

SCHOOL CROSSING SUPERVISOR



VERSION:	V1 – 21.12.2022
DEPARTMENT:	Compliance and Amenity
PREPARED BY:	Ben Southam - PACE Health Management Karen Crowther - Local Laws Officer (Crossing Supervisor) Maryanne Shaw - Injury Management Advisor Skip Fulton - Team Leader Health and Safety

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

STANDING TOLERANCE

Description:

- The applicant was required to stand constantly for 60 minutes throughout the assessment

WALKING ON VARIOUS TERRAIN FOR 6 MINUTES

Task simulation:

Simulate crossing walking patterns and ability to ambulate safely on various terrains.

Sustained Postures/Manual Handling:

Brisk Walking, changing direction, walking uphill, downhill or up and down gutters and stairs.

Description:

- The applicant was asked to walk for 3 minutes outside the clinic. This task includes uphill and downhill slopes and changes of direction every 10 metres to reflect various crossing terrains while maintaining a speed of 4km/h then
- Walk up and down the 3 stairs once and then walk 5 metres and then turning and repeating this movement at a rate of 2 repetitions per minute for 3 minutes.

SCHOOL CROSSING SIMULATION

Task simulation:

Picking sign off the ground if it falls, stepping up and down off gutter, holding sign out in front, blowing a whistle

Sustained Postures/Manual Handling:

Walking, bending, stooping, carrying, lifting, reaching forward, stepping up and down

Description:

- The applicant was asked to pick up a School Crossing sign off the floor, grasping the pole step onto a 100mm step, turn and then
- Hold the school crossing sign extended in front at 45-degree angle, walk to middle of inside clinic (3 metres) turn, hold the sign upright in front of the body and squeeze whistle then
- Hold the crossing sign horizontal and walk back to the starting point.
- This must be completed at a rate of 1 every 30 seconds.

SAFE MAXIMAL OCCASIONAL LIFT & CARRY (5KG)

Task simulation:

Lifting all required equipment (sign, flags) from the car to the crossing

Sustained Postures/Manual Handling:

Floor to chest lift, bend, squat, carry

Description:

- The applicant was asked to lift a 5 kilogram weight from a 600mm height and carry it 30 metres and place on a 1000mm platform. The applicant then lifting the weight and carried it for 30 metres and placed it back on the 600mm platform.
- This was repeated 3 times

SCHOOL CROSSING STOP BATON WIND GRIP SIMULATION TASK

Task simulation:

This task simulates the ability to grasp the stop sign in windy conditions

Sustained Postures/Manual Handling:

Gripping, reaching forward, holding a weight

Description:

- The applicant was asked to hold the stop baton at 45-degree angle for 5 seconds resisting a cable laden with 3 weight plates attached to the stop baton (from behind to pull the baton away from the applicant) to simulate wind resistance.
- This was then repeated except the applicant was this time asked to stand with the stop baton in front of their body and held vertically for 5 seconds.
- The applicant was asked to alternate between these two tasks 10 times each.

OCCASIONAL SPONTANEOUS CHANGES IN DIRECTION

Description:

- Stand in the centre of the cones so that there is one cone in front, one behind, one to their left, one to their right.
- Respond promptly and accurately to your instructions to move to the appropriate cone.
- The applicant is required to hold the School Crossing sign then the assessor is to call either “front, behind, left or right.”
- The applicant is required to move promptly and accurately to the cone and then return to the starting point.
- This process is repeated over a 90 second period

Clinical Observation/Assessment Criteria:

Ability to respond: Immediate/(Acceptable), Delayed (Unacceptable)

Accuracy of Response: Consistently accurate (7/10+ correct movements), Occasionally accurate (<7/10 accurate).

Balance: Steady on feet (acceptable), Balance observed to be compromised (unacceptable)

Task Simulation: Reacting to keeping kids safe. Change dynamics around school crossing area

Sustained Postures/Manual Handling: Reaction speed, balance, coordination

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.



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