

**DESCRIPTION FOR PHYSICAL DEMANDS & WORK REQUIREMENTS**

**JOB TITLE:** Custodian, Head Custodian, Lead Custodian

**LOCATION:** Elementary, Middle School, High School

Special Hazards/Notes: Requirements of Vision, Hearing, Exposure to Hazardous, Chemicals or Fumes, etc.

**ENDURANCE**

**HOURS AT ONE TIME**

	0	.5	1	2	3	4	5	6	7	8
SITTING		X								
STANDING					X					
WALKING				X						
DRIVING		X								

**TOTAL HOURS IN A WORKDAY**

	0	.5	1	2	3	4	5	6	7	8
SITTING			X							
STANDING						X				
WALKING						X				
DRIVING		X								

**PHYSICAL**

LIFT & CARRY	NEVER 0%	OCCAS. 1-33%	FREQ. 34-66%	CONT. 67-100%
1-10 lbs.				X
11-20 lbs.			X	
21-50 lbs.		X		
51-75 lbs.		X		
76-100 lbs.		X		

**PUSHING**

1-10 lbs.				X
11-20 lbs.				X
21-50 lbs.			X	
51-75 lbs.		X		
76-100 lbs.		X		

**PULLING**

1-10 lbs.				X
11-20 lbs.				X
21-50 lbs.			X	
51-75 lbs.		X		
76-100 lbs.		X		

**ENVIRONMENTAL**

INDOORS				X
OUTDOORS	X			
HEAT			X	
COLD			X	
DUSTY		X		
NOISY		X		

**MOTIONS**

	NEVER 0%	OCCAS. 1-33%	FREQ. 34-66%	CONT. 67-100%
BENDING				X
TWISTING				X
CROUCHING			X	
KNEELING		X		
CRAWLING		X		
WALK-LEVEL SURFACE				X
WALK-UNEVEN SURFACE		X		
CLIMB STAIRS		X		
CLIMB LADDER		X		
REACH- ABOVE SHOULDER			X	
REPETITIVE-USE OF ARMS			X	
REPETITIVE-USE OF WRIST			X	
REPETITIVE-USE OF HANDS			X	
(A)GRASPING			X	
(B)SQUEEZING			X	
USING FOOT CONTROL			X	

**By signing below, I am acknowledging and attesting to my personal physical ability to performs the physical duties of this job, and I understand the physical demands required.**

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Date**

