

**TASK OVERVIEW**  
**Home Care Worker (Community)**

Physical Demands Factors	Occasional 1-33% of day	Frequent 34-66% of day	Constant 67-100% of day
<b>Sitting</b>	✓		
<i>Comments</i>	Driving between clients, training, meetings, computer tasks, case notes.		
<b>Standing</b>		✓	
<i>Comments</i>	Shopping, cooking and other household chores, hanging washing, hygiene assistance		
<b>Walking</b>			✓
<i>Comments</i>	Between all areas and rooms within the houses and client homes and for external chores such as shopping, activities with clients.		
<b>Kneeling/Squatting</b>	✓		
<i>Comments</i>	Personal care, assisting with showering & dressing of client. Making beds, cleaning toilet and bathroom. Lifting washing basket, accessing low cupboards.		
<b>Stooping/Crouching</b>		✓	
<i>Comments</i>	Personal care: assisting with showering & dressing of client, making beds, dressing, drying feet, cleaning, and toileting. Lifting washing out of basket, low cupboards, tuck into bed, dry feet. Varies; depending on habits of worker.		
<b>Bench height lift</b>	✓		
<i>Comments</i>	Transferring wheeled walkers and wheelchairs into vehicles (up to 6-8kgs) Client limbs to reposition for transfers. Shopping, hanging out washing. <b>Bench height lift:</b> <ul style="list-style-type: none"> <li>• cleaning equipment from bench to floor</li> </ul> <b>Floor to bench:</b> <ul style="list-style-type: none"> <li>• bucket 1/3 filled for mopping</li> <li>• light items from cupboards</li> <li>• small waste paper bins</li> </ul> <b>Bench to shoulder:</b> <ul style="list-style-type: none"> <li>• accessing items from shelving</li> </ul>		
<b>Reach above shoulder</b>	✓		
<i>Comments</i>	Items from overhead cupboards and wardrobes, Hanging out washing, weight less than 5kg. Use of long handled duster for overhead items such as around light fittings, air conditioners, accessing high cupboards, doorway frames. Hanging washing, putting dishes away, cleaning shower.		
<b>Push/Pull</b>	✓		
<i>Comments</i>	Hoist transfers, wheelchairs, up to 10kg rolling resistance force. Vacuuming, mopping. Application of elastic stockings. Shopping		

<b>Physical Demands Factors</b>	<b>Occasional 1-33% of day</b>	<b>Frequent 34-66% of day</b>	<b>Constant 67-100% of day</b>
<b>Forward Reach</b>			✓
<i>Comments</i>	Personal care, shopping use of lifter, transfers, showering, dressing. To 45 – 60 degrees Frequent to 90 degrees for wet and dry dusting. Accessing cupboards		
<b>Use of Hands and Fingers</b>			✓
<i>Comments</i>	All tasks require frequent use of hands and fingers. E.g. Use of hoist, slide sheet transfers, making of beds, use of lifter and assisting residents with clothing on and off. Shopping. Cleaning task		
<b>Climbing</b>	✓		
<i>Comments</i>	One knee onto bed for selected transfers. Climbing stairs.		
<b>Driving</b>		✓	
<i>Comments</i>	Between clients, driving clients to appointments/shopping, outings may be in conventional vehicle or small bus		
<b>Psychosocial Demands Factors</b>	<b>Occasional 1-33% of day</b>	<b>Frequent 34-66% of day</b>	<b>Constant 67-100% of day</b>
<b>WORKING WITH DIFFICULT CUSTOMERS</b>	✓		
<i>Comments</i>	Care workers may work with clients, families and/or situations which are emotionally demanding.		
<b>WORK WITH CLIENTS WITH DEMENTIA OR A PSYCHOLOGICAL ILLNESS</b>	✓		
<i>Comments</i>	Clients with developmental or intellectual disabilities, dementia or a psychological illness and may be physically and/or verbally aggressive towards staff. Physical aggression may include biting, spitting pinching, hitting or kicking. Verbal aggression may include: <ul style="list-style-type: none"> <li>• Negative personal comments; verbal threats; other verbal reactions</li> <li>• Loud behaviours and emotional outbursts from clients in your care</li> <li>• Disruptive behaviours towards staff and/or others</li> </ul>		
<b>WORKING IN A FAST-PACED ENVIRONMENT</b>			✓
<i>Comments</i>	Workers will often be required to manage a workload with set time constraints.		
<b>DEALING WITH DEATH AND DYING</b>	✓		
<i>Comments</i>	Death is a natural outcome of ageing. This means that workers in a care environment will at times be supporting clients and their families at end of life.		

