

TASK OVERVIEW
RESIDENTIAL SERVICES- KITCHEN STAFF

Physical Demands Factors	Occasional 1-33% of day	Frequent 34-66% of day	Constant 67-100% of day
Sitting	✓		
Comments	Breaks, filling out a production list, ordering		
Standing			✓
Comments	At all work stations and benches		
Walking			✓
Comments	Between all work areas within the kitchen/kitchenettes and from kitchenettes to main kitchen		
Stooping		✓	
Comments	Depends on the installation of the fixed equipment, or storage within a kitchen. For example to access a low front-based oven, to access saucepans or supplies from low shelves and to place items on lower shelves and trolleys		
Crouching		✓	
Comments	As above		
Kneeling	✓		
Comments	Accessing items from low surfaces, that is below knee height		
Climbing	✓		
Comments	If facility is multistorey, between floors, if the lift isn't used/or no lift		
Forward reach			✓
Comments	Constant 45 – 60 degrees of shoulder flexion; frequent 60 -90 degrees of shoulder flexion to access all items while cooking on the stove, to ladle items from the pots on the stove, placing items into trays for cooking, pulling items onto trays for placement into the oven. Bench top tasks such as food preparation and making up of meals, setting up meals within the bain marie and serving of meals from the bain marie		
Overhead reach	✓		
	For example accessing appliances from above shoulder height shelving, accessing and retrieving cooked items from the top shelves of a front loading oven.		
Use of Hands and Fingers			✓
Comments	Bilateral gripping is required for all cooking and food preparation tasks.		

Physical Demands Factors	Occasional 1-33% of day	Frequent 34-66% of day	Constant 67-100% of day
Bench height lift		✓	
Comments	<p>Bench height lift:</p> <ul style="list-style-type: none"> lifting large pots from stove, weight to 15kg when full. Note: lifting can be avoided, if the operator has a trolley, the top of which is flush to the stove and accordingly the pot is slid from the top of the stove onto the trolley. When mashing large volumes of potatoes, this may require lifting of the base of the potato masher, weight 10kgs; and when full 15kgs <p>Floor to bench:</p> <p>Note: heavy items should be stored at bench height</p> <ul style="list-style-type: none"> Replacing detergent for the dishwasher, 25kg or 15kg tubs, 20kgs tubs of oil; with assistance Items from the cool room; ranges from 10kg to less than 5kg. Bags of pumpkins and potatoes, 9kg bags of diced meat, 3kg portions of meat for roasting Dry room supplies include cans of fruit, 3kg <p>Bench to shoulder:</p> <ul style="list-style-type: none"> Light trays of prepared food to cool room shoulder height shelves, or accessing dry store room shelves. Items into shoulder height oven shelves 		
Overhead lift	✓		
Comments	Depends on allocation for storage within facility. For instance: light items weighing less than 5kg from overhead shelving. 3kg cans of fruit, 5kg containers of concentrate		
Push		✓	
Comments	Small trolleys within the kitchen area. Bain Marie rolling resistance approximately 8kg.		
Pull		✓	
Comments	As above.		

Additional requirements:

- Frequent hand washing is required
- Personal Protective Equipment (PPE):
 - gloves are worn frequently
 - enclosed non slip shoes are a requirement in the kitchen.