

Assessing Fitness for the Job

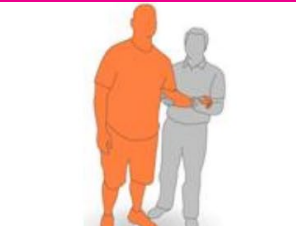
“Safety begins with being fit for the job.”

We want everyone to come home safely every day. As safety begins with being fit for the job, all applicants for Support Worker positions will be expected to complete a pre-interview self-assessment around their ability to undertake key physical Support Worker tasks. Assessing fitness for the job will help us to better determine if applicants are sufficiently fit and capable of carrying out the tasks expected of the role safely.

Each of the tasks below describes the type of movements you may need to undertake on a typical shift. How often you're required to do these tasks can vary, anywhere from a few times to more than 30 a day, depending on how many people you are supporting. Please have a think about whether you are capable of performing these tasks in a safe way. During the selection process you may be requested to answer questions or perform activities that relate to this self-assessment.

If you have any questions please [email our recruitment team](#).

Physical task	Body movement
Using a hoist to move a person	Lifting, Reaching, Bending, Twisting
Assisting a person with personal cares e.g. toileting, showering, bathing, dressing, eating and drinking	Lifting, Reaching, Bending, Twisting
Wheelchair handling	Lifting, Bending, Pushing, Pulling
Housework e.g. vacuuming, cleaning, laundry, preparing meals, gardening	Lifting, Reaching, Bending, Twisting, Pushing
Carrying and putting away groceries	Lifting, Bending, Twisting
Weight bearing e.g. assisting person to stand, sit, lie down, walk, move	Lifting, Reaching, Bending, Twisting
Bed making	Reaching, Bending, Twisting, Pulling
Driving	Reaching, Bending, Twisting

Rolling and repositioning 	Using a ceiling/wall hoist 	Using a portable hoist 	Assisting a person to sit 
Assisting a person to stand 	Assisting a person to walk 	Assisting a person into a vehicle 	Using a wheelchair 

For further information on how to support people to move at home safely please [click here](#).

This self-assessment complements the Pre-employment Health Declaration form in the application.