

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

Immunisation Demands		
Risk Category	Risk Category Description	Immunisation Requirements
C	Minimal patient contact**	Influenza **Please note there is a benefit for all workers in roles with minimal patient contact to be immunised in accordance with the Australian Immunisation Handbook current edition Workers in these roles should strongly consider being vaccinated against the following vaccine preventable infectious diseases Diphtheria-Tetanus-Pertussis Influenza Measles-Mumps-Rubella Varicella

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