

TASK OVERVIEW
CARE WORKER - RESIDENTIAL

Physical Demands Factors	Occasional 1-33% of day	Frequent 34-66% of day	Constant 67-100% of day
SITTING	✓		
<i>Comments</i>	Documentation, noting in care plans, medication provisions, telephone communication and breaks.		
STANDING			✓
<i>Comments</i>	All other tasks require standing.		
WALKING			✓
<i>Comments</i>	Between all areas and rooms within the facility		
STOOPING		✓	
<i>Comments</i>	All tasks which are situated at below waist height require bending, bed based transfers, assisting people on and off the bed, assisting people on and off the bed, assisting people with showering and dressing, assisting people with eating and drinking. Mopping spills		
CROUCHING			✓
<i>Comments</i>	Resident transfers, dressing, low based tasks		
KNEELING		✓	
<i>Comments</i>	Assisting to wash between resident toes while showering, assisting to put on shoes and socks, making beds, winding bed, undertaking CPR.		
CLIMBING	✓		
<i>Comments</i>	Bed based transfers. Night shift: for example climbing a step ladder to write on menu board in dining room.		
CRAWLING	✓		
<i>Comments</i>	Getting items out from under the bed, or items that have fallen to the floor.		
PUSH		✓	
<i>Comments</i>	Residents in shower chairs, wheelchairs, comfort chairs, lifters, Rolling resistance can be up to 12-15kgs with a heavy resident in a chair or lifter, slide sheet transfers		
PULL		✓	
<i>Comments</i>	As above		
BENCH HEIGHT LIFT		✓	
<i>Comments</i>	Moving of limbs on a bed for resident transfers, weight up to 20kg		
OVERHEAD LIFT	✓		
<i>Comments</i>	Items from overhead cupboards and wardrobes, weight less than 5kg.		

Physical Demands Factors	Occasional 1-33% of day	Frequent 34-66% of day	Constant 67-100% of day
HANDLING AND FINGERING			✓
<i>Comments</i>	All tasks require constant handling and fingering i.e. dentures, hearing aids, spectacles, shaving, residents hair and putting on make up and jewellery. Slide sheet transfers, making of beds, assisting residents with clothing on and off		

Psychosocial Demands Factors	Occasional 1-33% of day	Frequent 34-66% of day	Constant 67-100% of day
DEALING WITH DIFFICULT CUSTOMERS	✓		
<i>Comments</i>	Residential care workers may be required to work with residents (and families) who are emotionally demanding.		
WORK WITH RESIDENTS WITH DEMENTIA	The frequency of exposure will depend on the proposed area of work. Discuss with the recruiter.		
<i>Comments</i>	Due to their disease process residents with dementia may be physically and/or verbally aggressive towards staff and/or each other. Physical aggression may include biting, spitting pinching, hitting or kicking.		
OPERATING IN A FAST PACED WORK ENVIRONMENT			✓
<i>Comments</i>	Workers will often be required to manage conflicting priorities in a fast paced work environment.		
DEALING WITH DEATH AND DYING	✓		
<i>Comments</i>	Death is a natural outcome of ageing. This means that workers in a residential aged care facility will at times be supporting residents and their families at end of life.		