

## PHYSICAL DEMANDS

<b>Job Title:</b> General Maintenance Worker & Maintenance Worker (Breadloaf)					<b>Position #:</b> OS0139 & S00506
<b>Hours:</b> 40		<b>Breaks:</b> 1 x 30 min, 1 x 15 min		<b>Overtime:</b> 2-30 hrs x/wk, multiple weeks per year.	
<b>Equipment:</b> Power tools (Weed wacker, pruning shears, snow blower, backpack blower); lawn mower; saws (chain, table reciprocating etc); vehicles (tractor, gator, lawn mower, van & truck) dolly, trolley, hand tools (shovel, wrench, hammer, drill etc), steel toed shoes, protective gloves, reflective apparel.					
<b>Work Environment:</b> 75% outdoors & 25% indoors				Special Requirements: Able to obtain Middlebury College drivers license.	
TASK	R	O	F	C	DESCRIPTION
Lift		100	40 to 80		Estimated * <b>100 lbs</b> shared lifting of heavy furniture & equipment; * <b>100 lbs</b> shared lift of large stage platform; * <b>82 lb</b> 8 ft banquet table from floor to 41" high. * <b>100 lbs</b> lift dolly holding heavy equipment up/down stairs; * <b>150 lbs</b> staging (2 person) on/off trolley. *Frequent lifting of logs for splitting several days per year ( <b>50 – 70 lbs</b> ). Frequent lifting of chairs & tables (Commencement wk).
Carry		100	40 to 80		Estimated * <b>100 lbs</b> shared carry of furniture and equipment potentially up/down 5 flights of stairs (with breaks). * <b>82 lb</b> 8 ft banquet tables up to 50 yards; *Wear back pack blowers weighing <b>25 lbs</b> for up to 7 ½ hours. Frequent carry of chairs & tables (Commencement wk).
Push		110	50		*Up to <b>110 lbs</b> for 2-3 ft of 8 x 8 ft banquet tables occasionally; * <b>100 lbs</b> to push trolley of 8 x 5 ft diameter round tables up to 50 ft.
Pull		190	50		*Up to <b>190 lbs</b> required to pull stack of 30 folding chairs up onto ramp leading to truck occasionally; * <b>150 lbs</b> to pull stack of chairs up/down steep 11 ft long ramp to/from truck. Ramp can be slippery when wet. <b>100 lbs</b> to pull up a manhole cover using hook.
Sit				X	*Driving delivery trucks, tractor, backhoe, mowers, gators and small rollers. Some days involve driving all day, while other days occasionally.
Stand/Walk				X	*On feet most of day. Mostly outdoors over a variety of terrain and in a variety of conditions e.g. grass, concrete, gravel, snow & ice.
Bend/Squat			X		*To lift items from below waist level.
Crouch/Kneel			X		*To install or repair flooring. To maneuver items and to assemble or dismantle items.
Twist/Turn		X		X	*Generally occasional, but at times can be constant when running weed wacker or working in tight spaces such as stairwells, crawl spaces, kitchens and hallways moving equipment.
Crawl	X				Infrequently e.g. basements, crawl spaces etc.
Climb		X	X		Generally occasional, but at times frequent. *Seasonally to climb ladders to prune trees, shovel snow from rooves and maintain building. Stairs inside buildings, steps outside in seasonal conditions, grassed slopes that can be slippery & steep, narrow ramps that can also be slippery to move very heavy equipment.
Reach				X	Mostly between knee to chest level, rarely overhead for short periods.
Handle				X	*Material handling tasks requiring gross grip. Grip force of <b>80 lbs</b> required in one hand to pull heavy loads on a dolly.
Finger				X	*To operate controls of power tools, truck, weed wacker etc. Generally occasional, but constant when running weed wacker.
Balance		X			*Carrying heavy items up down steep and narrow ramps that can be slippery, stairs without use of handrail and sometimes without being able to see steps. *Working on ladders without holding ladder, walking on snow and ice covered surfaces.
Vibration			X		*Mild to moderate hand-arm vibration with operation of hand drills, weedwacker & power broom.

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

\*Denotes Essential Function

Evaluator: Mark Coleman, OTR/L

Updated: 07/18/17