

COMMUNITY SUPPORT OFFICER



VERSION:

V1 – 10.10.23

DEPARTMENT:

Inclusive Communities

PREPARED BY:

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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

SAFE MAXIMAL (OCCASIONAL) FLOOR TO WAIST LIFT AND BILATERAL CARRY (5KG REQUIREMENT)

Task simulation:

Loading and unloading equipment such as speakers, chairs, teardrop banners cleaning and AV equipment and carrying these items.

Sustained Posture/Manual Handling Tasks:

Floor to waist lift and bilateral carry, repetitive gripping, squatting.

Description;

- The applicant was asked to lift a 5kg weight from the floor and carry the weight for 10m to a 1000 mm platform (waist height) then release their grip and carry the weight back to the starting position.

SAFE MAXIMAL (OCCASIONAL) WAIST TO OVERHEAD LIFT AND BILATERAL CARRY (5KG REQUIREMENT)

Task Simulation: Loading and unloading equipment such as speakers, chairs, cleaning and AV equipment and carrying these items.

Sustained postures/manual handling demands: Floor to waist lift and bilateral carry, repetitive gripping, squatting.

Description:

- The applicant was asked to lift a 5kg weight from the 1000mm platform (waist height) and carry the weight for 10m to a 1600 mm platform (overhead height) then release their grip and carry the weight back to the starting position.

OFFICE DUTIES INCLUDING COMPUTER WORK, UNILATERAL KNEELING, TWISTING, CROUCHING IN CONFINED SPACES AND SQUATTING.

Task Simulation: Assuming a variety of postures and positions and undertaking light manual tasks at a low level.

Sustained postures/manual handling demands: Sitting, unilateral kneeling, twisting, crouching in confined spaces and squatting.

Description:

- Stand at a 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 one knee and repetitively grip the hand dynamometer at 300mm level continuously for 30 seconds each hand then
- The applicant was asked to pick up 2 x 0.5 kg weights in both hands from a 300mm platform and then walk 2 metres and place it on an 1000mm platform and then return it to the 300mm platform for 30 seconds then
- Stand at a 1000mm platform (waist height) and move 2x 0.5 kg weights from the front of the box to the back for 30 seconds then
- Sit in front of 700mm box (plyo box) pick up 2 x 0.5 kg weights, twist and place on the other side of the box for 30 seconds

ENDURANCE (OCCASIONAL) LIGHT PUSHING/PULLING

Task Simulation: Pushing and pulling trolleys with stacks of chairs/tables, TV on wheels and wheelie bins.

Sustained postures/manual handling demands: Pushing, pulling, gripping and reaching forward.

Description:

- The applicant was push and pull a trolley loaded with 20kg of weight 6 metres then grasp the trolley and pull the trolley back 6 metres. on it up and down the clinic
- This was repeated at a rate of one repetition every 15 seconds for 3 minutes.

SWEEPING, MOPPING AND FLOOR BASED CLEANING

Task Simulation: Sweeping and mopping event space and office as needed

Sustained postures/manual handling demands: Pushing, pulling, bending, squatting

Description:

- Sweep for 60 seconds including under tables and benches
- Use the mop provided and simulate a mopping action (figure 8) for 60 seconds
- Using brush and pan stoop, squat or kneel to clean up loose rubbish (assessor to place items on floor) for 60 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. |

