

## EXAMPLES OF POTENTIAL ASSIGNMENTS FOR LIGHT DUTY:

### GROUNDWORKER

Listed below are jobs that could possibly be assigned to a Groundsworker returning to work with restrictions on a temporary basis.

- \_\_\_\_\_ **File** — File paperwork in numerical or alphabetical order. Involves sitting, standing, walking, reaching, handling and gripping. Lifting up to 5 pounds.
  - \_\_\_\_\_ **Make labels** — Use computer or hand-write labels. Involves sitting, standing, grasping handling and fingering.
  - \_\_\_\_\_ **Inventory** — Count number of items, supplies or parts. Write down the number counted for each item. Enter into computer. Involves sitting, standing, walking, reaching, handling and fingering. Lifting up to 10 pounds.
  - \_\_\_\_\_ **Water plants** — Use hose to water plants in greenhouse. Involves standing, walking, reaching, handling, grasping and gripping. Lifting up to 10 pounds
  - \_\_\_\_\_ **Remove dead leaves** — Use hands to pick off dead leaves. Involves standing, walking, reaching, handling and grasping. Lifting up to 10 pounds.
  - \_\_\_\_\_ **Lawn care** — Mow lawns using riding lawnmower. Involves driving, sitting, walking, bending and reaching. Lifting up to 5 pounds.
  - \_\_\_\_\_ **Cleanup** — Remove light trash and carry to dumpster. Involves standing, walking, reaching, grasping, gripping, bending, pushing and pulling. Lifting up to 10 pounds.
  - \_\_\_\_\_ **Sweep** — Use a push broom to sweep common areas, entrances, exits, stairwells and other assigned areas. Use a dustpan with a long handle to remove the trash. Involves walking,
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