Physical Health Assessment

LIBRARIAN/LIBRARY OFFICER

VERSION:	**V1 – 19.07.2023**
DEPARTMENT:	**Library Department**
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City of KINGSTON

PHYSICAL HEALTH ASSESSMENT

The Physical Health Assessment will require individuals to undergo a general health assessment along with a job specific functional assessment.

GENERAL HEALTH ASSESSMENT

All individuals undergo a general health assessment which includes:

- Reporting relevant medical history
- Health behaviour checklist
- Waist circumference
- Blood pressure
- Resting heart rate
- Grip strength test using a hand dynamometer
- Range of motion assessment
- Vision screen
- Hearing screen
- Balance assessment

After completion of the general health assessment, individuals then undertake a Job Specific Functional Assessment which is outlined below.

JOB SPECIFIC FUNCTIONAL ASSESSMENT

3 MINUTE BRISK WALK /UNEVEN SURFACE WALK, ASCEND AND DESCEND STAIRS, GETTING IN AND OUT OF A TRUCK, FORKLIFT OR VEHICLE

Task simulation: Walking at a brisk pace constantly around library and utilizing stairs

Sustained posture/manual handling tasks: Walking and ascending and descending stairs

Description:

- The applicant was asked to walk 6 metres for a 3-minute period over a variety of terrains. This walking speed is 4 kilometres per hour then
- The applicant was asked to climb up and down a step 10 times each leg then walk 5 metres and repeat for 3 minute, completing at a rate of one repetition every 60 seconds for 3 minutes.

CUSTOMER SERVICE/COLLECTING AND PROCESSING RETURNS SIMULATION TASK

Task Simulation: Checking books in and out, opening DVD, swiping barcodes/RFI and collecting and processing returns

Sustained posture/manual handling tasks: Repetitively gripping, kneeling, bending, carrying, lifting and pulling

Description:

- The applicant was asked to stand at the 760mm platform, then reach forward to the other side of the platform (500mm) and lift 2kg weight and place it on the near side of the desk. This was repeated continuously for 1 minute then
- Stand at the 760mm platform, then reach forward to the other side of the platform (500mm) and lift 1 kg weight (one in each hand) and place it on the near side of the desk and then simulate opening and closing a book/DVD with dumbbells 10 times. This was repeated continuously for 1 minute then
- Stand at the 760mm platform, lift up 2kg weight off the platform, rotate 90 degrees and then place the dumbbell on a 200mm step. This was repeated continuously at a steady working pace (6-10 repetitions per minute) for one minute.

PUSHING/PULLING THE RETURNS TROLLEY AND RETURNING AND SHELVING BOOKS AT VARYING HEIGHTS HEIGHT

Task Simulation: Returning borrowed books to shelves of varying heights

Sustained posture/manual handling tasks:

Looking up/down, squatting/stooping, reaching forward to shoulder/head/overhead height, lifting, repetitive gripping

Description:

- The applicant was asked to lift a 2 kg weight from a 760 mm platform, rotate 90 degrees and then alternate place it at the following levels:
  - 200mm step whilst kneeling, stooping, or squatting
  - then 600mm platform
  - then 1000mm platform

  (this was repeated for 60 seconds)
  - Then lift the same 2kg weight to a 600mm platform to a 1350mm platform to a 600mm platform and then to a 1600mm platform for 60 seconds
  - Then push a trolley loaded with 60kg (moderate) 8 metres, then grasp the trolley and pull the trolley back 2 metres. Then walk around the trolley and push it back to its starting position. This was repeated at a rate of one repetition every 20 seconds for 3 minutes.

SAFE ENDURANCE (FREQUENT) FLOOR TO WAIST LIFT AND CARRY (5 KILOGRAMS)

Task Simulation: Lifting and carrying crates of books

Sustained posture/manual handling tasks: Looking up/down, squatting/stooping, reaching forward, lifting, carrying repetitive gripping

Description:

- The applicant was asked to lift a 5kg weight from floor to the 1000mm platform. Release their grip, then grasp the weight from the platform, lift, turn and carry the weight back 3 metres to the starting position and lower it down.
- This was to be completed at a rate of one repetition every 15 seconds for 3 minutes.
  - Once the applicant was able to safely complete 3 repetitions with 10 kilograms

SAFE MAXIMAL (OCCASIONAL) FLOOR TO WAIST LIFT TO OVERHEAD AND CARRY

Task Simulation: Lifting and carrying crates of Books, Projector Screen, Lifting chairs, returning books, storing equipment

Sustained postures/manual handling demands: Floor to waist lift, overhead, bilateral carry, repetitive gripping, squatting, looking down

Description:

- The applicant was asked to lift a 10kg weight from the floor to the 1000mm platform. Release their grip, then grasp the weight from the platform, lift, turn and carry the weight back 3 metres to the starting position and lower it down.
- After this, the applicant was asked to grab a 5kg weight and lift it from the floor to a 1600mm height. Release their grip, then grasp the weight from the platform, lift, turn and carry the weight back 3 metres to the starting position and lower it down.
- This was alternated and be completed at a rate of one repetition every 15 seconds for 3 minutes.

SUSTAINED POSTURE AND REPETITIVE GRIPPING

Task Simulation:

Repetitive gripping, pronation/supination of the elbow, forward reaching and bending forward when completing library and customer service tasks

Sustained posture/manual handling tasks:

Repetitively gripping, sustained bending forward and rotation of the wrists and forearms

Description:

- The applicant was asked to stand at the 760mm platform, then reach forward to the other side of the platform (500mm) and grip the hand grip dynamometer repetitively for 45 seconds on the right hand and then repeat for a further 45 seconds on the left then
- Stand at the 1000mm platform, then reach forward 500mm then grip the hand grip dynamometer and pronate/supinate the forearm repetitively for 45 seconds on the right hand and then repeat the same on the left for 45 seconds.

PACE SAFE MANUAL HANDLING (PSMH) 'PRINCIPLES'

Factor	Description
Wide Base of Support/Stance	Demonstrates steady stance position with wide base of support for lifting tasks and split stance for pushing, pulling tasks, heel in contact with ground.
Optimal Posture	Maintains optimal posture including maintenance of neutral spine along with optimal shoulder, hip and knee joint position in manual tasks such as carrying.
Load stays close to the body	Keep loads close to the body when carrying or lifting, placing or picking up a load on a platform.
Torque	Maintains even weight distribution and avoids trunk rotation through keeping the hips aligned with the load and avoiding any leaning or twisting when placing or picking up a load from a platform.
Control	Demonstrates good control of the weight and controls the load/task in a steady manner.