## PHYSICAL DEMANDS

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</thead>
<tbody>
<tr>
<td><strong>Lift (lbs)</strong></td>
<td>75</td>
<td>60</td>
<td>25</td>
<td>- 50</td>
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<tr>
<td><strong>Carry (lbs)</strong></td>
<td>75</td>
<td>34</td>
<td>- 50</td>
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<tr>
<td><strong>Push (lbs)</strong></td>
<td>90</td>
<td>10</td>
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<tr>
<td><strong>Pull (lbs)</strong></td>
<td>100</td>
<td>10</td>
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<tr>
<td><strong>Climb</strong></td>
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<td><strong>Reach</strong></td>
<td>X</td>
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<tr>
<td><strong>Handle</strong></td>
<td>X</td>
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<td><strong>Finger</strong></td>
<td>X</td>
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<td><strong>Balance</strong></td>
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<td><strong>Vibration</strong></td>
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**DESCRIPTION**

- **Lift dorm furniture weighting between 52 lbs (1 person) to an estimated 150 lbs (2 person). Up to 82 lbs to lift a floor buffer from floor to waist level (2 person). Also *45 lbs blowers. *95 lb carpet shampooer (2 person); *step and extension ladders up to 25 ft long (2 person). *Banquet tables including 60 lb 6 ft table (one-person), 82 lb 8 ft table and 84 lbs round table (2 person). *Shovel snow (25 lbs to 50 lbs when torque is factored in), entrances & walkways for up to 8 hrs a day.**

- **Carry dorm furniture weighting between 52 lbs (1 person) to an estimated 150 lbs (2 person or on dolly). Up to 82 lb floor buffer up/down as many as 6 flights of stairs (with breaks); *Other equipment up/down stairs including wet vac (50 lbs), blowers (34 lbs), wax pail (46 lbs). *Wear 35 lbs back pack for up to 30 minutes at a time. Carrying can be frequent some days.**

- **Push (lbs)**
  - Up to 90 lbs (church piano 20 ft across carpet). *Other pushing would include up to 60 lbs dorm furniture and 33 lbs (dolly of chairs) up/down steps. Operating floor cleaning equipment requires up to 10 lbs pushing on a constant basis.

- **Pull (lbs)**
  - Up to 100 lbs to furniture or equipment on dolly up/down stairs. *90 lbs (church piano 20 ft across carpet). *80 lbs to pull stack of 30 folding chairs onto dolly. This is awkward requiring one hand on dolly and other hand on chairs as you pull. Similar awkward technique to *pull bureau onto dolly (70 lbs) or *band boxes (50 lbs). All these items may need to be pulled up steps on dolly. Operating floor cleaning equipment requires up to 10 lbs pulling on a constant basis.

- **Sit**
  - Generally for breaks or when driving.

- **Stand/Walk**
  - *Mostly on level surfaces, occasionally outside with seasonal conditions, also up/down stairs and ladders. Steady walking pace expected.

- **Bend/Squat**
  - *To lift equipment, trash, move furniture and hand clean areas below waist level. On some occasions bending/squatting would be only occasional.

- **Crouch/Kneel**
  - *To clean baseboards, radiators and floors. Perform maintenance work on equipment.

- **Twist/Turn**
  - *To clean contained spaces such as showers or bathrooms. Also to maintain equipment and operate floor machines (buffer, shampooer, wet vac etc)

- **Crawl**
  - *To roll out/up large rugs/mats.

- **Climb**
  - *Generally on an occasional basis, at times up to a frequent basis for stairs. Also climbing of step and extension ladders (17- 25 ft).

- **Reach**
  - *Constant reaching when operating floor machinery. At times frequent overhead reaching (cleaning high areas) is required.

- **Handle**
  - Up to 20 lbs of bilateral grip force is required to operate the buffer for up 8 hours. An estimated 60 lbs of grip force is required to lift heavy equipment.

- **Finger**
  - *Repetitive 2 finger trigger action to operate spray bottles (5 lbs). Also to operate controls of mechanical equipment and clean small spaces.

- **Balance**
  - *Climb & work one handed from ladders. Climb stairs, some without handrails while carrying heavy objects and at times with feet/steps unsighted. Some outside walking in winter conditions.

- **Vibration**
  - *Mild levels of hand-arm vibration.

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**Rare (R)**
- 1 - 10%
- 1 – 5 min/hr
- <1 hr/day

**Occasional (O)**
- 11 - 33%
- 6 - 20 min/hr
- 1 - 2 1/2 hr/day

**Frequent (F)**
- 34 - 66%
- 21 - 40 min/hr
- 2 1/2 - 5 1/2 hr/day

**Constant (C)**
- 67 - 100%
- 41 - 60 min/hr
- > 5 1/2 hr/day

*Denotes Essential Function

**Evaluator:** Mark Coleman, OTR/L

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