

Custodian

Physical Demands Level: MEDIUM

This position requires the successful applicant to be able to routinely perform a number of heavy physical tasks which the Anchorage School District needs to know can be performed by the applicant safely. The applicant must be able to perform the following tasks while demonstrating safe body mechanics.

Job Specific Task I – Simulates buffing floors or using wet/dry vacuum

Equipment Used: sled unloaded, gym 20' x6'

Description of Task Simulation 1:

- A) Candidate will push sled in ½ sled length increments moving in a forward motion moving side to side (simulates buffing)
- B) Candidate will continue moving in a side to side motion and push for a total distance forward of 20 feet
- C) Candidate will turn the sled around and repeat the above steps until they return to the starting point

Repetitions: 1

Job Specific Task II – Simulates loading or unloading buckets from pallet to three high tier

Equipment Used: Total weight of 45 lbs. loaded into 5 gal. bucket, lifting station

Description of Task Simulation 2: Bucket is placed 4 ft. from lifting station. Start the task at a right angle from the lifting station to simulate being blocked by a pallet

- A) Candidate will pick up bucket from the floor and load to 28.5" (less than 5'6" shelf) shelf
- B) Candidate will then lower bucket to the floor.

Repetitions: 9

Job Specific Task III – Simulates cleaning chalk or dry erase boards in classrooms

Equipment Used: 84"x94" wall, spray bottle of water, small towel

Description of Task Simulation 3:

- A. Candidate will spray small area of wall or towel with water
- B. Candidate will clean the wall starting at top of wall and work to floor level.
- C. Candidate will work in a side to side and top to bottom motion cleaning entire area of wall.
- D. Candidate will work self-paced without stopping. Candidate will switch hands for each length of wall.

Repetitions: 4

Job Specific Task IV – Simulates vacuuming an office

Equipment Used: 20' x6' area, non-working vacuum.

Description of Task Simulation 4: Candidate will simulate vacuuming with the non-working vacuum 20' forward and 20' back

Repetitions: 10