

## PHYSICAL DEMANDS

<b>Job Title:</b> Grounds Worker (Regular & Seasonal) & Horticulturist					<b>Position #:</b> 000447, S00822 & 002344
<b>Hours:</b> 40		<b>Breaks:</b> 1 x 30 mins & 1 x 15 mins		<b>Overtime:</b> 10-12 hrs during commencement week	
<b>Equipment:</b> Weed wacker, shovels, rider lawn mower, push lawn mower, chain saw, pruning shears, gator, snow blowers, edgers, backpack blowers, tractors and implements					
<b>Work Environment:</b> 90% outdoors 10% indoors					
TASK	R	O	F	C	DESCRIPTION
<b>Lift (lbs)</b>		60	25 - 50		*Up to <b>60 lbs</b> with lift of 6ft banquet tables (1 person). * <b>82 lb</b> 8 ft banquet tables and 84 lbs 5 ft diameter round table (two person), * <b>50 lb</b> bags of seed, salt and fertilizer occasionally, * <b>40 lb</b> trash bags from floor to 5 feet high when lifting from outside trash bins. *Shovel snow off roof of McCardell Hall lifting an estimated <b>25 lbs to 50 lbs</b> load when torque is factored into calculations, over a 44" high wall. Most lifting is occasional, however at times, such as commencement, frequent lifting of chairs and tables is required.
<b>Carry (lbs)</b>		60			* <b>60 lb</b> 6 ft banquet tables (1 person) and <b>82 lb</b> 8 ft banquet tables up to 100 yards (two person), * <b>50 lb</b> bags of salt up to 50 yards. *Wear back pack blowers weighing <b>25 lbs</b> for up to 4-6 hours. Most carrying is occasional, however at times, such as during commencement, frequent carrying of chairs is required.
<b>Push (lbs)</b>		100	20		*Up to <b>100 lbs</b> of force to push trolley of 8 x 8ft banquet tables 2-3 ft., * <b>50 lbs</b> to push trolley holding 60 chairs and * <b>50 lbs</b> to push lawn mowers up steep slopes. *Also pushing of seed and fertilizer spreaders. This can be required on a frequent basis at times.
<b>Pull (lbs)</b>		100	20		*Up to <b>100 lbs</b> to pull trolley of 8 x 8 ft banquet tables 2-3 ft., * <b>50 lbs</b> to pull trolley of 60 chairs and * <b>20 lbs</b> of force to pull rakes, lawn mowers, seed and fertilizer spreaders on a frequent basis.
<b>Sit</b>				X	*Up to 8 hours of driving rider lawn mower in a day. Outside of driving lawn mowers, plow trucks, gators or delivery trucks, sitting is rare.
<b>Stand/Walk</b>				X	*Up to 8 hours in a day mostly outdoors that would include walking up/down steps, grass, sloped and uneven terrain and pavement.
<b>Bend/Squat</b>			X		*Can vary in frequency between occasional to frequent. Bending can be repetitive for extended periods of time when doing tasks such as lawn maintenance, snow shoveling, raking.
<b>Crouch/Kneel</b>			X		*Can vary in frequency between occasional to frequent. Crouching/kneeling can be repetitive for extended periods of time when doing tasks such as weeding.
<b>Twist/Turn</b>			X		*Can be constant when weed wacking for up to 4 hours.
<b>Crawl</b>	X				NA
<b>Climb</b>			X		*Generally climbing is on an occasional basis, however during tree pruning time, this requires frequent climbing of ladders.
<b>Reach</b>				X	*Most reaching is between chest and waist level. At times overhead reaching can be frequent, such as pruning season.
<b>Handle</b>				X	*Generally groundworkers have equipment or tools in their hands on a constant basis. Grip force of <b>50 lbs</b> per hand is required to perform heavy shoveling.
<b>Finger</b>				X	*Operating controls of powered equipment such as line trimmers, leaf blowers etc. Horticulturist occasional computer work.
<b>Balance</b>			X		*Working on ladders without holding ladder, walking on working on snow and ice covered outdoor surfaces in winter.
<b>Vibration</b>				X	*Moderate Hand-Arm vibration with use of powered equipment (i.e. weedwacker, snowblower, chain saw, hedger, blower)

<b>Rare (R)</b>	1 - 10%	1 - 5 min/hr	<1 hr/day
<b>Occasional (O)</b>	11 - 33%	6 - 20 min/hr	1 - 2 ½ hr/day
<b>Frequent (F)</b>	34 - 66%	21 - 40 min/hr	2 ½ - 5 ½ hr/day
<b>Constant (C)</b>	67 - 100%	41 - 60 min/hr	> 5 ½ hr/day

\*Denotes Essential Function

Evaluator: Mark Coleman, OTR/L

Updated: 08/09/17