

TASK OVERVIEW
REGISTERED/ENROLLED NURSE

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 Administering oral medication to clients who are seated or in bed Accessing stored medical supplies & equipment 		
Overhead lift	✓		
Comments	Items from overhead cupboards and wardrobes, weight less than 5kg		
Push	✓		
Comments	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	Application of stockings, and as above.		
Handling and fingering			✓
Comments	All tasks require bilateral, fine pincer and gross gripping. Slide sheet transfers, assisting clients with clothing on and off. Constant strong pincer gripping is required when distributing medication from Webster packs from dominant hand. Constant bilateral pincer gripping is required when attending to treatments such as eye drops and dressings. Keyboard work on computer and writing case notes/care plans.		
Sitting			✓
Comments	Sitting while driving between clients (may be as a passenger). 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.		
Standing	✓		
Comments	May stand to write notes.		
Walking		✓	
Comments	Walking to/from vehicle and to/from clients homes. Walking up stairs if workplaces (client homes) are multi storey,		
Stooping		✓	
Comments	Attending to wound dressings for bed bound or seated clients. Accessing car boot, catheter care.		
Crouching		✓	
Comments	Client transfers, dressings, low based tasks		
Kneeling		✓	
Comments	Dressings both complex and simple), treatments, application of stockings.		

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Climbing	✓		
Comments	Step stool to access shelves. Stairs to multi-level houses/units.		
Overhead reaching	✓		
Comments	Accessing treatment stores, accessing items in wardrobes etc.		
Forward reaching		✓	
Comments	Undertaking dressings, placing hoist sling, accessing items in boot or car seat, catheter care.		

Psychosocial Demands Factors	Occasional 1-33% of day	Frequent 34-66% of day	Constant 67-100% of day
DEALING WITH DIFFICULT CUSTOMERS	✓		
Comments	Care workers 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.		
DEALING WITH DEATH AND DYING	✓		
Comments	Death is a natural outcome of ageing. This means that workers in an aged care environment will often be supporting clients and their families at end of life.		