Service	Physical Demands	
<b>Personal Care</b>	<ul style="list-style-type: none"> <li>• Standing/walking</li> <li>• Sitting</li> <li>• Kneeling/squatting</li> <li>• Stooping/crouching</li> <li>• Reach above shoulder</li> </ul>	<ul style="list-style-type: none"> <li>• Push/pull</li> <li>• Forward Reach</li> <li>• Use of hand fingers</li> <li>• Driving</li> </ul>
<b>Meal Preparation/delivery</b>	<ul style="list-style-type: none"> <li>• Sitting</li> <li>• Standing/walking</li> <li>• Forward Reach</li> <li>• Bench lift</li> </ul>	<ul style="list-style-type: none"> <li>• Reach above shoulder</li> <li>• Squatting/bending/crouching</li> <li>• Use of hands/fingers</li> <li>• Driving</li> </ul>
<b>Medication Assistance</b>	<ul style="list-style-type: none"> <li>• Driving</li> <li>• Use of hands/fingers</li> </ul>	<ul style="list-style-type: none"> <li>• Standing/walking</li> </ul>
<b>Social Support Individual</b>	<ul style="list-style-type: none"> <li>• Sitting</li> <li>• Standing/walking</li> <li>• Lifting/carrying (5kg)</li> <li>• Push/pull (wheelchair client, shopping trolley)</li> </ul>	<ul style="list-style-type: none"> <li>• Forward reach</li> <li>• Use of hand/fingers</li> <li>• Squatting/crouching</li> <li>• Reach above shoulder</li> <li>• Driving</li> </ul>
<b>Respite (in-home)</b>	<ul style="list-style-type: none"> <li>• Sitting</li> <li>• Standing/walking</li> <li>• Lifting/carrying (5kg)</li> <li>• Push/pull (wheelchair client)</li> </ul>	<ul style="list-style-type: none"> <li>• Forward reach</li> <li>• Use of hand/fingers</li> <li>• Squatting/crouching</li> <li>• Reach above shoulder</li> <li>• Driving</li> </ul>
<b>Transport</b>	<ul style="list-style-type: none"> <li>• Driving</li> <li>• Sitting</li> <li>• Standing/walking</li> </ul>	<ul style="list-style-type: none"> <li>• Lift/carry to 5kg</li> <li>• Push/pull (wheelchair client)</li> </ul>
<b>Stocking Application</b>	<ul style="list-style-type: none"> <li>• Driving</li> <li>• Sitting</li> <li>• Standing/walking</li> <li>• Bending/crouching</li> </ul>	<ul style="list-style-type: none"> <li>• Forward reach</li> <li>• Kneeling/squatting</li> <li>• Use of hands/fingers</li> </ul>
<b>Domestic Assistance</b>	<ul style="list-style-type: none"> <li>• Sitting</li> <li>• Standing, walking</li> <li>• Kneeling/squatting</li> <li>• Stooping/crouching</li> <li>• Bench lift (up to 5kg)</li> <li>• Reach above shoulder</li> </ul>	<ul style="list-style-type: none"> <li>• Push/pull</li> <li>• Forward reach</li> <li>• Use of hand/fingers</li> <li>• Climbing stairs</li> <li>• Driving</li> </ul>