bed base (two person lift).
Carry (lbs)		35	10 to 20		* 35 lb half full bucket of water and mop. Carry could include a flight of stairs. *25 lb vacuum cleaner up as many as 4 flights of stairs. 50 lbs wet vac 100 yards including 4 flights of stairs on rare basis. Also 50 lb boxes of *cleaning supplies 100 yards up 4 flights of stairs (can break boxes down to be lighter); *55 lb mattress and *50 lb base up 2 flights stairs (2-person); *Small shampooer (15 lbs) and *bags of linen (20 lbs) and *blankets (19 lbs) up 4 flights.
Push (lbs)		70	10 to 20		* 70 lbs to move single bed up to 1 foot across carpet ("The Inn"); *50 lbs to move sofa 3 feet ("The Inn"); *85 lbs to move piano (2-person); *40 lbs to move fridge, waist level on rare basis. *Frequent pushing of vacuum cleaner, brooms, mops and shampooers.
Pull (lbs)		70	10 to 20		* 70 lbs to move single bed up to 1 foot across carpet ("The Inn"); *50 lbs to move sofa 3 feet ("The Inn"); *85 lbs to move piano (2-person); *40 lbs to move fridge or stove, waist level on rare basis. *Frequent pulling of vacuum cleaner, brooms, mops and shampooers. *45 lbs to push "scout" up a 36 yard ramp.
Sit	X				Generally at break time only.
Stand/Walk				X	*Mostly on level surfaces, occasionally outside with seasonal conditions, also and up/down stairs, ladders (6-8ft). Steady walking pace expected.
Bend/Squat			X		*While several jobs require working below waist level on a rare to occasional basis, some jobs will require work to be performed below waist level on a frequent basis (i.e. lifting, pushing, pulling, cleaning and changing bed linens).
Crouch/Kneel		X			*While several jobs require work below knee level on a rare basis, some jobs on occasions will require work to be performed below knee level on an occasional basis (i.e. lifting, pushing, pulling, cleaning).
Twist/Turn		X			*To clean in small spaces, such as showers and toilets. Also to perform maintenance on equipment i.e. replace pads on scrubbers while lying prone or kneeling.
Crawl	X				To roll up and out large mats.
Climb		X			*Generally on an occasional basis. Mostly stairs and sometimes on ladders. Climbing is often performed with carrying i.e. beds (two person), boxes (50 lbs), large bags (20 lbs) and machinery (50 lbs). Also climbing 3-8 ft ladders to work from or lift supplies.
Reach				X	* Occasional overhead reaching to clean and lift supplies from high shelves and constant forward reaching.
Handle				X	*Constant use of hands to grasp equipment and perform tasks. At least 25 lbs of grip force is required to operate floor buffers. Mild levels of hand vibration with use of some mechanical cleaners.
Finger	X				*Repetitive 2 finger trigger action to operate spray bottles (<5 lbs). Also operation of mechanical equipment and clean small spaces.
Balance		X			*Climb and work from ladders (3ft or 8 ft). At times the work requires both hands, preventing worker from holding ladder with hands i.e. lifting 20 lbs bags of linen onto shelves). Climb stairs, while carrying objects in two hands. Some stairs are very steep. Some outside walking in winter.

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