

TASK OVERVIEW
GARDENER

Physical Demands Factors	Occasional 1-33% of day	Frequent 34-66% of day	Constant 67-100% of day
SITTING	✓		
<i>Comments</i>	Ride on mower, Driving, Paperwork		
STANDING			✓
<i>Comments</i>	Fixing, pruning etc		
WALKING			✓
<i>Comments</i>	Moving from job to job around facility. Pushing wheelbarrow. Walking from workshop to jobs, raking, using whipper snipper etc		
STOOPING		✓	
<i>Comments</i>	Working in confined or restricted places		
CROUCHING		✓	
<i>Comments</i>	Irrigation work, paving, digging in awkward conditions		
KNEELING	✓		
<i>Comments</i>	Gardening, irrigation repairs		
CLIMBING	✓		
<i>Comments</i>	Accessing equipment in shed, Cleaning gutters.		
FORWARD REACH		✓	
<i>Comments</i>	Getting stores and parts off shelves. Reaching forward to dig and repair when there are obstructions. Tree branches into mulcher		
OVERHEAD REACH	✓		
<i>Comments</i>	Accessing goods from above shoulder height shelves. Lopping tree and bush branches		
USE OF HANDS AND FINGERS			✓
<i>Comments</i>	Shovels, rakes, crow bars. Starting mowers/whipper snippers etc.		
BENCH HEIGHT LIFT	✓		
<i>Comments</i>	Floor to bench: Mower or equipment onto trailer or utility vehicle Servicing ride on mower or tugs Moving ladder or wheelbarrow Accessing garden beds, drains, tranches Up to 12kg frequently Control measures will be in place for transferring items of greater than 12kg in weight.		

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	Bench to shoulder: Trimming trees Clearing leaf litter out of gutters		
BALANCE	✓		
<i>Comments</i>	Ladders, roof work, after assessing fall prevention controls		
PUSH		✓	
<i>Comments</i>	Mowers, wheelbarrows		
PULL		✓	
<i>Comments</i>	Mowers, wheelbarrows		
CARRYING		✓	
<i>Comments</i>			
OVERHEAD LIFT	✓		
<i>Comments</i>			