

OPEN SPACE COORDINATOR & OPEN SPACE LEADERSHIP



City of
KINGSTON

VERSION:	V1 – 19.03.2024
DEPARTMENT:	Open Space
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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

3 MINUTE BRISK WALK

Task simulation: Walking at a brisk pace

Sustained Posture/Manual Handling Tasks: Walking

Description;

- The applicant was asked to walk continuously for 6 minutes

SAFE ENDURANCE (OCCASIONAL) FLOOR TO WAIST LIFT AND CARRY

Task Simulation: Lifting items during administrative duties including laptop, training materials and stationary deliveries.

Sustained postures/manual handling demands: Squatting, floor to waist lift and gripping..

Description:

- The applicant was asked to lift a 10kg weight from the floor, carry the weight for 5 metres and then lift it to a 1000mm platform. Release their grip, then grasp the weight from the platform, lift, turn and carry the box back 5 metres to the starting position and lower it down.
- This was to be completed at a rate of one repetition every 15 seconds for 3 minutes.

ENDURANCE (OCCASIONAL) LIGHT PUSH /PULL

Task Simulation: Pushing and pulling items including tables and the catering trolley.

Sustained postures/manual handling demands: Push/pull

Description:

- The applicant was asked to push a trolley loaded with 40 kilograms 7 metres on carpet, then grasp the trolley and pull the trolley back 2 metres. The walk around the trolley and push it back to its starting position.
- This was repeated at a rate of one repetition every 20 seconds for 3 minutes.

LOW LEVEL WORKPLACE TASK SIMULATION

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

Sustained postures/manual handling demands: Bilateral and unilateral kneeling, forward reaching, squatting, stooping.

Description:

- Stand at an 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 both knees and lift a 2kg weight on to a 300mm platform, then place the weights back on the ground and lift to a 600mm platform continuously for 60 seconds in total.
- Then kneel on the left knee, lift a 1-kilogram weight from the floor to a 300mm platform and back down again for 30 seconds, swap to the right knee and perform the same action for another 30 seconds.

SAFE ENDURANCE (OCCASIONAL) FLOOR TO OVERHEAD LIFT (5KG)

Task Simulation: Lifting items from floor to overhead such as a stationary box.

Sustained postures/manual handling demands: Squatting, lifting, gripping from the floor to overhead.

Description:

- The applicant was asked to lift 2 x 2.5 kg dumbbells from the floor then walk 5 metres and lift the dumbbells to an overhead height platform (1600mm) then lift the weights off the platform and place the weights back onto the floor.
- This process is repeated at a rate of one repetition every 15 seconds for a period for 3 minutes.

SAFE ENDURANCE LIFT FROM FLOOR TO SHOULDER AND CARRYING SIMULATION TASK

Task Simulation: Lifting and carrying audio and lighting equipment and cables, light speakers, slabs of alcohol and sand bags.

Sustained postures/manual handling demands: Lift, bilateral carry, walk, squat, bend, stoop

Description:

- The applicant was asked pick up an 15kg weight from the floor with both hands, walk 15 metres and place it onto a 1350mm platform then release their grip, grasp, lift and walk 15 metres back to the starting point and lower the weight.
- This task was repeated continuously at a rate of 2 repetitions per minute for 3 minutes.

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.