Physical Health Assessment

EARLY CHILDHOOD EDUCATOR

VERSION:	**V2 – 24.08.23**
DEPARTMENT:	**Early Childhood Centre**
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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

Task simulation:

Walking at a brisk pace, working in uneven and unpredictable environments and ascending and descending stairs.

Sustained Posture/Manual Handling Tasks:

Walking, uneven terrain and ascending and descending stairs.

Description:

- The applicant was asked to walk 5 metres then perform 9 step ups then walk back to the start with a walking speed of 4km/hr (average walking speed) then walk 5 metres stepping on and over obstacles/foam to reflect the unpredictable and uneven terrain in which they work.

ENDURANCE (FREQUENT) LIGHT PUSH /PULL

Task simulation:

Pushing and pulling involved in intermittently pushing and pulling trolleys, furniture, children on chairs and storeroom containers at shoulder height.

Sustained Postures/Manual Handling:

Pushing, Pulling, Benching, Stooping, reaching shoulder height 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. Then 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 weightplates) set at shoulder height (1600mm) and pull the cable to their chest repetitively for 90 seconds.

SAFE ENDURANCE BILATERAL LIFT FROM FLOOR TO WAIST AND UNILATERAL CARRYING SIMULATION TASK

Task simulation:

Lifting and carrying young children (15kg) frequently

Sustained Postures/Manual Handling:

Lift, bilateral carry, walk, squat, bend, stoop

Description:

- The applicant was asked pick up a 15 kilogram weight from the floor with both hands and carry it 5 metres, place it on a 1000mm platform then release their grip, grasp, lift and carry the weight back to the starting position continuously for 3 minutes at a rate of one repetition every 30 seconds.

CLIENT CARE INTERACTION SIMULATION INVOLVING REPETITIVE GRIPPING, LIFTING STANDING, IN CHAIRS, KNEELING AND SITTING AT GROUND LEVEL

Task simulation:

Caring for children, reading, interacting, cleaning, grabbing toys in standing, sitting, ground based positions

Sustained postures/manual handling tasks:

Reaching forward, body rotation, bilateral and unilateral kneeling, sitting, bending and lifting.

Description:

- Stand at an 1000mm 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
- Kneel on both knees and lift a 5kg weight on to a 300mm platform, then place the weights back on the ground and lift to a 600mm platform continuously for 60 seconds in total.
- 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
- Then sit on the floor and lift a 2-kilogram weight from the floor to a 300mmm platform and back down again for 30 seconds
- Then stoop and bend and pick up a 5-kilogram weight off the floor, come back to a standing position and then lower the weights for a period of 30 seconds.

SAFE ENDURANCE (FREQUENT) FLOOR TO SHOULDER/ABOVE SHOULDER HEIGHT LIFT

Task simulation:

Lifting storage containers/items onto high shelving

Sustained Postures/Manual Handling:

Squat, stoop, bend, lift, reach overhead

Description:

- The applicant was asked to lift a 5kg weight from a 300mm platform then walk 3 metres and lift the weight to a shoulder height platform (1600mm) then lift the weight off the platform and place the weights back onto the 300mm platform then
- Lift a 5kg weight from a 300mm platform then walk 3 metres and lift the weights to a shoulder/above shoulder height platform (1760mm) then lift the weights off the platform and place the weights back onto the 300mm platform.
- This process is repeated at a rate of one repetition every 30 seconds for a period for 3 minutes

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.