

# Jackson County School District 9

## Job Description

**Title** Physical Requirements for Maintenance/Custodial/Plant Engineer Employees

### **ENDURANCE-OVERALL STRENGTH: Medium Work**

- Exerts force and/or lifts or carries objects weighing 20 to 50 pounds occasionally, 10 to 25 pounds frequently and/or greater than negligible amounts up to 10 pounds consistently.

### **STANDING: Occasionally (up to 1/3 of the time)**

- Remain on feet in an upright position at a workstation without moving about.
- Standing is required in a non-static position on either a hard floor surface or on the grounds outside. This is interrupted with walking.

### **WALKING: Constantly (2/3 or more of the time)**

- Move about on foot constantly during the workday on varying surfaces.

### **LIFTING/CARRYING: Frequently (1/3 to 2/3 of the time)**

- Lift by manually raising or lowering an object from one level to another (including upward pulling), and/or carry (transport) an object, usually holding it in the hands or arms or on the shoulder. May lift and carry objects weighing up to 50 pounds. On lesser occasions, the worker may lift and carry items weighing up to 100 pounds short distances, with assistance.

### **PUSHING/PULLING: Constantly (2/3 or more of the time)**

- Push by exerting force on an object so that it moves away from the force or worker (including slapping, striking, kicking and treadle actions); and/or pull by exerting force on an object so that it moves toward the force or worker (including jerking).
- May frequently push/pull items weighing up to 50 pounds (hand tools, mops, brooms, rakes, power tools, lawn mowers, vacuums, floor sanders, etc.) The worker may push/pull items weighing up to 150 pounds 1-2 times a year, often using trucks/dollies and with the assistance of another worker.

### **CLIMBING: Occasionally (up to 1/3 of the time)**

- Ascend or descend ladders, stairs, scaffolding, ramps and the like, using feet and legs and/or hands and arms.
- Climbing ladders to change lights, dust and wash up to a height of 12 feet.

### **BENDING/STOOPING: Occasionally (up to 1/3 of the time)**

- Stoop by bending the body downward or forward by flexing the spine at the waist, and/or bend by extending the spine backward or from side to side. Examples include bending when collecting trash, emptying cans and picking up litter and other materials from the ground level.

### **REACHING: Frequently (1/3 to 2/3 of the time)**

- Extend the hands and arms in any direction.
- The worker is involved with the overhead reaching when working in storage and/or locker rooms and when cleaning fixtures and other items located above the shoulder level.

### **HANDLING: Frequently (1/3 to 2/3 of the time)**

- Seize, hold, grasp, turn, or otherwise work with the hand or hands for controlling motorized equipment, power tools and hand-held equipment.

### **ROTATION: Frequently (1/3 to 2/3 of the time)**

- Twist and turn the spine or a ball and socket joint such as the shoulder or hip. Bodily rotation is required for many tasks.

### **HEARING: Occasionally (up to 1/3 of the time)**

- Perceive the nature of sounds by the ear.

### **SEEING: Constantly (2/3 or more of the time)**

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- Such as when operating machinery and performing routine duties.

**TALKING: Frequently (1/3 to 2/3 of the time)**

- Express or exchange ideas orally to convey information.

BOARD ADOPTED

August 14, 2013