

PHYSICAL DEMANDS

Job Title: Waste Team & Recycling Driver/Floater					
Hours: 40		Breaks: 1 x 30 min., 1 x 15 min.		Overtime: 32 – 150 hrs per Year	
Equipment: Mops, brooms, ladders, auto scrubbers, sweepers & shampoos, trucks, dolly, hand tools, weedwacker, shovels, lawn mower, chain saw, shears, gator, snowblower, backpack blower, safety clothing, forklift, pallet jack, totes and dumpsters.					
Work Environment: Up to 90% driving, up to 90% outdoors and up to 95% indoors					
Special Requirements: Able to obtain CDL and Middlebury College drivers license. Forklift certification.					
Task	R	O	F	C	Description
Lift (lbs)		100	40 to 80		Up to *100 lbs to lift heavy furniture and college equipment (stage platforms, banquet tables, band boxes etc) *150 lbs staging (2 person) on off trolley. *Construction trash to 74" high into dumpster. *Bags of seeds, salt and fertilizer (50 lbs), 40 lb trash bags to 5 ft high into bins, snow shovel roofs and entrances (25 – 50 lbs). Lift 17 lb chairs constantly for 1-2 hours up to 81" high .
Carry (lbs)		100	40 to 80		*100 lbs for shared carry of heavy furniture & equipment up/down up to 5 flights of stairs. *82 lb 8 ft banquet tables up to 50 yards; *72 lbs band box for 10 feet. *50 lb bags of salt up to 50 yards. *Up to 40 lb bags trash for 100 yards up/down stairs and outside.
Push (lbs)		110	50		*Up to 110 lbs of force to push trolley holding 8 x 8 ft banquet tables 2-3 ft. occasionally; *100 lbs to push trolley of 8 x 5 ft diameter round tables up to 50 ft. *Up to 100 lbs to move full dumpster short distances in snow. *Frequent pushing of seed and fertilizer spreaders. *60 lbs to push furniture across carpet. *50 lbs to maneuver stoves and appliances from a deep squat/kneel.
Pull (lbs)		190	50		*Up to 190 lbs to pull stack of folding chairs up onto ramp and *150 lbs to pull stack of chairs up/down steep 11 ft long ramp. Ramp can be slippery when wet. *Up to 100 lbs to move dumpster short distances and on occasions through snow. *Up to 100 lbs to pull trolley of 8 x 8 ft banquet tables 2-3 ft. *50 lbs to pull cable & hook from overhead. *50 lbs to maneuver stoves and appliances from a deep squat/kneel. *Frequent pulling of rakes.
Sit	X			X	Could vary from rare occasions to constantly. *Driving delivery truck, trash & recycling collection trucks, lawn mower, plow truck, gator.
Stand/Walk	X			X	*Walking up to 8 hrs inside and out. *Terrain includes pavement, flat and sloping grassed areas, stairs. *Walking through snow on occasions. *Steady walking pace expected.
Bend/Squat			X		*To lift items, for lawn maintenance, snow shoveling, raking and cleaning.
Crouch/Kneel		X	X		Can vary from occasional to frequent. *To perform maintenance inspections of machinery, weeding (frequent), to clean and to maneuver or assemble items.
Twist/Turn		X		X	Can vary from occasional to constant. *Maneuvering dumpsters, getting in/out of trucks, weedwacking (constant), clean showers, toilets, perform maintenance on equipment.
Crawl	X				To roll up/out large rugs/mats.
Climb			X		*Getting in/out of trucks, ladders to prune trees, climbing stairs while often carrying items in one hand and sometime in both hands. *Items carried can be large and heavy up/down stairwells. *Occasionally climbing ramps outside to move very heavy equipment, ramps could be wet.
Reach				X	*Reaching to perform most activities and includes overhead reaching to lift items, pull items, pruning trees.
Handle				X	*Constant use of hands and most tasks will require two hands. *Occasionally working while hands are unsighted or performing two different tasks with each hand. *Grip force of 80 lbs required in one hand to pull dolly and 50 lbs in two hands to handle equipment. *Wearing two layers of gloves when working with trash. *Moderate vibration when using powered tools/machinery.
Finger		X		X	*To operate power tools and machinery, tie trash bags, sort trash, use trigger action spray bottles.
Balance		X		X	*To climb in/out truck, climbing stairs with items in two hands and partially unsighted. *Working from ladders with equipment in both hands. *Occasionally walking on slippery ground.

Rare (R) 1 - 10%

Occasional (O) 11 - 33%

Frequent (F) 34 - 66%

Constant (C) 67 – 100%

Evaluator: Mark Coleman, OTR/L

Date: 07/23/14