

TASK OVERVIEW
DISABILITY SUPPORT WORKER

Physical Demands Factors	Occasional 1-33% of day	Frequent 34-66% of day	Constant 67-100% of day
Sitting	✓		
Comments	Driving between clients, Documentation / computer/ telephone.		
Standing	✓		
Comments	Ironing, meal preparation, reading, documentation		
Walking			✓
Comments	Shopping, walking around the client's unit.		
Stooping		✓	
Comments	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.		
Crouching		✓	
Comments	Personal care, assisting with showering & dressing of client. Making beds, dressing, drying feet, cleaning, toileting. Lifting washing out of basket, low cupboards.		
Kneeling		✓	
Comments	Personal care, assisting with showering & dressing of client. Making low beds, cleaning toilet and bathroom.		
Climbing	✓		
Comments	One knee onto bed for selected transfers.		
Forward reach		✓	
Comments	Personal care, shopping, use of lifter, transfers, showering, dressing, cleaning tasks, accessing items in the car boot.		
Use of Hands and Fingers		✓	
Comments	All tasks require frequent use of hands and fingers i.e. dentures, hearing aids, spectacles, shaving, assisting with client's hair and putting on make-up. Use of hoist, slide sheet transfers, making of beds, use of lifter and assisting residents with clothing on and off. Shopping. Cleaning tasks.		

Physical Demands Factors	Occasional 1-33% of day	Frequent 34-66% of day	Constant 67-100% of day
Bench height lift	✓		
Comments	Transferring wheeled walkers and wheelchairs into vehicles (up to 6-8kg), lifting grocery bags and boxes. Client limbs to reposition for transfers, weight to 20 kg.		
Overhead reach/lift	✓		
Comments	Hanging out washing. Minimum weight. Cleaning shower walls.		
Push	✓		
Comments	Hoist transfers, wheelchairs. Up to 10 kg rolling resistance force. Vacuuming, mopping. Application of elastic stockings.		
Pull	✓		
Comments	Hoist transfers, wheelchairs. Up to 10 kg rolling resistance force. Vacuuming, mopping. Application of elastic stockings.		

Psychosocial Demands Factors	Occasional 1-33% of day	Frequent 34-66% of day	Constant 67-100% of day
DEALING WITH DIFFICULT CUSTOMERS	✓		
Comments	Disability Support Workers may work with clients, families and/or situations which are emotionally demanding.		
WORK WITH CLIENTS WITH A DISABILITY, DEMENTIA OR A PSYCHOLOGICAL ILLNESS	✓		
Comments	Clients with a disability, 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.		
DEALING WITH DEATH AND DYING	✓		
Comments	Death is a natural outcome of ageing and disability. This means that workers in the disability environment will at times be supporting clients and their families at end of life.		