

TASK OVERVIEW
ALLIED HEALTH COMMUNITY

Physical Demands Factors	Occasional 1-33% of day	Frequent 34-66% of day	Constant 67-100% of day
Bench height lift		✓	
Comments	Floor to bench height: <ul style="list-style-type: none"> • Moving of limbs with clients in bed based transfer or in repositioning limb (weight up to 20kg); if bed is low/fixed height • Accessing items from below waist height e.g. car boot • Accessing stored equipment • Moving paperwork / files from car to office 		
Overhead lift	✓		
Comments	Items from overhead cupboards and storage		
Push	✓		
Comments	Pushing wheeled equipment; and clients in shower chairs, wheel chairs, hoists, rolling resistance can be up to 12-15kgs with a heavy client in the chair or lifter, slide sheet transfers, positioning hoist sling.		
Pull	✓		
Comments	Pulling wheeled equipment		
Handling and fingering			✓
Comments	All tasks require bilateral, fine pincer and gross gripping to used mobility equipment; attend assessment and therapy. Keyboard work on computer and writing case notes/care plans.		
Sitting			✓
Comments	Sitting while driving between clients. Total time varies from 0 hours to 2 hours in a day. Rural and remote staff may drive for up to 6 hours in a day. Sitting to update case notes and while communicating with staff/others. Sitting in clients homes often on low chairs or surfaces. Podiatry involves a lot of sitting on low stools.		
Standing	✓		
Comments	May stand to write notes. Standing next to clients for supervision and guidance of exercise programs.		
Walking	✓		
Comments	Walking to/from vehicle and to/from clients homes. Walking up stairs if workplaces (client homes) are multi storey. Walking clients inside and outside their homes often for longer distances (endurance training).		
Stooping	✓		
Comments	Attending to assessment and therapy of bed bound or seated clients. Accessing car boot. Training clients for transfer in/out of vehicles and buses.		
Crouching	✓		
Comments	Client transfers, dressings, low based tasks, therapy and assessments on seated clients.		

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Kneeling	✓		
Comments	Therapy and assessments of clients in bed or other low position.		
Climbing	✓		
Comments	Step stool to access shelves. Into and out of buses to assist clients.		
Overhead reaching	✓		
Comments	Accessing stores and equipment. Exercise or treatment sessions.		
Forward reaching	✓		
	Accessing items in boot or car seat; therapy and assessment activities		

Psychosocial Demands Factors	Occasional 1-33% of day	Frequent 34-66% of day	Constant 67-100% of day
DEALING WITH DIFFICULT CUSTOMERS	✓		
Comments	May work with clients, families and/or situations which are emotionally demanding.		
WORK WITH CLIENTS WITH DEMENTIA OR A PSYCHOLOGICAL ILLNESS	✓		
Comments	Clients with dementia or a psychological illness may be physically and/or verbally aggressive towards staff. Physical aggression may include biting, spitting pinching, hitting or kicking.		
OPERATING IN A FAST PACED WORK ENVIRONMENT			✓
Comments	Workers will often be required to manage a workload with set time constraints. Schedule and plan visits in the most time efficient and economical manner.		
DEALING WITH DEATH AND DYING	✓		
Comments	Death is a natural outcome of ageing. This means that workers in an aged care environment will at times be supporting clients and their families at end of life.		