

PHYSICAL DEMANDS

| Job Title: Custodian & Team Leader Custodian | | | | | Position #: 000147, 000758 |
|--|----------|-------------------------------------|-----------------------------|--|--|
| Hours: 40 | | Breaks: 1x30 min., 1x15 min. | | Overtime: 2-30 hrs x/week, multiple weeks per year. | |
| Equipment: Mop, broom, brush, spray bottle, cart, ladder, auto scrubber, auto sweeper, auto shampooer, Safety goggles, protective gloves. | | | | | |
| Work Environment: 95% indoors. Surfaces: concrete, grass, rubber, vinyl, rubber, wood & carpet. | | | | | |
| TASK | R | O | F | C | DESCRIPTION |
| Lift (lbs) | | 65 | | | * 65 lbs to lift corner of bed. *Up to 40 lb trash bags; two-person lift of 80 lb 8 ft. banquet tables or 60 lbs 6 ft banquet tables. Lift 17 lb chairs from 18 to 81" high constantly for 1-2 hours on rare occasions. 50 lbs box of paper towels from floor to waist level. *Snow shoveling entrances through winter. |
| Carry (lbs) | | 40 | | | *Up to 40 lb bags of trash for 100 yards up/down stairs and outside; *Two-person carry of 80 lb 8 ft or 60 lb 6 ft banquet tables up/down stairs and ramps for sustained periods 2-4 times each year. Note some stairs do not have handrails; * 35 lb bucket of water. *large bags of linen (15 lbs), *blankets (19 lbs), *toilet paper (23 lbs) up multiple flights of stairs 4-5 x/day on occasions. |
| Push (lbs) | | 60 | | | *Up to 60 lbs of force to push large sofa's, and tables across carpet for 2-3 ft. Also push piano (50 lbs) 2-3 ft. across carpet; *push beds and roll up lge. rug while on knees (40 lbs); *push "scout" up 36 yard ramp (45 lbs); *maneuver stoves and appliances sometimes from a deep squat position exerting up to 50 lbs of force. 30 lbs to push laundry cart 30 yards. |
| Pull (lbs) | | 60 | 20 - 25 | | *Up to 60 lbs of force to pull large sofa's, and tables across carpet for 2-3 ft. Also pull piano (50 lbs) 2-3 ft.; *pull beds and roll out lge. rug while on knees (40 lbs); *maneuver stoves and appliances sometimes from a deep squat position exerting up to 50 lbs of force.* 20-25 lbs frequently to pull wet laundry from washer. |
| Sit | X | | | | Generally at breaks 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 | | *Several jobs require working with hands below hip level. At times, this can be on a frequent basis (i.e. lifting, pushing, pulling, cleaning). |
| Crouch/Kneel | | X | | | *Several jobs require work below knee level. At times, this can be on a frequent 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 a rare or occasional basis, although at times up to a frequent basis with multiple flights of stairs while carrying large bags (23 lbs). *Also climbing 6-8 ft ladders while working one or two handed with equipment; and climbing stairs while carrying tables. |
| Reach | | | X | | *Some jobs require frequent overhead reaching. All jobs require frequent forward reaching. Reaching up to 81" to lift and stack chairs. |
| Handle | | | | X | * 20 lbs- 40 lbs of bilateral grip force to operate floor cleaning equipment for up to 1-2 hours with brief breaks. *Constant use of hands to grasp equipment and perform tasks. *Mild-moderate 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 (6ft or 8 ft). At times the work requires both hands, preventing worker from holding ladder with hands. Climb stairs, some without handrails while carrying objects in two hands. Some outside walking in winter conditions. |

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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 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