

OPEN SPACE CREW & OPEN SPACE CREW LEADER



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DEPARTMENT:	AccessCare
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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 planting inspections, attending parks/sites and inherent tasks of this position
Sustained posture/manual handling tasks:	Stepping
Description:	<ul style="list-style-type: none">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."

3 MINUTE BRISK WALK ON UNEVEN TERRAIN, STAIR CLIMBING, KNEELING AND LYING

Task Simulation:	Walking at a brisk pace, ascending and descending steps and manoeuvring uneven surfaces around parks, ovals, foreshore and other open spaces and assuming different postures including kneeling and lying.
Sustained posture/manual handling tasks:	Walking, uneven terrain, ascending/descending stairs, kneeling and lying.
Description:	<ul style="list-style-type: none">The applicant was asked to kneel down on one or two knees then stand up and climb up and down the step 10 times then walk 10 metres over a foam square and incline wedge and then lie down on their back, repeat the sequence for 3 minutes.

GROUND BASED KNEELING, CROUCHING, AND REACHING LOW POSITION TASK SIMULATION

Task Simulation:	Unilateral kneeling, bilateral kneeling, crouching, reaching forward, reaching at shoulder height, reaching overhead for ground/park/foreshore maintenance tasks.
Sustained posture/manual handling tasks:	Bilateral and unilateral kneeling, grasping, crouching, reaching forward, reaching at shoulder height, reaching overhead.
Description:	<ul style="list-style-type: none">Stand at a 1600mm platform (overhead height) and repetitively grip the hand grip dynamometer for 60 seconds continuously swapping hands as needed thenStand at an 1000mm bench (waist height) and bend forward and repetitively grip the hand grip dynamometer for 60 seconds continuously swapping hands as needed thenSquat or crouch and repetitively grip the hand grip dynamometer at 300mm level continuously for 30 seconds swapping hands as needed thenThen kneel on the left knee, lift a 1-kilogram weight from the floor to a 300mm platform and back down again for 30 seconds, swap to the right knee and perform the same action for another 30 seconds thenThen kneel on both knees and lift 2x 1-kilogram weights from the floor to a 300mm platform and back down again for 30 seconds

TWISTING/TURNING AND MOVING EQUIPMENT/GREEN WASTE AT DIFFERENT HEIGHTS

Task Simulation:	Bilateral kneeling, unilateral kneeling, standing, reaching forward, twisting and turning required when planting, mulching and completing other park/garden and maintenance tasks.
Sustained posture/manual handling tasks:	Bilateral kneeling, unilateral kneeling, grasping, reaching forward, standing, twisting, turning.
Description:	<ul style="list-style-type: none">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 one knee and hold a 1kg weight out in front of your chest at shoulder height and twist from side to side for 60 seconds then,Kneel on both knees holding a 1kg weight twist bringing the weight from the left hand side to the right hand side of the body, placing the weight on the ground on both sides for 60 seconds then,Stand between two 1300mm platforms (shoulder height) holding a 2kg weight place it on one platform then turn to face the other platform place the weight and repeat for 60 seconds.

SAFE ENDURANCE (OCCASIONAL) WAIST TO SHOULDER LIFT AND BILATERAL/UNILATERAL CARRY (20KG)

Task Simulation:	Lifting and carrying equipment including sandbags, brush cutters, hedge trimmers and knap sacks from waist to shoulder height.
Sustained posture/manual handling tasks:	Waist to shoulder lift, bilateral carry, unilateral carry, squatting, looking up/down.
Description:	<ul style="list-style-type: none">The applicant was asked to lift 2x10kg weights from a 1000mm platform (waist height) carry bilaterally 10 metres and place the weights on a 1300mm platform (shoulder height) then release their grip then lift, turn, carry the weight back to the starting position. This was to be completed at a rate of one repetition every 30 seconds for 90 seconds, thenThe applicant was asked to lift 1x10kg weight from a 1000mm platform (waist height) carry in one hand for 10 metres and place the weight on a 1300mm platform (shoulder height) using both hands then release their grip then lift, turn, carry the weight back to the starting position. This was to be completed at a rate of one repetition every 30 seconds for 90 seconds.

SAFE MAXIMAL FREQUENT LIFT (15KG) FLOOR TO OVERHEAD LIFT

Task Simulation:	Lifting goal posts, green waste, hand tools and loppers from the floor to overhead.
Sustained posture/manual handling tasks:	Floor to overhead lift, bend, squat, bilateral carry.
Description:	<ul style="list-style-type: none">The applicant was asked to lift a 15kg weight from the floor carry with two hands for 10 metres and place it on a 1600mm platform (overhead height) then release their grip and carry the weight back to the starting position thenThis 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 15 kilograms.Then, the applicant was asked to lift a 5kg weight from the floor carry it for 10 metres and place it on a 1600mm platform (overhead height) then release their grip and carry the weight back to the starting position for 3 minutes.

SAFE MAXIMAL FREQUENT LIFT (15KG) FLOOR TO OVERHEAD LIFT

Task Simulation:	Lifting goal posts, green waste, hand tools and loppers from the floor to overhead.
Sustained posture/manual handling tasks:	Floor to overhead lift, bend, squat, bilateral carry.
Description:	<ul style="list-style-type: none">The applicant was asked to lift a 15kg weight from the floor carry with two hands for 10 metres and place it on a 1600mm platform (overhead height) then release their grip and carry the weight back to the starting position thenThis 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 15 kilograms.Then, the applicant was asked to lift a 5kg weight from the floor carry it for 10 metres and place it on a 1600mm platform (overhead height) then release their grip and carry the weight back to the starting position for 3 minutes.

SAFE ENDURANCE (FREQUENT) FLOOR TO WAIST LIFT AND BILATERAL CARRY.

Task Simulation:	Lifting and carrying equipment including sandbags, fertiliser bags, green waste, water drums, brush cutters, hedge trimmers and knap sacks from floor to waist height.
Sustained posture/manual handling tasks:	Floor to waist lift, bilateral carry, squatting, looking up/down.
Description:	<ul style="list-style-type: none">The applicant was asked to lift a 25kg weight from the floor carry bilaterally 10 metres and place the weight on a 1000mm platform (waist height) then release their grip then lift, turn, carry the weight back to the starting position. This was to be completed at a rate of one repetition every 30 seconds for 3 minutes.

ENDURANCE (FREQUENT) HEAVY PUSH /PULL (60KG) INCLUDING RACKING

Task Simulation:	Pushing/pulling wheelbarrows, mowers, and bins. Racking of park areas and pushing/pulling of green waste (e.g. branches).
Sustained posture/manual handling tasks:	Bending, pushing, pulling, gripping, racking.
Description:	<ul style="list-style-type: none"> The applicant is required to mimic racking using the broom provided with safe manual handling technique for 90 seconds then The applicant was asked to push a trolley loaded with 60 kilograms 7 metres on carpet, then grasp the trolley and pull the trolley back 7 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 Standing at the cable machine with the attachment at chest height, pull the cable to their chest with two hands (4 weight plates) 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.