

TASK OVERVIEW
Home Maintenance & Modifications
Field Officerer

Physical Demands Factors	Occasional 1-33% of day	Frequent 34-66% of day	Constant 67-100% of day
SITTING	✓		
<i>Comments</i>	Driving vehicles, Paper work, job sheets, , time sheets, Office time in PM		
STANDING		✓	
<i>Comments</i>	All general maintenance jobs		
WALKING	✓		
<i>Comments</i>	Moving from vehicle in/out of clients homes and to office		
STOOPING		✓	
<i>Comments</i>	General maintenance – repairs to toilets, plumbing under sinks, installing grab rails and key safes, cutting rails to length		
CLIMBING	✓		
<i>Comments</i>	Ladders to inspect gutters, step ladder to access lights, , cleaning of fans exhaust fans		
BALANCE	✓		
<i>Comments</i>	Ladders – changing light bulbs		
KNEELING	✓		
<i>Comments</i>	General Maintenance – e.g working on low cupboard doors , fitting hinges		
CROUCH/ CRAWL	✓		
<i>Comments</i>	Repairing toilet cisterns, accessing low based items, lifting from between floor to bench height.		
OVERHEAD REACH	✓		
<i>Comments</i>	Accessing small items from above shoulder height shelves, repairing / replacing light bulbs / fitting, repairing / replacing ceiling exhaust fans, cleaning smoke detectors and installing batteries		
FORWARD REACH		✓	
<i>Comments</i>	Getting stores and parts off shelves, moving / storing parts and materials		
BENCH HEIGHT LIFT		✓	
<i>Comments</i>	<p>Bench height:</p> <ul style="list-style-type: none"> • Equipment from trolley to bench; stock movement <p>Floor to bench:</p> <ul style="list-style-type: none"> • Mower or equipment onto trailer or utility vehicle • Moving table or chair trolleys • Servicing ride-on mower or tugs • maintenance tools 		

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	<p>Note: Manual handling up to 12kg with some frequency (not concurrently)</p> <p>Bench to shoulder:</p> <ul style="list-style-type: none"> • Light fittings • Stock movement 		
OVERHEAD LIFT	✓		
<i>Comments</i>	Exhaust fan covers, light bulbs, weight of goods handled less than 5kgs		
CARRYING		✓	
<i>Comments</i>	Parts and materials, tools, tool carry. Weight range from 5kg to 15kg		
PUSHING		✓	
<i>Comments</i>	Drilling into walls and floors, sawing		
PULLING		✓	
<i>Comments</i>	Sawing		
HANDLING			✓
<i>Comments</i>	All activities require bilateral find and gross grasping		

Note: Heavier work - requires two people or is issued to contractors