

FUNCTIONAL HEAVY WORK

Activities at SCHOOL

- Wear a backpack filled with heavy items.
- Wipe off or clean whiteboards.
- Stack or unstack chairs.
- Deliver items to/from the office.
- Help rearrange desks and tables in the classroom.
- Push a supply cart.
- Help move paper reams to copy room.
- Sharpen pencils with manual pencil sharpener.
- Push/pull a door open. Hold open a door.
- Deliver library books pushing a cart.
- Clean off desks with spray cleaner and rag.
- Move items from floor to table or vice versa.
- Deliver lunch bin (filled with lunch totes) back from the cafeteria.
- Assist custodian with emptying trash.
- Help with classroom recycling by emptying bin.
- Wipe off cafeteria tables.
- Use manual vacuum.
- Assist PE teacher with setup/cleanup of supplies.