

## Childcare worker : Return to Work Checklist and Plan

Please complete with your patient

Worker name: \_\_\_\_\_ Claim number: \_\_\_\_\_ Injury: \_\_\_\_\_

Worker will be able to participate in the duties as below from: / / to / /

Full time  Part time  \_\_\_\_\_ hours per day \_\_\_\_\_ days/week

N.B. Based on your information, a suitable duties plan will be established at the worker's place of employment. In the absence of task availability at their usual workplace the worker will continue to be paid weekly compensation and WorkCover will source suitable alternative workplace rehabilitation with a host employer.

Please consider the "health benefits of good work" and focus on what your patient can do.

Tick if suitable	Job Tasks	Limitations/Comments
Constant tasks within a childcare role		
	Continual walking around indoor and outdoor area (can be uneven ground and surfaces such as mats, tiled bathrooms, synthetic grass & sand)	
	Interaction with children (sem-squat position to be held for 10-30 seconds at any time when interacting with children). Interacting with kids can be anything from working at the activities table, talking with children, playing outside, assisting with food times, assisting with toilet duties	
	Continual lifting, carrying and lowering of children from ground level (appx 4-10kg per child) <ul style="list-style-type: none"> <li>- from floor to nappy change tables (waist height &amp; 30-35 nappy changes per day)</li> <li>- from floor onto bed (standing toddler)</li> <li>- from floor to hip/waist height</li> </ul>	(ie. weight restriction)
	Holding child on nappy table with one hand (30-35 nappy changes per day)	
	Picking up toys/object off ground (0-2kg) involves bending and squatting to the ground	
	Lifting and lowering beds to/from floor and placing sheets on bed- this involves bending and squatting to make the bed	
	Wiping and washing childrens hands	
	Cleaning walls, play equipment, bookcases, activity desks (below waist height); Spray and wipe action, scrubbing, dust panning & sweeping	
	Emptying garbage bins	
	Distributing food plates to children	

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Tick if suitable	Job Tasks	Limitations/Comments
Frequent tasks (about 34-66% of the time)		
	Setting up outdoor play area and equipment between 1-20kg over a distance of 3-5m and squatting between 10-15 times to unfold a 20-25kg mat over sandpit (2 person lift).	
	Carrying bed frames (2kg) lifting in succession over a distance of 5m	
	Pushing food distribution trolley (5-10kg) over 20m distance	
	Filling/emptying bucket (0-15kg) and pushing mop	
	Retrieving bottles and nappies stored above shoulder height from storage shelves	
Occasional tasks (5-33%)		
	Feeding/assisting/dressing with toddlers this can include squatting, bending and twisting however can be altered for example if can't squat for example worker to sit on a chair while assisting the child.	
	Assisting with arts and crafts and motor development	
	Climbing steps (step ladders as well) more than 4 steps	
Tick if suitable	Alternate duties	Limitations/Comments
	Sitting, filing, phone calls and admin	

If none of the above tasks or alternate duties are appropriate at this time, please advise a review date or timeframe to some form of return to work \_\_\_\_\_ / \_\_\_\_ / \_\_\_\_

Please tick here if you have been unable to identify any tasks and you would prefer an allied health provider to help implement a return to work plan.

Other comments:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**SIGNATURES**

Treating Medical Practitioner: \_\_\_\_\_ / \_\_\_\_ / \_\_\_\_  
 Worker: \_\_\_\_\_ / \_\_\_\_ / \_\_\_\_  
 Employer: \_\_\_\_\_ / \_\_\_\_ / \_\_\_\_

**Submission and payment for this form (WorkCover Queensland claims only)**

If this form is requested as part of a workers' compensation claim, please forward this completed form via our online services, or alternatively by faxing to 1300 651 387. You can charge for a "completed form" under the relevant table of costs, found on our website [worksafe.qld.gov.au](http://worksafe.qld.gov.au). This form will become part of a claim file and may therefore be read by claims staff, WorkCover Queensland's network of advisory doctors, specialists at the Medical Assessment Tribunal or during legal proceedings.

In addition, the form that you provide may be released to another person (usually the worker or employer) under the Right to Information Act (2009), the workers' compensation legislation or as authorised or required by law.