



Workforce Health, WorkFit Services

## Job Capacity Statement: *Physiotherapist (Outpatients)*



The information below is designed to give you an indication of the likely demands of working in this role and will help you assess whether the job may suit you. You are encouraged to ask further questions about the demands if you have any concerns as local conditions may alter the demands you experience in the role. This should be read in conjunction with the Role Description which provides detail about the skills, knowledge and attributes relevant to the role. The Contact Officer listed in the job pack is the best person to contact with any queries.

### Environmental Job Factors

Possible Exposure to Infectious Diseases

### Overall Psychological Job Factors

### Level of Importance

Level of Job Control or Autonomy	Moderate
Level of Supervision or Support Received	Moderate
Contact with Co-workers/Colleagues (vs Isolation)	Moderate
Teamwork	Moderate
Exposure to Emotional Situations	Moderate
Level of Scrutiny and Accountability from Others (exposure to public scrutiny)	Moderate
Sensitivity and Empathy to Needs of Others	High
New Relationship Building	High
Safety Pressures: Exposure to High Risk with Regard to Safety	Moderate
Switching Between Tasks	Moderate
Time Pressures (including deadlines)	Moderate
Contact with Consumers/ Customers	High
Self-control and Regulation of Emotions	Moderate
Learning (requirement to learn new information and integrate this into work practices)	Moderate

### Psychological Demands (Cognitive)

### Highest Level Of Complexity

Abstract	Problem Solving & Critical Thinking (including judgement)	High
Attention And Accuracy	Attention: Concentration	High
	Attention: Degree of Precision & Accuracy	High
Mechanical	Mechanical Reasoning (requirement to work with and resolve problems with machinery and equipment)	Moderate
Numerical	Number Skills	Moderate
Processing	Quick Thinking	Moderate
Spatial Reasoning	Spatial Reasoning (requirement to accurately assess distance between objects or the fit of objects into spaces)	Moderate
Verbal	Oral Communication (including active listening)	High
	Reading Literacy	Moderate
	Writing Literacy	Moderate

Physical Demands	Frequency (8 Hour Shift)	Max Load
<b>Dynamic Strength</b>		
Floor to Waist Lift	Infrequent: up to 10 minutes	16kg
Pull	Infrequent: up to 10 minutes	16kg
Push	Occasional: up to 2.5 hours	16kg <i>NB: must be able to generate a 45kg downward push for CPR, approx. 17-21kg body weight + 18-24kg applied force (occurs very rarely)</i>
Waist to Eye Level Lift	Infrequent: up to 10 minutes	17kg
Physical Demands	Frequency (8 Hour Shift)	Max 'at one' Time
<b>Manual Task Postures</b>		
Lunge - Forward/Backward	<i>Required</i>	-
Lunge - Sideways	<i>Required</i>	-
<b>Mobility Activities</b>		
Climbing Stairs	Occasional: up to 2.5 hours	5 steps
<b>Other</b>		
Maintain Balance Against External Forces	<i>Required</i>	-
Balance On Uneven Surfaces	<i>Required</i>	-
<b>Position Tolerance Activities</b>		
Kneeling	Infrequent: up to 10 minutes	5 mins
Neck Flexion	Occasional: up to 2.5 hours	30 mins
Sitting	Frequent: up to 5 hours	60 mins
Standing	Frequent: up to 5 hours	30 mins
Work Bent Over- Standing	Occasional: up to 2.5 hours	10 mins
Work Crouching/Half Kneel	Occasional: up to 2.5 hours	15 mins
<b>Upper Limb</b>		
Forward Reach	Occasional: up to 2.5 hours	10 mins
Grip	Occasional: up to 2.5 hours	10 mins
Keying/Mousing	Occasional: up to 2.5 hours	2 hours
Precise Hand & Finger Movement/Use (Manual or Finger Dexterity)	Occasional: up to 2.5 hours	30 mins

NB: this is not an exhaustive list of ALL job factors and demands, but those which are considered to be significant.

Definition of frequency (based on 8 hour shift)			
Infrequent: up to 10 minutes	Occasional: up to 2.5 hours	Frequent: up to 5 hours	Constant: up to 8 hours
0 - 2%	2-33%	34-66%	67-100%
Up to 10 minutes	>10 min - 2.5 hours	>2.5 – 5 hours	More than 5 hours

## Immunisation Demands

Risk Category	Risk Category Description	Immunisation Requirements
A	Direct contact with blood or body substances	Diphtheria-Tetanus-Pertussis Hepatitis B *Hepatitis A Influenza Measles-Mumps-Rubella Varicella

*Applicants are responsible for completing minimum immunisation requirements with their preferred immunisation provider prior to commencing employment*

*\*The Australian Immunisation Handbook recommends Hepatitis A vaccine for HCWs who work in rural and remote Indigenous communities; with Indigenous children; or care for persons with developmental disabilities.*

- *All Healthcare workers who provide patient care must complete the Tuberculosis Screening questionnaire. The need for mantoux testing and or interferon gamma release assay (blood test) is determined by your individual risk or by health service risk. Refer to Policy Directive [Control of Tuberculosis in South Australian Health Services](#) for further information.*