MENNO PLACE

Housekeeping - Modified Duties

These duties have been separated into *Light, Moderate, and Full Duties* to assist in developing appropriate recovery at work progression as needed. Please indicate which activities are appropriate to engage in at this time and note any progression of duties and when they can be implemented.

Light

All tasks that are below shoulder height and above knee height with 20 lbs occasionally and 10 lbs frequently

- Washing surfaces
- Cleans items such as furniture, woodwork, ledges, fixtures and blinds by methods such as dusting, polishing and wiping
- Cleans and disinfects washrooms and replenishes items such as soap and towels
  Attend all meetings
- Reports damaged and/or inoperable fixtures and furniture.
- Collects soiled linen from user areas and distributes clean linen to user areas.

Moderate

All tasks that are above shoulder height and below knee height with lifting 50 lbs of force occasionally and 20 lbs of force frequently.

- Cleans carpets and rugs by methods such as vacuuming, shampooing and brushing
- Cleans items such as furniture, woodwork, ledges, fixtures and blinds by methods such as dusting, polishing and wiping
- Washes walls, windows and ceilings
- Unloads and unpacks stock, equipment and material
- Transports stock and materials to all areas.

Full

- Include light duties
- Include moderate duties
- Increase weight limits to 100 lbs of force occasionally and excess of 50 lbs of force frequently and or in excess of 20 lbs of force constantly