

PHYSICAL DEMANDS

Job Title: Supervisor for Waste Management					Position #: 002160
Hours: 40 per week		Breaks: 1 x 30 min. 1 x 15 min.		Overtime: 16 – 30 hrs in May – Sept. Mandatory	
Equipment: Protective gloves, reflective vests, safety glasses, steel toed shoes, apron, forklift, pallet jacks, totes, dumpsters, dolly and hand tools.					
Special Requirements: Middlebury Drivers License. Able to obtain: CDL license & forklift cert. Able to cover for Handler position.					
Work Environment: 45% in office, 35% in warehouse (concrete floors) 20% outside in seasonal conditions.					
TASK	R	O	F	C	DESCRIPTION
Lift (lbs)	50	10 to 40			*Up to 50 lbs for a one person lift of items or assisting others to lift items weighting more than 50 lbs such as discarded furniture, office equipment, drums & construction trash. *Trash bags weighing 10-40 lbs frequently.*Loose cardboard into 62" high crusher on an occasional basis. Construction trash into 74" large dumpster. At times lifting can be frequent.
Carry (lbs)	50	10 to 40			*Up to 50 lbs for 50 yards for a one person carry or when assisting others to carry items weighting more than 50 lbs such as collecting discarded furniture, office equipment, drums & construction trash. Carrying items up/down stairs & in winter conditions. * 10-40 lb bags of trash. 5 gallon pails of engine oil (35 lbs). Carrying can be frequent.
Push (lbs)	100	50	40		*Up to 100 lbs to move full dumpster short distances, on occasions through snow. * 80 lbs to move full 2 yd dumpsters 20 ft, over lip and through snow. * 50 lbs to move full drums of liquid 10 ft across concrete floor using pallet jack. *Push compost bins (50 lbs) and trolley bins (35 lbs).
Pull (lbs)	100		40		* 100 lbs to move full dumpster through snow. * 65 lbs to tip/move full compost bins. * 50 lbs to pull a full drum of liquid 10 ft with pallet jack. *Move trolley bins (35 lbs) for short distances.
Sit		X	X		*Sitting can be occasional or frequent. *Required only for driving. Sitting for desk work optional.
Stand/Walk		X	X		Generally standing/walking will be occasional, on occasions can be frequent. *Standing in one place can be up to 2-3 hours sorting. Walking for short distances. An estimated 20% of walking is outside in seasonal conditions.
Bend/Squat		X			*To lift trash from ground level.
Crouch/Kneel	X				*To perform equipment maintenance and inspect some items.
Twist/Turn		X			When sorting trash and recycling as well as when loading or unloading vehicles.
Crawl	X				May be needed when working underneath equipment.
Climb			X		*Frequently to get in/out of vehicles which requires climbing up/down 26" high steps. Also up to 5 flights of stairs on campus buildings and a 4 step vertical ladder to operate "baler".
Reach			X		*When working at a desk and when handling trash, recycling and equipment. Repetitive forward reaching up to 36" when sorting. Reaching overhead to lift items into dumpsters up to 74" high .
Handle		X			Generally occasional, but can be frequent at times. *Sufficient grip strength to loosen bolts, lift and carry heavy items. *Working mostly with two hands, sometimes unsighted. *Wears two layers of gloves to handle sharp objects.
Finger				X	*To operate computer and office equipment. To retie trash bags, sort trash and operate powered equipment controls.
Balance		X			*Climbing stairs while carrying items in two hands with feet unsighted. *Walking over see-through metal grating on 2 nd floor. *Lifting guard rail at edge of 2 nd floor. Walking on floors that may have spilled liquids and residue on it. *Walking outside on snow and ice.

Rare (R)	1 - 10%	1 – 5 min x/hr	<5 x/day
Occasional (O)	11 - 33%	6 - 20 min/hr	1-4 x/hr
Frequent (F)	34 - 66%	21 - 40 min/hr	5-24 x/hr
Constant (C)	67 - 100%	41 - 60 min/hr	>24 x/hr

*Denotes Essential Function

Evaluator: Mark Coleman, OTR/L

Updated: 07/18/17