

PHYSICAL DEMANDS

Job Title: Night Watchman, Team Leader & Night Watchman (Breadloaf)					Position #: 001998, 002000, 000457
Hours: 10:00 pm – 6 am		Breaks: 1 x ½ hr & 1 x 15 min.			Overtime: Some mandatory overtime
Equipment: Wear utility belt (keys, flashlight, station recorder & radio) 7 lbs. Utility Tool, cell phone & winter clothing.					
Work Environment: Dark. 65 % Indoors & 35% outdoors				Requirements: Middlebury College Drivers License	
Task	R	O	F	C	Description
Lift (lbs)	25 to 55	25 to 50			*An estimated 25 lbs - 50 lbs to lift a shovel full of snow. 50 lbs salt bag, 55 lbs to lift roadway barricades (barricade can be broken down into 3 smaller parts (25 lbs & 2 x 15 lbs). * Lift 20 ft extension ladder (45 lbs). *Lift mop bucket to clean spills.
Carry (lbs)	45			7	* 45 lbs to carry a 20 ft extension ladder into a building and up flights of stairs in an emergency situation. *Wear a 7 lb utility belt for the duration of the shift. Either carry or drag a 25 lbs road barricade up to 50 feet. Barricade can be broken down into 3 parts (25 lbs & 2 x 15 lbs)
Push (lbs)			5		*Pushing doors open (5 lbs).
Pull (lbs)		25	5		* 25 lbs (force) to drag a road barricade up to 50 feet. *Frequent pulling open doors (5 lbs).
Sit		X			*Driving between buildings and around campus for an estimated 2-3hours per shift. Sitting at computer desk to write up report for ½ hr each day or 1 hr for team leader.
Stand/Walk			X		Walks approximately 3-6 miles per shift. Need to be able to walk at a brisk pace (at least 3 mph) during an emergency. Walking is on concrete, asphalt, wood, carpet, vinyl, lawn, dirt roads, snow & ice. Occasional -Frequent walking up/down stairs.
Bend/Squat		X	X		*Clean spills on floors, clean the bottom of a snow packed door, pick up broken glass, get in/out of vehicle or to walk under large pipes. *Occasional bending/squatting to shovel snow from entrances.
Crouch/Kneel		X			*To clean spills on floors, clean the bottom of a snow packed door and pick up broken glass.
Twist/Turn		X			Getting in & out of vehicles.
Climb			X		*Climb between approximately 20-100 flights of stairs each shift. *Occasional climbing of step ladders to remove bats from inside buildings using a long handled net or to replace batteries from smoke detectors. *Need to be able to work with 2 hands reaching overhead while on ladder.
Reach			X		*Frequent opening and closing doors. *Rare reaching overhead while on step ladder to capture bats or replace batteries in smoke detectors.
Handle			X		*Opening & closing doors. Driving a vehicle. *Using tour station recorder and flashlight.
Finger		X			*Using keys, opening and closing doors. *Operating a computer. Driving a vehicle.
Balance			X		*Frequent stair climbing. *On rare occasions carrying items with 2 hands. *Climbing a 20 ft extension ladder or smaller step ladder on rare occasions. *Walking outside at night time with snow or ice on ground. *Bending to walk under large pipes.
Senses (see, etc)					*Sight (constant), *touch (constant), *hearing (frequent)

Rare (R)	1 - 10%	1 - 5 min/hr	< 1 hr/day
Occasional (O)	11 - 33%	6 - 20 min/hr	1 - 2 ½ hr/day
Frequent (F)	34 - 66%	21 - 40 min/hr	2 ½ - 5 ½ hr/day
Constant (C)	67 - 100%	41 - 60 min/hr	> 5 ½ hr/day

*Denotes Essential Function

Evaluator: Mark Coleman, OTR/L

Updated: 08/09/17