Physical Health Assessment

PARKING ENFORCEMENT OFFICER

VERSION:	**V1 – 12.11.2021**
DEPARTMENT:	**Parking Services**
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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 and meeting the moderate intensity cardiovascular demands of this position

Sustained postures/manual handling demands:

Stepping, moderate intensity cardiovascular fitness.

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."

SCANNING TASKS

Task simulation:

Checking/Scanning parking tickets

Sustained postures/manual handling demands:

Sustained standing and reaching forward, bending, lunging

Description:

- The applicant was asked to stand at the 760mm platform, then reach forward to the other side of the platform (500mm) while holding a 1kg dumbbell and "mark" it on the near side of the desk then
- The applicant turns and leans forward and lunges to the 300mm box to "mark"
- This was repeated for 3 minutes

3 MINUTE BRISK WALK ON UNEVEN TERRAIN AND 3 MINUTES ASCENDING AND DESCENDING STAIRS/GETTING IN AND OUT OF CAR

Task simulation:

Walking at a brisk pace in workplace duties such as patrolling utilizing stairs, getting in and out of cars and up and down larger steps in the process of dispensing inherent duties of the role.

Sustained posture/manual handling demands:

Walking and ascending and descending stairs, getting in and out of cars and up and down larger steps

Description:

- The applicant was asked to walk 5 metres up and down the clinic at a rate of 5.5 laps per minute (65 metres) for a 3-minute period. Two Foam squares are placed 3 metres apart, the applicant is required to walk on top of both of these squares and maintain balance whilst walking these laps. This walking speed is 5.5 kilometres per hour
- The applicant was asked to climb up and down 3 stairs 5 times then walk 5 metres, then climb up and down two stairs using the hand rail for support 5 times (to replicate getting in and out of the vehicle) then walk 5 metres. This was to be completed at a rate of one of each of these tasks per minute for 3 minutes.

GROUND BASED KNEELING AND MANIPULATION

Task simulation:

Kneeling, pulling and manipulating to check things in carparks, bending and the ability to rise from them ground

Sustained postures/manual handling demands:

Bilateral and unilateral kneeling, gripping, wrist rotations, pulling, lifting, 4 point support position, reaching forward

Description:

- The applicant was asked to kneel on both knees while supporting with one hand and reach forward to pull a cable with 2 plates for 90 seconds then
- Walk 6 metres, bend both knees fully and touch the ground, rise and then walk another 6 metres bend both knees fully and touch the ground repeating this process for 90 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.