

Workforce Health, WorkFit Services

Job Capacity Statement: Cook



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		
Exposure to Cold		
Shift Work		
Exposure to Heat		
Overall Psychological Job Factors	Level of Importance	
Level of Job Control or Autonomy	Low	
Level of Supervision or Support Received	High	
Contact with Co-workers/Colleagues (vs Isolation)	High	
Teamwork	Moderate	
Exposure to Confrontational Situations	Moderate	
Managing Others	Moderate	
Switching between Tasks	Moderate	
Self-control and Regulation of Emotions	Moderate	

Psychological Demands (Cognitive)		Highest Level Of Complexity
Attention And Accuracy	Attention: Concentration	Moderate
	Attention: Degree Of Precision & Accuracy	Moderate
Numerical	Number Skills	Moderate
Spatial Reasoning	Spatial Reasoning (requirement to accurately assess distance between objects or the fit of objects into spaces)	Moderate
Verbal	Reading Literacy	Moderate

Physical Demands	Frequency (8 Hour Shift)	Max Load			
Dynamic Strength					
Floor to Waist Lift	Infrequent: up to 10 minutes	25 kg			
Two handed Carry	Occasional: up to 2.5 hours	15 kg			
Waist to Eye Level Lift	Infrequent: up to 10 minutes	10 Kg			
Physical Demands	Frequency (8 Hour Shift)	Max 'at one' Time			
Position Tolerance Activities					
Standing	Frequent: up to 5 hours	1 hour			

Upper Limb			
Forward Reach	Occasional: up to 2.5 hours	1 min	
Grip	Occasional: up to 2.5 hours	3 min	

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	