Physical Health Assessment

POOL LIFEGUARD

VERSION:	**V1 – 09.01.2024**
DEPARTMENT:	**Active Kingston**
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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 STEP TEST (MODERATE INTENSITY CARDIOVASCULAR ENDURANCE)

Task simulation: Simulates the moderate intensity cardiovascular demands including climbing stairs, walking constantly and completing tasks involving pool maintenance, customer service and supervision of staff.

Sustained posture/manual handling tasks: Stepping

Description:

- The applicant was asked to step up and down off a step at a set rate (according to the testing protocol) for 3 minutes. To be considered safe the applicant was required to maintain a heart rate of equal to or less than 85% of their theoretical maximum heart rate throughout this test.
- The applicant's heart rate was taken one minute post-test and compared to gender norms to determine their cardiovascular fitness "category."

OPENING AND CLOSING/LIFEGUARDING DUTIES SIMULATION TASK (PUSH/PULL)

Task Simulation: Simulating removing pool and spa covers, moving lane ropes and pool booms. Pushing and pulling trolleys with pool equipment and maintenance from pool to storage and vica versa.

Sustained Postures/Manual Handling: Pull/push, bend, squat, trunk rotation, lateral walking

Description:

- Push a trolley loaded with 80 kilograms 8 metres on carpet, then grasp the trolley and pull the trolley back 8 metres. This was repeated for 60 seconds then,
- Stand facing the cable/attachment - Grasp a cable loaded with 25 kilograms (3 weight plates) using dominant hand set at waist height, pull the cable to waist height repeatedly for 60 seconds then,
- Stand facing the cable/attachment - Grasp a cable loaded with 25 kilograms (3 weight plates) waist height using dominant hand. Bend down/squat grasping the cable then return to a standing position. The applicant is then asked to step to the right 1 metre turn their body side on to the cable grasping the attachment in front of their body and then bend down/squat in that position then return to the starting position. This was repeated for 60 seconds.

LIFEGUARDING DUTIES - PATRON POOL DECK INTERACTION AND ADJUSTING EQUIPMENT SIMULATION INVOLVING REPETITIVE GRIPPING, LIFTING, STANDING, STOOPING, BENDING FORWARD OR KNEELING.

Task simulation: Interacting with patrons and adjusting lane ropes and equipment handling in standing, stooping or kneeling positions/rescue/C.P.R.

Sustained postures/manual handling demands: Reaching forward, body rotation, bilateral and unilateral kneeling, sitting, bending and lifting.

Description:

- Stand at an 800mm bench and bend forward and repetitively grip the hand grip dynamometer for 30 seconds in each hand continuously then
- Squat or stoop and repetitively grip the hand grip dynamometer at 300mm level continuously for 30 seconds each hand then
- Then kneel on the left knee, lift a 1 kilogram weight from the floor to a 300mmm platform and back down again for 30 seconds, swap to the right knee and perform the same action for another 30 seconds then
- Kneeling on both knees and one hand (positioned 90cm from the cable handle) then reaching with the other hand, grasp and pull a cable loaded with 18 kilograms (2 weight plates) to the applicant's shoulder for 60 seconds (changing hands after 30 seconds)

SAFE ENDURANCE LIFT AND BILATERAL CARRY (5-20KG)

Task Simulation: Lifting boxes of first aid and rescue equipment, signage, furniture, oxygen and cleaning equipment.

Sustained Postures/Manual Handling: Waist to shoulder/overhead lift and carry.

Description:

- The applicant was asked to lift a box containing weights (20kg total) from waist height (1000mm platform) to shoulder height (1300mm platform), turn and then carry the weight using 2 hands 5 metres and return the weights back to the starting position. This was repeated at a rate of 1 repetition every 20 seconds for 90 seconds, then,
- The applicant was asked to lift a 5kg weight from waist height (1000mm platform) to overhead height (1600mm platform), turn and then carry the weight using 2 hands 5 metres and return the weights back to the starting position. This was repeated at a rate of 1 repetition every 20 seconds for 90 seconds.

SAFE MAXIMAL (OCCASIONAL) FLOOR TO WAIST LIFT AND BILATERAL CARRY (25KG REQUIREMENT).

Task Simulation: Lifting people, boxes of rescue and first aid equipment, signage, furniture, oxygen and cleaning equipment.

Sustained Postures/Manual Handling: Floor to waist lift, bilateral carry, repetitive gripping, squatting, looking down.

Description:

- The applicant was asked to lift a box containing weights (25kg total) from the floor carry the box 10 metres and place it on a 1000mm platform (waist height) then release their grip and carry the weight back to the starting position then
- This process was repeated three times and then if the applicant was willing/assessor deemed it to be safe the weight was incrementally increased until a safe maximum was reached.
- The test ceased if the applicant was unwilling/or considered unable to safely lift more weight/ or once the applicant was able to safely complete 3 repetitions with 25 kilograms.

RESCUE SIMULATION

Task simulation: Retrieving a patron from the water and performing necessary first aid.

Sustained posture/manual handling tasks: Reaching forward, pulling, body rotation, bilateral kneeling, squatting, bending and lifting.

Description:

- Squat/stoop to pull the weight vest (20kg) along the carpet 5 metres and then onto a 200mm step then return to the starting position, this was repeated at a rate of 1 repetition every 30 seconds for 90 seconds, then
- Then kneel on both knees on foam pad and simulate CPR on weight vest for 60 seconds then,
- Then kneel on the left knee, and grip the hand dynamometer for 30 seconds, swap to the right knee and perform the same action for another 30 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.