

## PHYSICAL DEMANDS

<b>Job Title:</b> Night Watchman, Team Leader & Night Watchman (Breadloaf)					<b>Position #:</b> 001998, 002000, 000457
<b>Hours:</b> 10:00 pm – 6 am		<b>Breaks:</b> 1 x ½ hr & 1 x 15 min.			<b>Overtime:</b> Some mandatory overtime
<b>Equipment:</b> Wear utility belt (keys, flashlight, station recorder & radio) 7 lbs. Utility Tool, cell phone & winter clothing.					
<b>Work Environment:</b> Dark. 65 % Indoors & 35% outdoors				<b>Requirements:</b> Middlebury College Drivers License	
Task	R	O	F	C	Description
<b>Lift (lbs)</b>	25 to 55	25 to 50			*An estimated <b>25 lbs - 50 lbs</b> to lift a shovel full of snow. <b>50 lbs</b> salt bag, <b>55 lbs</b> to lift roadway barricades (barricade can be broken down into 3 smaller parts (25 lbs & 2 x 15 lbs). * Lift 20 ft extension ladder ( <b>45 lbs</b> ). *Lift mop bucket to clean spills.
<b>Carry (lbs)</b>	45			7	* <b>45 lbs</b> 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 road barricade up to 50 feet. Barricade can be broken down into 3 parts (25 lbs & 2 x 15 lbs)
<b>Push (lbs)</b>			5		*Pushing doors open (5 lbs).
<b>Pull (lbs)</b>		25	5		* <b>25 lbs</b> (force) to drag a road barricade up to 50 feet. *Frequent pulling open doors (5 lbs).
<b>Sit</b>		X			*Driving between buildings and around campus for an estimated 2-3hours per shift. Sitting at computer desk to write up report for ½ hr each day or 1 hr for team leader.
<b>Stand/Walk</b>			X		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.
<b>Bend/Squat</b>		X	X		*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.
<b>Crouch/Kneel</b>		X			*To clean spills on floors, clean the bottom of a snow packed door and pick up broken glass.
<b>Twist/Turn</b>		X			Getting in & out of vehicles.
<b>Climb</b>			X		*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.
<b>Reach</b>			X		*Frequent opening and closing doors. *Rare reaching overhead while on step ladder to capture bats or replace batteries in smoke detectors.
<b>Handle</b>			X		*Opening & closing doors. Driving a vehicle. *Using tour station recorder and flashlight.
<b>Finger</b>		X			*Using keys, opening and closing doors. *Operating a computer. Driving a vehicle.
<b>Balance</b>			X		*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.
<b>Senses (see, etc)</b>					*Sight (constant), *touch (constant), *hearing (frequent)

<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