

JOB TITLE: Kitchen helper

JOB DESCRIPTION: Performs any combination of following duties to maintain kitchen work areas and restaurant equipment and utensils in clean and orderly condition: Sweeps and mops floors. Washes worktables, walls, refrigerators, and meat blocks. Segregates and removes trash and garbage and places it in designated containers. Steam-cleans or hoses-out garbage cans. Sorts bottle, and breaks disposable ones in bottle-crushing machine. Washes pots, pans, and trays by hand. Scrapes food from dirty dishes and washes them by hand or places them in racks or on conveyor to dishwashing machine. Polishes silver, using burnishing-machine tumbles, chemical dip, buffing wheel, and hand cloth. Holds inverted glasses over revolving brushes to clean inside surfaces. Transfers supplies and equipment between storage and work areas by hand or by use of handtruck. Sets up banquet tables. Washes and peels vegetables, using knife or peeling machine. Loads or unloads trucks picking up or delivering supplies and food.

STRENGTH FACTOR FOR THIS JOB: Medium: Exerting 20 to 50 pounds of force *occasionally*, and/or 10 to 25 pounds of force *frequently*, and/or greater than negligible up to 10 pounds of force *constantly* to move objects. Physical demand requirement are in excess of those for Light Work.

PHYSICAL DEMANDS: Following are descriptions of three terms on which physical demands are expressed:

Occasionally: up to 1/3 of the work day.

Frequently: up to 2/3 of the work day.

Constantly: 2/3 or more of the work day.

Climbing	Not Present
Balancing	Not Present
Stooping	Frequently
Kneeling	Not Present
Crouching	Frequently
Crawling	Not Present
Reaching	Constantly
Handling	Constantly
Fingering	Occasionally
Feeling	Not Present
Talking	Not Present
Hearing	Occasionally
Tasting/Smelling	Not Present
Near Acuity	Not Present
Far Acuity	Not Present
Depth Perception	Not Present
Accommodation	Not Present
Color Vision	Occasionally
Field of Vision	Not Present

ENVIRONMENTAL CONDITIONS: Environmental conditions describe physical surroundings of a worker in a specific job and indicate hazards that pose a definite risk of bodily injury to the worker. The environmental conditions identified for an occupation are those which are considered to be important or critical.

Exposure to Weather	Not Present
Extreme Cold not weather related	Occasionally
Extreme heat not weather related	Frequently
Wet and/or Humid	Frequently
Noise Intensity	4, Loud
Vibration	Not Present
Atmospheric conditions; Fumes, dust, mist, gas	Not Present
Proximity to moving, Mechanical Parts	Not Present
Exposure to Electrical Shock	Not Present
Working in High, Exposed Places	Not Present
Exposure to Radiation	Not Present
Working with Explosives	Not Present
Exposure to Toxic or Caustic Chemicals	Not Present
Other Environmental Conditions; firefighter, police, miner, diver, etc.	Frequently