

TASK OVERVIEW
Home Care Worker

Physical Demands Factors	Occasional	Frequent	Constant
SITTING	✓		
<i>Comments</i>	Driving between clients, Training, Meetings, Computer, Case notes.		
STANDING	✓		
<i>Comments</i>	Shopping, cooking and other household chores.		
WALKING			✓
<i>Comments</i>	Between all areas and rooms within the houses and client homes and for external chores such as shopping, activities with clients.		
STOOPING	✓		
<i>Comments</i>	Personal care: assisting with showering & dressing of client, making beds, dressing, drying feet, cleaning, and toileting. Lifting washing out of basket, low cupboards, tuck into bed, dry feet. Varies; depending on habits of worker.		
CROUCHING	✓		
<i>Comments</i>	Personal care, assisting with showering & dressing of client Making beds, dressing, drying feet, cleaning, toileting. Lifting washing out of basket, low cupboards.		
KNEELING	✓		
<i>Comments</i>	Personal care, assisting with showering & dressing of client. Making low beds, cleaning toilet and bathroom.		
CLIMBING	✓		
<i>Comments</i>	One knee onto bed for selected transfers.		
FORWARD REACH		✓	
<i>Comments</i>	Personal care, shopping use of lifter, transfers, showering, dressing.		
OVERHEAD REACH	✓		
<i>Comments</i>	Hanging out washing. Minimal weight		
USE OF HANDS AND FINGERS		✓	
<i>Comments</i>	All tasks require frequent use of hands and fingers i.e. dentures, hearing aids, spectacles, shaving, assisting with client's hair and putting on makeup. Use of hoist, slide sheet transfers, making of beds, use of lifter and assisting residents with clothing on and off. Shopping. Cleaning task		

Physical Demands Factors	Occasional	Frequent	Constant
DRIVING		✓	
<i>Comments</i>	Between clients, Clients to appointments, outings May be in conventional vehicle or small bus		
PUSH/PULL	✓		
<i>Comments</i>	Hoist transfers, wheelchairs, Up to 10kg rolling resistance force. Vacuuming, mopping. Application of elastic stockings. Shopping		
BENCH HEIGHT LIFT	✓		
<i>Comments</i>	Transferring wheeled walkers and wheelchairs into vehicles (up to 6-8kgs) Client limbs to reposition for transfers. Shopping, hanging out washing		
OVERHEAD LIFT	✓		
<i>Comments</i>	Items from overhead cupboards and wardrobes, Hanging out washing, weight less than 5kg.		
Psychosocial Demands Factors	Occasional 1-33% of day	Frequent 34-66% of day	Constant 67-100% of day
WORKING WITH DIFFICULT CUSTOMERS	✓		
<i>Comments</i>	Care workers may work with clients, families and/or situations which are emotionally demanding.		
WORK WITH CLIENTS WITH DEMENTIA OR A PSYCHOLOGICAL ILLNESS	✓		
<i>Comments</i>	Clients with developmental or intellectual disabilities, dementia or a psychological illness and may be physically and/or verbally aggressive towards staff. Physical aggression may include biting, spitting pinching, hitting or kicking. Verbal aggression may include: <ul style="list-style-type: none"> • Negative personal comments; verbal threats; other verbal reactions • Loud behaviours and emotional outbursts from clients in your care • Disruptive behaviours towards staff and/or others 		
WORKING IN A FAST PACED ENVIRONMENT			✓
<i>Comments</i>	Workers will often be required to manage a workload with set time constraints.		
DEALING WITH DEATH AND DYING	✓		
<i>Comments</i>	Death is a natural outcome of ageing. This means that workers in a care environment will at times be supporting clients and their families at end of life.		