Physical Health Assessment

ARTS PRODUCTION/ARTS COORDINATOR

VERSION:	**V1 – 09.01.2024**
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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 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."

ENDURANCE (FREQUENT) HEAVY PUSH /PULL

Task Simulation: Pushing and pulling trolleys with AV equipment and sandbags, cases, dollies, staging equipment and grand piano.

Sustained Postures/Manual Handling: Pushing, pulling, bending, stooping, reaching forward and squatting.

Description:

- The applicant was asked to push a trolley loaded with 80 kilograms 5 metres then grasp the trolley and pull the trolley back 5 metres.
- This was repeated at a rate of one repetition every 15 seconds for 3 minutes.

SAFE MAXIMAL/OCCASIONAL FLOOR TO SHOULDER LIFT

Task simulation: Lifting and carrying cables, cases, AV equipment, sandbags, chairs and tables weighing 10-25kg kilograms from the floor to the stage (1.4m) occasionally.

Sustained postures/manual handling demands: Lift floor to shoulder, carry, bend, squat, stoop.

Description:

- The applicant was asked to stand behind a 200mm step, bend forward and reach to the ground and pick up 1 x 10kg weight, lift the weight to waist height and then turn and place on a trolley (1400mm – shoulder height). If this task can be completed 3 times with control and safe (as possible) manual handling technique then
- The applicant was asked to stand behind a 200mm step, bend forward and reach to the ground to pick up 1 x 20 kilogram weight, lift the weight to waist height and then turn and place on a trolley (1400mm – shoulder height).). If this task can be completed 3 times with control and safe (as possible) manual handling technique then
- The applicant was asked to stand behind a 200mm step, bend forward and reach to the ground to pick up 1 x 25 kilogram weight, lift the weight to waist height and then turn and place on a trolley (1400mm – shoulder height).

MANAGING CONTROLS, USING HANDHELD TOOLS, SET UP AND PACK UP OF EQUIPMENT

Task Simulation: Managing controls, using handheld tools, set up and pack up of equipment

Sustained Postures/Manual Handling: Reaching forward, body rotation, bilateral and unilateral kneeling, bending and lifting.

Description:

- Stand at a 1000mm level, bend and reach 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 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
- Kneel on both knees, lift a 1 kilogram weight from the floor to a 1000mmm platform (waist height) and back down again for 30 seconds
- Then stand and bend forward and reach forward above the head and repetitively grip the hand grip dynamometer for 30 seconds in each hand continuously.

SAFE ENDURANCE LIFT FROM WAIST TO OVERHEAD AND CARRYING SIMULATION TASK

Task simulation: Lifting and carrying audio and lighting equipment, cables and cases

Sustained postures/manual handling demands: Lift overhead, reaching overhead, bilateral carry, walk, squat, bend, stoop

Description:

- The applicant was asked pick up an 10kg weight from waist height (1000mm) with both hands, walk 5 metres and place it onto a 1400mm platform then release their grip, grasp, lift and walk 5 metres back to the starting point and lower the weight.
- This task was repeated continuously at a rate of 4 repetitions per minute 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.