

**TASK OVERVIEW**  
**LAUNDRY WORKER**

Physical Demands Factors	Occasional 1-33% of day	Frequent 34-66% of day	Constant 67-100% of day
<b>Carrying</b>		✓	
Comments	Baskets of washing, up to 8kg, linen, residents items, cleaning products		
<b>Pushing</b>		✓	
Comments	Laundry trolley, vacuum cleaner, mop, carpet shampooer on a trolley, clothing in and out of dryers and washing machines, can be heavy, pull / rolling resistance up to 15kg: particularly wet washing in a laundry trolley, vacuum cleaner, mop, cleaning trolley, carpet shampooer		
<b>Pulling</b>		✓	
Comments	As above		
<b>Sitting</b>		✓	
Comments	Breaks, documentation. May sit on high stool to fold small items.		
<b>Standing</b>			✓
Comments	Laundry tasks, loading and unloading machines, sorting clothes, cleaning tasks, bench height cleaning		
<b>Walking</b>			✓
Comments	Walking within the laundry between machines and folding areas' and walking within the complex to deliver clothing and items to residents within their rooms		
<b>Stooping</b>	✓		
Comments	Cleaning dryer filters, accessing clothes from deep within the industrial washing machine and dryer, accessing items from buckets on the floor		
<b>Kneeling</b>	✓		
Comments	Cleaning dryer filters, low based cleaning tasks		
<b>Crouching</b>	✓		
Comments	Sorting through dirty linen and floor based buckets, low based cleaning tasks		
<b>Handling</b>			✓
Comments	Mopping, sweeping, gripping clothes, gripping trolleys, folding		
<b>Forward reaching</b>			✓
Comments	Reaching into the deep based dryer and washing machines. Overhead to hang clothes on the trolley, overhead to place items onto a trolley for distribution to residents, overhead to wet and dry dusting.		

Physical Demands Factors	Occasional 1-33% of day	Frequent 34-66% of day	Constant 67-100% of day
Overhead reaching		✓	
Comments	Hanging items on the clothesline outside, accessing resident pigeon holes, accessing overhead shelving on clothing distribution trolleys		
Bench height lift		✓	
Comments	<p><b>Bench height</b></p> <ul style="list-style-type: none"> <li>• Individual items of clothing, into residents pigeonholes, and into shelving on trolleys</li> <li>• Taking clothes &amp; items out of a deep based dryer and low industrial washing machine and upright industrial washing machine and dryers</li> <li>• Lifting baskets of washing up to 8 kg</li> <li>• Cleaning product up to 15 kg</li> </ul> <p><b>Note:</b> Weight handled up to 10-15kg (wet washing)</p> <p><b>Floor to bench:</b></p> <ul style="list-style-type: none"> <li>• Individual items of clothing, into resident pigeonholes, and into shelving on trolleys</li> <li>• Taking clothes &amp; items out of deep based dryer and low industrial washing machine and upright industrial washing machine and dryers</li> </ul> <p><b>Note:</b> Weights handled up to 10-15kg (wet washing)</p> <p><b>Bench to shoulder:</b></p> <ul style="list-style-type: none"> <li>• Individual items of clothing, into resident pigeonholes and into shelving on trolleys into wardrobes</li> </ul>		