

PHYSICAL REQUIREMENTS

JOB TITLE: Custodian Older Adults

MACHINES, TOOLS, EQUIPMENT, WORK AIDS USED:

Lawn mower, weed eater, buffer, broom, mop, hand tools, and ladders. Drive 14- passenger bus and mini-van.

MATERIALS AND/OR PRODUCTS HANDLED:

Cleaning aids, gasoline, flourescent lights, paint, glue, bolts and nuts, herbicides, etc.

WORK ENVIRONMENT

PRIMARY WORK SITE: (AMOUNT IN %)

INSIDE: 50

OUTSIDE: 50

BOTH:

TEMPERATURE FACTORS:

☒ EXTREME COLD WITH

☐ OR WITHOUT

TEMPERATURE CHANGES

☒ EXTREME HEAT WITH

☐ OR WITHOUT

TEMPERATURE CHANGES

☐ EXTREME WET OR HUMID WITH

☐ OR WITHOUT

TEMPERATURE CHANGES

NOISE FACTORS:

SUFFICIENT NOISE LEVELS WHICH INTERRUPT CONVERSATION

☐ NOT A FACTOR

☐ CONTINUAL

☒ INTERMITTENT

VIBRATION:

BODY STRAIN FROM REPEATED MOTION OR SHOCK

☐ NOT A FACTOR

☐ CONTINUAL

☒ INTERMITTENT

HAZARDS: Paint fumes, falls from ladders, etc.

AIR QUALITY FACTORS:

☒ FUMES

☒ DUSTS

☒ GASES

☒ ODORS

☒ MISTS

☐ POOR VENTILATION

☐ NOT A FACTOR

WORKING SURFACE:

☒ EVEN

☒ CARPETED

☒ FLAT/HARD

☒ INCLINED/RAMPS

☒ UNEVEN

☒ STAIRS

☒ LADDERS

☐ CATWALKS, SCAFFOLDS

☒ DRY

☒ WET

☐ GREASE

☒ DUST ☒ NATURAL GOURND

REALTIONSHIPS WITH CO-WORKERS:

☒ WORKS ALONE

☒ WITH DIRECTION

☒ WORKS WITH A GROUP

☒ WITHOUT DIRECTION

☒ WORKS WITH A SELECT TEAM

MOBILITY FACTORS				
WALK:	50	CLIMB:	10	CRAWL:
STAND:	5	SIT:	10	RUN:
		CROUCH:	10	KNELL:
				PRONE:
				5
SPECIFIC MOVEMENTS				
KEY: O = OCCASIONALLY F = FREQUENTLY C = CONSTANTLY				
TRUNK:				
<input type="checkbox"/> ^F) BEND <input type="checkbox"/> ^F) TWIST/ROTATE <input type="checkbox"/> ^F) PUSH/PULL # OF LBS 20				
<input type="checkbox"/> ^O) CARRY # OF LBS 20 FOR A DISTANCE OF 3 TO 5'				
ARMS:				
<input type="checkbox"/> ^F) REACH <input type="checkbox"/> ^F) WORK WITH ARMS EXTENDED <input type="checkbox"/> ^F) ARMS BENT				
<input type="checkbox"/> ^O) CARRY # OF LBS 20 FOR A DISTANCE OF 3 TO 5'				
<input type="checkbox"/> ^F) PUSH/PULL # OF LBS 3				
<input type="checkbox"/> ^F) LIFT FROM FLOOR TO WAIST # OF LBS 20				
<input type="checkbox"/> ^{FO}) FROM WAIST TO OVERHEAD # OF LBS 10				
<input type="checkbox"/> ^F) HORIZONTALLY # OF LBS				
LEGS:				
<input type="checkbox"/> ^O) LIFT # OF LBS 25 <input type="checkbox"/> ^F) BALANCE <input type="checkbox"/> ^F) TWIST/ROTATE				
<input type="checkbox"/> ^O) PUSH/PULL # OF LBS 25 <input type="checkbox"/> ^F) FOOT CONTROL				
HANDS:				
<input type="checkbox"/> ^C) GROSS DEXTERITY <input type="checkbox"/> ^C) FINGER DEXTERITY <input type="checkbox"/> ^C) GRASP/MANIPULATE				
<input type="checkbox"/> ^C) SPEED REQUIRED <input type="checkbox"/> ^C) BILATERAL COORDINATION				
<input type="checkbox"/> ^C) EYE/HAND COORDINATION <input checked="" type="checkbox"/> [✓]) DOMINANCE <input type="checkbox"/>) RT <input type="checkbox"/>) LT				
COMMENTS ON PHYSICAL REQUIREMENTS: Requires ability to climb and work from ground level. Ability to lift 20 or more lbs.				