

PHYSICAL, SENSORY & MENTAL REQUIREMENTS  
for the Class:

BUILDING MAINTENANCE HELPER  
BUILDING MAINTENANCE WORKER I & II

*All employees must be physically able to perform the essential duties of the position. The following physical, sensory and mental requirements are generally stated and are not necessarily descriptive of any one position in this class.*

<b>Physical</b>			
<b>Requirement</b>	<b>Occasional</b>	<b>Frequent</b>	<b>Comments/Related Job Duty</b>
Sit	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Read inservice training.
Stand	<input type="checkbox"/>	<input checked="" type="checkbox"/>	All involved in daily duties.
Walk	<input type="checkbox"/>	<input checked="" type="checkbox"/>	All involved in daily duties.
Bend	<input type="checkbox"/>	<input checked="" type="checkbox"/>	All involved in daily duties.
Squat	<input type="checkbox"/>	<input checked="" type="checkbox"/>	All involved in daily duties.
Crawl	<input checked="" type="checkbox"/>	<input type="checkbox"/>	All involved in daily duties.
Climb	<input type="checkbox"/>	<input checked="" type="checkbox"/>	All involved in daily duties.
Reach Above Head	<input type="checkbox"/>	<input checked="" type="checkbox"/>	All involved in daily duties.
Can Lift Unassisted:			
up to 10 lbs.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	All involved in daily duties.
11 – 20 lbs.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	All involved in daily duties.
21 – 50 lbs.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
51 lbs. & over	never- should get assistance		
Can Carry Unassisted:			
up to 10 lbs.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	All involved in daily duties.
11 – 20 lbs.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	All involved in daily duties.
21 – 50 lbs.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
51 lbs. & over	never- should get assistance		
Grasping:			
Right Hand	<input type="checkbox"/>	<input checked="" type="checkbox"/>	All involved in daily duties.
Left Hand	<input type="checkbox"/>	<input checked="" type="checkbox"/>	All involved in daily duties.
Both Hands	<input type="checkbox"/>	<input checked="" type="checkbox"/>	All involved in daily duties.
Push/Pulling	<input type="checkbox"/>	<input checked="" type="checkbox"/>	All involved in daily duties.
Fine Manipulating:			All involved in daily duties.
Right Hand	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
Left Hand	<input type="checkbox"/>	<input checked="" type="checkbox"/>	All involved in daily duties.
Both Hands	<input type="checkbox"/>	<input checked="" type="checkbox"/>	All involved in daily duties.

Exposure to Heights	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Climb ladder to change bulbs, work on ballast, etc.
Around Moving Machinery	<input checked="" type="checkbox"/>	<input type="checkbox"/>	

**Physical (continued)**

Requirement	Occasional	Frequent	Comments/Related Job Duty
Exposure to Dust, Fumes	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
Operate Foot	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Cleaning maintenance room, operating vehicles or machinery.
Pedals:			
Right Foot	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Cleaning maintenance room, operating vehicles or machinery.
Left Foot	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Cleaning maintenance room, operating vehicles or machinery.
Both Feet	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
Exposure to Marked Changes in Temperature & Humidity	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
Drive a Vehicle	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
Exposure to Sharp Instruments	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
Write	<input checked="" type="checkbox"/>	<input type="checkbox"/>	

**Sensory**

Requirement	Comments/Related Job Duty
Can Distinguish Smells	Frequent
Can Distinguish Tastes	N/A
Can Hear:	
Normal Tones	Frequent-hear page, alarm, detect machine malfunction.
Soft Tones	Frequent
Can Distinguish Temperatures By Touch/Proximity	Frequent
Eyesight:	
Normal/Corrected	Frequent-inspect cleanliness of area; make deliveries, etc.
Close Eye Work (reading small figures)	Frequent-read directions.

**Mental**

Requirement	Comments/Related Job Duty
Can Read, Speak and Write (What language/s)	English-in order to communicate & comprehend assignments, inservice, etc.
Is Oriented with Reality	Necessary
Can control Emotions (temper, etc.)	Necessary
Has Positive Attitude toward the ill, the Handicapped and the Elderly	Necessary
Can Remember/Recall	Necessary
Able to Work with Controlled Substances (drugs)	N/A
Can Handle Stress	Necessary-as it relates to both physical and mental.

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This is an amendment to the physical requirement specifications for the classes BUILDING MAINTENANCE HELPER AND BUILDING MAINTENANCE WORKER I & II.  
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