

Task: Personal Care		Role: Care Worker - Residential		Site: Residential housing	
<p>Description: Care Workers undertake general care for residents with varying levels of dependency, within Aged Care facilities.</p> <p>Care includes: activities of daily living such as showering, dressing, personal care, transfers and general mobility. Duties can alter between shift allocation (day/night)</p> <p>May perform any of the following duties:</p> <ul style="list-style-type: none"> - Preparing resident documentation - Feeding/Meal assistance - Personal care: including showering/sponging and dressing - Assisting with mobility and transfers - Communication with visors/relatives/residents - Resident room tidying/organisation 				Overall Physical Demand Rating: Medium	
				<p>OH&S: To be trained in correct manual handling and infectious disease control</p> <p>Fire evacuation and CPR training required.</p>	
<p>Shift Times:</p> <p>Shift times vary depending on the needs of the particular service provided by the facility. Shifts can vary between day and night</p>				<p>PPE: Closed-in shoes, uniform is generally required in aged care facilities</p>	
<p>Physical Environment: Even indoor flooring. Minimal noise levels. Satisfactory ventilation, artificial and natural lighting. Some stairs may feature in work area.</p>		<p>Client Base: Mixed for age, gender, concomitant illness or health issues, and abilities, ethnic or cultural background. Client needs / demands vary according to the individual</p> <p>Education: Personal care workers can work without having formal qualifications. The following are suitable:</p> <ul style="list-style-type: none"> - Certificate III / IV in Aged Care - Certificate III / IV in Disability 			
<p align="center">Physical Demands of Working Day (Percentage of actual time spent doing task)</p> <p>R = Rare (0-5%) F = Frequent (34-66%) O = Occasional (6-33%) C = Constant (67-100%)</p>					<p>Task Rotation: Tasks are completed daily although some may be specific to the needs of the resident</p>
Factors	R	O	F	C	Comment
Standing & Walking		X		X	Eg. Night shift monitoring , walking with residents
Sitting		X			Eg. Preparing care plans, personal breaks, communication requirements
Lifting <1kg			X		
Carrying			X		
Push/ Pull			X		Eg. Residents in shower chairs, wheelchairs, General cleaning,
Climbing	X				Eg. Step stools to access shelving
Bending			X		Eg, Helping residents up and down from sitting
Twisting			X		
Squatting		X			Eg. Low personal care, assistance with dressing
Reaching			X		Eg. Transfers
Grip			X		Eg. Assistance with meal/feeding
Fine Motor			X		Eg. Assisting with personal care (hair, shaving) dressing (buttons),



Activity Level (Act.)		
R = Rare O = Occasional F = Frequent C = Constant		
Tasks	Activity Level	Physical capacity
Preparing resident documentation	O	(O) sitting and gripping, reaching of documentation
Updating folders of residents with personal information		
Feeding/Meal assistance	F	(O) forward reaching
Propping resident into correct posture for feeding		
Personal care: including showering/sponging and dressing	F	(C) bending, stooping and forward reaching
Assisting with walking in/out of bathroom		
Personal washing and care of personal hygiene		
Dressing		
Assisting with mobility and transfers	F	(F) push/pulling
Assisting with sitting to standing of client		
Communication with visors/relatives/residents	F	(F) bending and walking
Resident room tidying/organisation		
General tidying of personal items		