

## Job Demands Checklist

This job demands checklist details the physical and mental capabilities expected of a student nurse. Please thoroughly review the checklist as you will be required to sign a declaration within the Student Health Record confirming that you possess the full capacity to fulfill these job demands.

<b>Position Title</b>	Student Nurse
<b>Tasks Performed</b>	Nursing

FREQUENCY DEFINITIONS	DESCRIPTION
<b>O</b> - Occasional	Activity exists up to 1/3 of the time when performing the task.
<b>F</b> - Frequent	Activity exists between 1/3 and 2/3 of the time when performing the task.
<b>C</b> – Constant	Activity exists more than 2/3 of the time when performing the task.
<b>R</b> – Repetitive	Activity involves repetitive movement.
<b>N/A</b> - Not applicable	

JOB DEMANDS	DESCRIPTION	FREQUENCY				
		O	F	C	R	N/A
<b>PHYSICAL DEMANDS</b>						
Kneeling/squatting	Tasks involve flexion/bending at the knees and ankle possible at the waist, in order to work at low levels		X			
Leg/foot movement	Tasks involve use of leg and or foot to operate machinery	X				
Hand/arm movement	Tasks involve use of hands/arms i.e. Stacking, reaching, typing, mopping, sweeping, sorting, inspecting.		X			
Bending/twisting	Tasks involve forward or backward bending/twisting at the waist.		X			
Standing	Tasks involve standing in an upright position without moving about	X				
Driving	Tasks involve operating any motor powered vehicle.					X
Sitting	Tasks involve remaining in a seated position during tasks performance.	X				
Reaching	Tasks involve reaching overhead with arms raised above shoulder height or forward reaching with arms extended.	X				
Walking/running	Tasks involve walking or running on even surfaces		X			
	Tasks involved walking on uneven surfaces	X				
	Tasks involve walking up steep slopes	X				
	Tasks involve walking down steep slopes	X				
	Tasks involve walking whilst pushing/pulling objects.		X			
Climbing	Tasks involve climbing up or down stairs, ladders, scaffolding, platforms, trees.	X				
Working at heights	Tasks involve making use of ladders, foot stools, scaffolding, etc. Anything where the person stands on an object other than the ground.	X				
Lifting/carrying	Tasks involve raising/lowering or moving objects from one level/position to another, usually holding an object within the hands -	X				
	1) Light lifting/carrying 0-9Kg		X			
	2) Moderated lifting/carrying 10-15 Kg	X				
	3) Heavy lifting/carrying 16 Kg and above					X
Restraining	Tasks involve restraining patients/clients others	X				

JOB DEMANDS	DESCRIPTION	FREQUENCY				
		O	F	C	R	N/A
<b>PHYSICAL DEMANDS</b>						
Pushing/pulling	Tasks involve pushing/pulling objects away from or towards the body. Also includes striking of jerking.	X				
Grasping	Tasks involve gripping, holding, clasping with fingers or hands.	X				
Manual dexterity	Tasks involve fine finger movements i.e. keyboard operation, writing.		X			
<b>SENSORY DEMANDS</b>						
Sight	Tasks involve use of eyes as an integral part of task performance i.e. looking at screen/keyboard in computer operation, working in a dark environment.			X		
Hearing	Tasks involve the use of hearing as an integral part of task performance			X		
Smell	Tasks involve the use of the smell senses as an integral part of the task performance i.e. working with chemicals		X			
Taste	Tasks involves the use of taste as an integral part of task performance					X
Touch	Tasks involve use of touch as an integral part of task performance.		X			
<b>PSYCHOLOGICAL DEMANDS</b>						
	Tasks involve cognitive motor skills			X		
	Tasks involve perceptual motor skills			X		
	Tasks involve attention skills			X		
	Tasks involve decision making and cognitive abilities			X		
	Tasks involve interacting with distressed people.		X			
	Tasks involve interacting with people who as part of their lives may be aggressive, verbally, or sexually inhibited.	X				
	Tasks involve viewing/handling deceased and/or disfigured bodies.	X				
<b>EXPOSURE TO CHEMICAL HAZARDS</b>						
Dust	Tasks involve working with dust i.e. sawdust					X
Gases	Tasks involve working in areas effected by gas, or working directly with gases.	X				
Fumes	Tasks involve working with fumes i.e. which may cause problems to health if inhaled.	X				
Liquids	Tasks involve working with liquids which may cause skin irritations if contact is made e.g. dermatitis.	X				
Hazardous substances/ Dangerous goods	Tasks involve handling of hazardous substances / dangerous goods including storage or transportation.	X				
Biological matter	Tasks involve work with human biological matter through examination, storage, transport or disposal.		X			
Allergenic substances	Tasks involve exposure to allergenic substances	X				
Pharmaceuticals	Tasks involve handling, transport, administration of disposal of pharmaceuticals e.g. antibiotics.	X				

JOB DEMANDS	DESCRIPTION	FREQUENCY				
		O	F	C	R	N/A
<b>WORKING ENVIRONMENT</b>						
Lighting	Tasks involve working in lighting that is consider inadequate in relation to task performance e.g. glare, not enough natural light		X			
Colour	Tasks involve differentiation of colour	X				
Sunlight	Exposure to sunlight	X				
Temperature	Tasks involve working in temperature extremes e.g. working in a cool room, working outdoors, boiler room	X				
Confined spaces	Tasks involve working in confined spaces	X				
<b>GENERAL WORKING HAZARDS</b>						
Surfaces	Tasks involve working on slippery or uneven surfaces	X				
Housekeeping	Tasks involve working with obstacles within the area, bad housekeeping	X				
Heights	Tasks involve working at heights					X
Manual handling	Tasks involve manual handling tasks			X		
Noise	Tasks involve working in a noisy environment	X				
Radiation	Tasks involve exposure to X-Rays	X				
Electricity	Tasks involve working in confined spaces	X				
Plant / Machinery	Tasks involve use of machinery and equipment		X			
	Light	X				
	Heavy					X
	Portable	X				
Biological hazards	Tasks involve working with blood, blood products/body fluids		X			
<b>OTHER ISSUES</b>						
Workplace access	Tasks involve difficult access or movement from site to site					X
Personal protective equipment	Tasks involve use of Personal Protective Equipment		X			
Safety critical issues	Tasks involve responsibility for safety of others		X			