

# CENTRE CARE COOK



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<b>DEPARTMENT:</b>	Early Childhood Centre
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## 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

#### Task simulation:

Walking at a brisk pace constantly around the facility (up to 20,000 steps per day)

#### Sustained Posture/Manual Handling Tasks:

Constant walking

#### Description:

- The applicant was asked to walk 5 metres up and down the clinic at a rate of 6.5 laps per minute (65 metres) for a 3-minute period.
- This walking speed is 4 kilometres per hour then

### JOB SIMULATION - ACCESSING LOW SHELVES AND CLEANING TASKS

#### Task simulation:

Accessing items on lower shelving and cleaning low/floor based items in the kitchen

#### Sustained postures/manual handling tasks:

Kneeling, bending, stooping, squatting, bending, gripping

#### Description:

- The applicant was asked to kneel on both knees lift 2 x 1 kilogram weights from the floor to a 300mm platform, back to floor then to a 600mm platform, back to the floor and back to a 1000mm platform repetitively for 60 seconds.
- Then unilateral kneeling (one knee up, one knee down) opposite a 300mm platform and place one hand on the top of the platform with the other hand grasp the 1kg dumbbell provided and simulate cleaning the side of the box/platform for 30 seconds and repeat on the other side).
- Then holding 2 x 1kg dumbbells squat/stoop and place weights alternatively on the 300mm platform, a 600mm platform and a 1000mm platform repetitively for 60 seconds.
- Using the brush and pan provided and 30 paper clips bending, squat or stoop utilising brush and pan to clean up paper clips then stand up, tip the paperclips back out and repeat this process for 60 seconds

### JOB SIMULATION - REACHING BENDING FORWARD AND ROTATING THE TRUNK IN FOOD PREPARATION, CLEANING OR MIXING SIMULATION TASK

#### Task simulation:

Accessing shelves, food preparation, gripping, cleaning, using mixer, kitchen utensils whilst standing and reaching forward

#### Sustained postures/manual handling demands:

Standing, reaching forward, rotating, looking down/up, gripping

#### Description:

- Standing at the waist height bench (1000mm) reach forward 500mm and repetitively grip and release the hand grip dynamometer for 60 seconds on each hand whilst completing different preparation work tasks to simulate using a knife, then
- Stand and reach forward, grasp 2 x 2kg dumbbells placed on the other side of the plinth (500mm away) lift and move the dumbbells to the near side and back repetitively for 60 seconds then
- Use a 1kg dumbbell provided stand and reach forward and simulate cleaning in a side-to-side motion 700mm away from your standing position at a height of 760mm for 60 seconds then
- Grasp a 10-kilogram weight from a 1000mm platform then rotate the body and place the weight on a 600mm platform, release the grip then grasp the weights and place them on a 300mm platform and then return the weights to the 1000mm platform for 60 seconds then

### SAFE ENDURANCE (FREQUENT) FLOOR TO WAIST LIFT AND CARRY

#### Task simulation:

Lifting and carrying large pots and pans, ingredients, rubbish, metal trays

#### Sustained Postures/Manual Handling:

Squatting, Floor to waist lift and gripping.

#### Description:

- The applicant was asked to lift a box (10kg total weight) from floor (handles at 200mm) to the 1000mm platform then carry the box 3 metres and place it on a 1000mm platform. Release their grip, then grasp the box from the platform, lift, turn and carry the box 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.

## ENDURANCE (FREQUENT) LIGHT PUSH /PULL

### Task simulation:

Pushing and pulling involved in intermittently pushing and pulling trolleys and other pushing and pulling kitchen based tasks involved in cleaning, opening doors etc.

### Sustained Postures/Manual Handling:

Pushing, Pulling, Benching, Stooping and Squatting.

### Description:

- The applicant was asked to push a trolley loaded with 40 kilograms 5 metres then grasp the trolley and pull the trolley back 2 metres. The walk around the trolley and push it back to its starting position. This was repeated at a rate of one repetition every 15 seconds for 90 seconds then
- Grasp a cable loaded with 15 kilograms (2 weight plates) set at shoulder/overhead height (1760mm) and pull the cable to their chest repetitively for 90 seconds.

## JOB SIMULATION – REPETITIVE LIFTING 2-10 KILOGRAMS FROM WAIST TO SHOULDER/OVERHEAD HEIGHT WITH TRUNK ROTATION

### Task simulation:

Cleaning, rotating stock, lifting utensils, products, pots and pans to high shelving and lifting and manipulating doors and trays

### Sustained/Repetitive Postures/Movements and Manual Handling Tasks:

Standing, rotating, bending, squatting, reaching forward, reaching overhead, lifting, carrying, gripping, looking down/up

### Description:

- The applicant was asked to stand at a waist height bench (1000mm) and reach forward and lift 2 x 1kg dumbbells onto a shoulder/overhead platform (1760mm) repetitively for 120 seconds then
- Grasp a 10-kilogram weight from a waist height platform (1000mm) then rotate the body and lift the weight to a shoulder/head height platform (1760mm) for 60 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.