

Physical Requirements Analysis: Building Custodian

Job summary

Performs cleaning activities in buildings and facilities. Sets up rooms for meetings. Performs security checks.

Activity	Constantly (6-8 hrs)	Frequently (3-5 hrs)	Occasionally (1-2 hrs)
Standing/walking	Walking and standing, on tile, concrete and other surfaces up to 1 – 2 miles per day		
Sitting			During breaks and lunch
Lift/carry		Lifting 1 – 50 lbs equipment, supplies, trash.	
Push/pull		Using both hands and arms while cleaning 5 -35 lbs.	Moving furniture and material, 20-50 lbs.
Climbing			While cleaning
Bending/twisting		At waist, knees and neck. Some twisting which can be minimized.	
Kneeling, crouching, crawling			Cleaning lower areas, retrieving supplies
Hands/arms	Reaching, handling, grasping, fingering. Overhead reaching.		

Mental functions

Constant mental alertness and interpersonally skills.

Work conditions

Location – 95% indoors.

Hazards – moving equipment, trip obstacles, dust/fumes, slippery surfaces, heights, exposure to electric shock and toxic/caustic chemicals.

Equipment used – floor scrubbers, hand tools, vacuum cleaners, carpet cleaner, mop, step stools, ladders, other cleaning equipment and supplies.

Safety equipment–safety shoes, hearing/eye protection.