

DESCRIPTION FOR PHYSICAL DEMANDS & WORK REQUIREMENTS

JOB TITLE: Groundskeeper-Maintenance, Maintenance II, Computer Network Technician, Computer Network Specialist, Courier

LOCATION: Elementary, Middle School, High School, District Office

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

Weight	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		

PULLING

Weight	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		

ENVIRONMENTAL

Condition	NEVER 0%	OCCAS. 1-33%	FREQ. 34-66%	CONT. 67-100%
INDOORS		X		
OUTDOORS			X	
HEAT		X		
COLD			X	
DUSTY		X		
NOISY		X		

MOTIONS

Motion	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

