**PHYSICAL DEMANDS**

<table>
<thead>
<tr>
<th>Task</th>
<th>Rare (R)</th>
<th>Occasional (O)</th>
<th>Frequent (F)</th>
<th>Constant (C)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lift (lbs)</td>
<td>25 to 55</td>
<td>25 to 50</td>
<td>25</td>
<td>25 to 50</td>
</tr>
<tr>
<td>Carry (lbs)</td>
<td>45</td>
<td>7</td>
<td>45</td>
<td>45</td>
</tr>
<tr>
<td>Push (lbs)</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Pull (lbs)</td>
<td>25</td>
<td>5</td>
<td>25</td>
<td>25</td>
</tr>
<tr>
<td>Sit</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Stand/Walk</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Bend/Squat</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Crouch/Kneel</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Twist/Turn</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Climb</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Reach</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Handle</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Finger</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Balance</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Senses (see, etc)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>

**Description**

- **Lift (lbs)**
  *An estimated 25 lbs - 50 lbs to lift a shovel full of snow. 50 lbs salt bag, 55 lbs to lift roadway barricades (barricade can be broken down into 3 smaller parts (25 lbs & 2 x 15 lbs). * Lift 20 ft extension ladder (45 lbs). * Lift mop bucket to clean spills.

- **Carry (lbs)**
  *45 lbs to carry a 20 ft extension ladder into a building and up flights of stairs in an emergency situation. *Wear a 7 lb utility belt for the duration of the shift. Either carry or drag a 25 lbs roadway barricade up to 50 feet. Barricade can be broken down into 3 parts (25 lbs & 2 x 15 lbs)

- **Push (lbs)**
  *Pushing doors open (5 lbs).

- **Pull (lbs)**
  *25 lbs (force) to drag a roadway barricade up to 50 feet. *Frequent pulling open doors (5 lbs).

- **Sit**
  *Driving between buildings and around campus for an estimated 2-3 hours per shift. Sitting at computer desk to write up report for ½ hr each day or 1 hr for team leader.

- **Stand/Walk**
  Walks approximately 3-6 miles per shift. Need to be able to walk at a brisk pace (at least 3 mph) during an emergency. Walking is on concrete, asphalt, wood, carpet, vinyl, lawn, dirt roads, snow & ice. Occasional - *Frequent walking up/down stairs.

- **Bend/Squat**
  *Clean spills on floors, clean the bottom of a snow packed door, pick up broken glass, get in/out of vehicle or to walk under large pipes. *Occasional bending/squatting to shovel snow from entrances.

- **Crouch/Kneel**
  *To clean spills on floors, clean the bottom of a snow packed door and pick up broken glass.

- **Twist/Turn**
  *Climb between approximately 20-100 flights of stairs each shift. *Occasional climbing of step ladders to remove bats from inside buildings using a long handled net or to replace batteries from smoke detectors. *Need to be able to work with 2 hands reaching overhead while on ladder.

- **Reach**
  *Frequent opening and closing doors. *Rare reaching overhead while on step ladder to capture bats or replace batteries in smoke detectors.

- **Handle**

- **Finger**
  *Using keys, opening and closing doors. *Operating a computer. Driving a vehicle.

- **Balance**
  *Frequent stair climbing. *On rare occasions carrying items with 2 hands. *Climbing a 20 ft extension ladder or smaller step ladder on rare occasions. *Walking outside at night time with snow or ice on ground. *Bending to walk under large pipes.

- **Senses (see, etc)**
  *Sight (constant), *touch (constant), *hearing (frequent)

**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
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