

PHYSICAL DEMANDS

Job Title: General Service Worker					Position #: 000465
Hours: 40		Breaks: 1 x 30 min, 1 x 15 min		Overtime: 4-30 hrs x/ wk, multiple weeks per year.	
Equipment: Delivery trucks, dolly, trolley, hand tools (wrench, hammer, drill), steel toe shoes, protective gloves, reflective apparel					
Work Environment: 75% indoors & 25% outdoors				Special Requirements: Able to obtain Middlebury College drivers license	
TASK	R	O	F	C	DESCRIPTION
Lift		100	40 to 80		An estimated *100 lbs for shared lifting of heavy furniture and college equipment; *100 lbs to lift one end of large stage platform from floor to 2 ft high; * 82 lb 8 ft banquet table from floor to 41" high. *Lift dolly's holding heavy equipment up/down stairs. *72 lb band boxes from floor onto trolley; *150 lbs staging (2 person) on off trolley. *84 lbs 5ft diameter round table (2 person).
Carry		100	40 to 80		An estimated *100 lbs for shared lifting of heavy furniture and college equipment that may need to be carried up/down up to 5 flights of stairs (with breaks). *82 lb 8 ft banquet tables up to 50 yards; *72 lbs band box for 10 feet.
Push		110	50		*Up to 110 lbs for 2-3 ft of 8 x 8 ft banquet tables occasionally; *100 lbs to push trolley of 8 x 5 ft diameter round tables up to 50 ft.
Pull		190	50		*Up to 190 lbs required to pull stack of 30 folding chairs up onto ramp leading to truck occasionally; *150 lbs to pull stack of chairs up/down steep 11 ft long ramp to/from truck. Ramp can be slippery when wet. Pulling self up into truck cab 2-6 x/hr.
Sit	X				*Driving delivery trucks.
Stand/Walk				X	*On feet most of day. Mostly outdoors over a variety of terrain and in a variety of conditions that would include, slopes and surfaces that would include grass, and concrete. On occasions these could have snow coverage. Steady walking pace expected.
Bend/Squat			X		*To lift items.
Crouch/Kneel		X			*To maneuver items and to assemble or dismantle items.
Twist/Turn		X			*When working in tight spaces such as stairwells, kitchens and hallways moving equipment. Getting in/out of truck cab 2-6 x/hr.
Crawl	X				Very infrequent.
Climb			X		*Stairs inside buildings, steps outside in seasonal conditions, grassed slopes that can be wet and slippery and steep, narrow ramps that can also be slippery while moving very heavy equipment. Climb in/out of truck cab 2-6 x/hr.
Reach		X			*Reaching mostly between knee to chest level, rarely overhead for short periods.
Handle				X	*Material handling tasks requiring gross grip. Grip force of 80 lbs required in one hand to pull heavy loads on a dolly.
Finger		X			*To operate controls of power tools, truck
Balance		X			*Carrying heavy items up down steep and narrow ramps that can be slippery (i.e. snow, ice) and stairs without being able to use handrail and sometimes without being able to see feet/steps. Sweep vehicle roof from ladder.
Vibration	X				*Mild vibration with operation of hand drills.

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: 08/03/17