

TASK OVERVIEW
MAINTENANCE WORKER

Physical Demands Factors	Occasional 1-33% of day	Frequent 34-66% of day	Constant 67-100% of day
SITTING	✓		
<i>Comments</i>	Driving vehicles, Paper work: job sheets, electrical testing sheets, time sheets, survey forms, Safety Data Sheets (SDS)		
STANDING			✓
<i>Comments</i>	Dispensing chemicals, repairing furniture and equipment, hanging pictures, repair, maintenance to doors		
WALKING			✓
<i>Comments</i>	Moving from job to job within facility. Answering pager calls and requests for assistance		
STOOPING	✓		
<i>Comments</i>	Working on roofs, ceiling spaces, in confined spaces, repairing toilet cisterns, checking bed sides		
CLIMBING		✓	
<i>Comments</i>	Ladders to access gutters, step ladder to access lights, in and out of bus, fixing door catches, replacing exhaust fans, accessing equipment in maintenance shed, turning off water valves		
BALANCE	✓		
<i>Comments</i>	Ladders, roofs, ceiling spaces		
KNEELING	✓		
<i>Comments</i>	Gardening, irrigation, wheelchair repairs, trolley repairs, removing lint filters in laundry, cleaning drains in laundry		
CROUCH/ CRAWL	✓		
<i>Comments</i>	Cleaning main laundry drain, some irrigation work, paving. Repairing toilet cisterns, accessing low based items, lifting from between floor to bench height.		
OVERHEAD REACH	✓		
<i>Comments</i>	Accessing goods from above shoulder height shelves, repairing / replacing light bulbs / fitting, repairing / replacing ceiling exhaust fans, cleaning smoke detectors		
FORWARD REACH		✓	
<i>Comments</i>	Getting stores and parts off shelves, moving / storing chemicals		
BENCH HEIGHT LIFT		✓	
<i>Comments</i>	Bench height: <ul style="list-style-type: none"> • Equipment from trolley to bench; for repairing or servicing • Chemical or kitchen stores to shelving 		

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	<p>Floor to bench:</p> <ul style="list-style-type: none"> • Mower or equipment onto trailer or utility vehicle • Turning or lifting tables • Moving table or chair trolleys • Servicing ride-on mower or tugs • Delivering kitchen or chemical stores • Moving fibreglass ladder, trestle ladders, or wheelbarrow • Using gardening or maintenance tools • Accessing garden beds, drains, trenches • Accessing gas fittings, water mains • Mounting fire extinguishers <p>Note: Manual handling up to 12kg with some frequency</p> <p>Bench to shoulder:</p> <ul style="list-style-type: none"> • Trimming trees • Clearing leaf litter out of gutters, painting gutters • Light fittings • Stacking kitchen or chemical store room shelves <p>Note: Heaviest item handled are beds that required to be taken out of rooms. Two people perform this task and a trolley or wheels will be available.</p>		
OVERHEAD LIFT	✓		
<i>Comments</i>	Exhaust fan covers, light bulbs, weight of goods handled less than 5kgs		
CARRYING		✓	
<i>Comments</i>	Mats, chemicals, tools, tool carry. Weight range from 5kg to 15kg		
PUSHING		✓	
<i>Comments</i>	Trolleys, sack truck, tool trolley, wheel chairs. Moving beds and furniture		
PULLING		✓	
<i>Comments</i>	Trolley, exhaust fan covers. Moving beds and furniture		
HANDLING			✓
<i>Comments</i>	All activities require bilateral find and gross grasping		