

INHERENT PHYSICAL REQUIREMENTS PROFILE

PRIMARY PROFILE. – Operations - field work – 70-90%				
SECONDARY PROFILE: TYPE: 17 –Local Field Officers				
TYPICAL TASKS: Tasks are mainly based out in the field, across both outdoor or undercover areas /indoor facilities. There is some desk or bench type computer/screen based activities and correspondence. The role involves significant standing and movement across various surfaces, including stairs or inclines and may require observational/patrol/inspection work and/or checking various assets or situations during external work with other officers or volunteers, third party representatives and the public who may require provision of assistance or guidance and information. There may be occasional research, attending meetings, attending to incoming / out-going phone calls, photocopying, filing, and travel to and from various locations using vehicles or public transport.				
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 and handing of documentation			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			
OPTIONS FOR RISK CONTROL MEASURES:	BRIEF DESCRIPTION OF THEIR USE			
Satchel/carry bags	For transporting files, brochures, supplies, and equipment.			
Sitting/standing workstation and meeting areas/rooms	To provide for assuming alternative work postures/relief when undertaking core tasks.			
JOB DESIGN ALERT: 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				