

ESSENTIAL PHYSICAL DEMANDS

Job Title: Crew Custodian - Breadloaf Campus					Position #: 000152
Hours: 40		Breaks: 1 x 30 min, 1 x 15 min.		Overtime: 2-30 hrs x/wk, multiple weeks per year.	
Equipment: Vacuum cleaner, pressure washer, wet vac, ladders, brushes, spray bottles, auto scrubber, auto sweeper, shampooer.					
Work Environment: 95% indoors 5% outdoors.				Special Requirements: Middlebury driver's license	
TASK	R	O	F	C	DESCRIPTION
Lift (lbs)		80	25 to 50		80 lbs to lift/shift bed from below knee level up 2" and across 1-2"; dorm furniture up to 150 lbs (2 person), floor buffer 82 lbs (2 person); 6ft table 60 lbs (1 person), 8 ft table 82 lbs (2 person); 20 lb bags of clean linens and blankets from floor to overhead (ladder available); 55 lb mattress and 50 lbs bed base (2 person). Snow shoveling entrances and walkways (25- 50 lbs force) for up to 8 hrs.
Carry (lbs)	75	35 to 50	10 to 20		150 lbs (2 person) carry of dorm furniture; floor buffer 82 lbs (2 person) up/down stairs; 25 lb vacuum cleaner up 4 flights of stairs. 50 lbs wet vac 50 yards & 4 flights of stairs; 50 lb boxes of cleaning supplies 50 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); wear 35 lb back pack for up to 30 minutes.
Push (lbs)		70	10 to 20	10	90 lbs force to move church piano 20 ft; 70 lbs to move single bed across carpet ("The Inn"); 50 lbs to move sofa 3 feet ("The Inn"); 40 lbs to move fridge, waist level on rare basis. Frequent pushing of vacuum cleaner, brooms, mops and shampooers. Constant operation of floor cleaners 10 ft
Pull (lbs)	100	70	10 to 20	10	100 lbs force to pull furniture up stairs; 70 lbs to move single bed across carpet; 50 lbs to move sofa; 90 lbs to move piano; Frequent pulling of vacuum cleaner, brooms, mops and shampooers. 45 lbs to push "scout" up a 36 yard ramp (Main Campus). Constant pulling of floor cleaners.
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 (2-10ft). Steady walking pace expected.
Bend/Squat	X	X	X		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 will require work to be performed below knee level on an occasional basis (i.e. 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	X		Mostly stairs and sometimes on ladders. Climbing often performed when carrying i.e. beds (two person), boxes & machinery (50 lbs), large bags (20 lbs), 2-10 ft ladders to work from or lift supplies.
Reach				X	Occasional overhead reaching to clean and lift supplies from high shelves, constant bilateral forward reaching to operate floor cleaning machinery.
Handle				X	Constant handling of equipment; 60 lbs grip to lift heavy equipment; At least 20 lbs of bilateral grip force to operate floor buffers. Mild 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 (2- 10 ft) and lifting with 2 hands i.e. 20 lbs bags of linen onto shelves). Climb stairs, while carrying objects in 2 hands. Some stairs 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