

## INHERENT PHYSICAL REQUIREMENTS PROFILE

<b>PRIMARY PROFILE.</b> Administration/Professional - with field work – 50-70%				
<b>SECONDARY PROFILE:</b> TYPE: 9 – Irregular and/or extended hours/periods				
<b>TYPICAL TASKS:</b> Part desk or bench type computer/screen based activities, correspondence, significant standing and movement across various surfaces, including stairs or inclines, during the checking of various assets or the conduct of clinical health work is required during site work with other officers, third party representatives and the public (including children), research, attending meetings, attending to incoming / out-going phone calls, photocopying, filing, travel to and from site work using vehicles. Length/times of shift may vary.				
PHYSICAL DEMANDS OF THE TASK AND % OF TIME ALLOCATED	NEVER 0%	OCCASIONAL 1-33%	FREQUENT 34-66%	CONTINUALLY 67-100% (with interruptions)
Sitting – preferred exposure time to be reduced to less than 67%			X	
Standing – preferred exposure time to be increased above 33%			X	
Walking – A mobility aid may replace walking			X	
Steps/stairs		X		
Squatting		X		
Kneeling		X		
Bending		X		
Twisting		X		
Working with one or both hands above shoulder height		X		
Reaching forwards or sideways >50cm from the body			X	
Gripping or grabbing			X	
Fine hand coordination eg. For computer keying, use of specialist implements/tools.		X		
Lifting floor-waist		X		
Lifting at waist height			X	
Lifting above shoulder height		X		
Carrying eg. Weights at own discretion			X	
Pushing eg. Of trolleys		X		
Pulling eg. Of trolleys		X		
Shift Work – operate outside the hours of 7am-7pm during some project work.		X		
Driving – control & use of a 4 wheel vehicle	X	X*		
OPTIONS FOR RISK CONTROL MEASURES:	BRIEF DESCRIPTION OF THEIR USE			
Trolley	For transporting files, supplies, and equipment.			
Shared standing workstation and meeting rooms	To provide for assuming alternative work postures when undertaking core tasks.			
<b>JOB DESIGN ALERT:</b> If a job has the following physical demands that are sustained or frequently required please contact the OHS and Wellbeing team to discuss job redesign options.				
Looking up – use of neck				
Looking down – use of neck				
Sustained static loads - holding, supporting, or straining				
Exerting force in an awkward posture				
Exerting force with one hand or one side of body				

\* If assessed and listed as essential in the PD for a specific task.