

## SHORT FORM FOR PRE-EMPLOYMENT PHYSICALS

Physical Required: General physical, Diabetes, BP, Vision, Back strength and lifting, Hep B and TB.

PATIENT NAME:

JOB TITLE: Custodian - Windows

DEPARTMENT: Executive Services., Facilities Management WORK SCHEDULE: 40/week JOB DESCRIPTION: Properly cleans windows on various facilities including high-rise buildings WORK ENVIRONMENT: Outside and inside various buildings.

ESSENTIAL FUNCTIONS: Clean window blinds, sills and ledges. Perform safety inspections on window scaffolding and bosun chair related equipment. Safely operate window washing and other custodial equipment required to accomplish assigned job duties. Safely operate County vehicles that are used to transport supplies and equipment throughout assigned worksites and to other designated outlying locations. When working as a Custodian or Custodian-Floor Care: Sweep and wet-mop floors. Vacuum and extract dirt from carpets. Dust and polish furniture. Collect and empty wastebaskets and outdoor trash cans and ash trays. Clean mirrors, venetian blinds, light fixtures, windows, doors, walls, and drinking fountains. Clean restrooms including toilets, sinks and shower stalls, and replenish towels, tissues and soap. Sweep sidewalks. Assist in keeping outside premises in an orderly condition. Move supplies. Unload and unpack shipments, and place stock on shelves.

PHYSICAL DEMAND	HRS PER SHIFT	PHYSICAL DEMAND	HRS PER SHIFT
Standing	3 – 5 hours	Reaching knee-waist	0 – 1 hour
Walking   uneven terrain	1 – 2 hours	Reaching floor-knee	0 – 1 hour
Sitting	0 – 30 minutes	Lifting/Carrying 1-10#	4 – 6 hours
Climbing stairs	0	Lifting/Carrying 11-20#	0 – 1 hour
Climbing <u>scaffolding</u>	1 – 2 hours	Lifting/Carrying 21-50#	0
Balancing	5 – 7 hours	Lifting/Carrying 51-100#	0
Bending/Stooping	1 – 2 hours	Lifting/Carrying 100+#	0
Kneeling	0 – 30 minutes	Handling	4 – 6 hours
Crouching	0 – 30 minutes	Hand Controls	0 – 1 hour
Crawling	0	Fingering D keyboarding	0 – 1 hour
Foot controls	0	Vision to assure safety of others	5 – 7 hours
Reaching above shoulders	2 – 4 hours	Hearing to assure safety of others	5 – 7 hours
Reaching waist-shoulder	2 – 4 hours	Other	

Exposures:			
<u>X</u> Outside weather			
Non-weather related			
temp below 55 <sup>0</sup>			
Non-weather related			
temp above 75 <sup>0</sup>			
_X_Humidity/dampness			
<u>X</u> Moving mechanical parts			
X_Exposed high places			
X Vibration			
X Toxic or caustic chemicals			
Confined spaces			
X Wet Gasses			
X Fumes X Odors			
X Dusts X Mists			
RadiationExplosives			
X Noise Level 60 DBL			
Other			
Special Requirements:			
□ CDL □ Respirator use			

I have reviewed the following Job Analysis for the above-named candidate.