

Workforce Health, WorkFit Services



Job Capacity Statement: RN - Mental Health

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 Shift Work

| Overall Psychological Job Factors | Level of Importance |
|--|---------------------|
| Level of Job Control or Autonomy | Moderate |
| Level of Supervision or Support Received | High |
| Contact with Co-workers/Colleagues (vs Isolation) | Moderate |
| Teamwork | High |
| Exposure to Confrontational Situations | High |
| Exposure to Emotional Situations | High |
| Level of Scrutiny and Accountability from Others (exposure to public scrutiny) | Moderate |
| Sensitivity and Empathy to Needs of Others | High |
| New Relationship Building | Moderate |
| Safety Pressures: Exposure to High Risk with Regard to Safety | High |
| Switching Between Tasks | Moderate |
| Time Pressures (including deadlines) | Moderate |
| Contact with Consumers/ Customers | High |
| Self-control and Regulation of Emotions | High |
| 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 | Moderate |
| | Attention: Degree of Precision & Accuracy | Moderate |
| Processing | Quick Thinking | High |
| Verbal | Oral Communication (including active listening) | High |
| | Reading Literacy | Moderate |
| | Writing Literacy | Moderate |

| Physical Demands | Frequency (8 Hour Shift) | Max Load |
|---|-------------------------------------|--|
| Dynamic Strength | | ' |
| Floor to Waist Lift | Occasional: up to 2.5 hours | 12kg |
| Two handed Carry | Occasional: up to 2.5 hours | 15kg |
| Pull | Occasional: up to 2.5 hours | 30kg |
| Push | Frequent: up to 5 hours | 30kg NB: must be able to generate a 45kg downward push for CPR, approx. 17-21kg body weight + 18-24kg applied force (occurs rarely) |
| Waist to Eye Level Lift | Infrequent: up to 10 minutes | 10kg |
| Physical Demands | Frequency (8 Hour Shift) | Max 'at one' Time |
| Manual Task Postures | | |
| Lunge - Forward/Backward | Required | - |
| Lunge - Sideways | Required | - |
| Other | | |
| Maintain Balance Against External Forces | Required | - |
| Position Tolerance Activities | | |
| Kneeling | Occasional: up to 2.5 hours | 10 minutes |
| Neck Flexion | Occasional: up to 2.5 hours | 10 minutes |
| Sitting | Frequent: up to 5 hours | 60 minutes |
| Standing | Occasional: up to 2.5 hours | 30 minutes |
| Work Bent Over- Standing | Occasional: up to 2.5 hours | 15 minutes |
| Upper Limb | | ' |
| Forward Reach | Frequent: up to 5 hours | 20 minutes |
| Grip | Frequent: up to 5 hours | 120 minutes |
| Keying/Mousing | Occasional: up to 2.5 hours | 120 minutes |
| Precise Hand & Finger Movement/Use (Manual or Finger Dexterity) | Frequent: up to 5 hours 120 minutes | |
| Overhead Reach | Required | |

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 | | |