

## Banana Humper: 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
	Tractor Driving - driving a tractor for the cutting crew. Sustained sitting. Occasional twisting to check behind. Uneven surfaces. Can drive up to 3 hrs at a time with frequent getting onto and off of tractor (one step).	
	Cutting banana bunch - cutting bunch off banana tree with cane knife. Sustained standing and walking on uneven, slippery ground. Need to raise hand above shoulder height to cut bunch.	
	Banana humping - carrying a cut bunch of bananas on a shoulder, walking with the bananas to a trailer/tractor and bending forward slightly to place banana bunch on side of trailer/tractor. Bunch can weigh up to 80kg. Approx 10-15 minutes work at a time. Walking surface can be uneven and slippery.	
Tick if suitable	Alternate duties	Limitations/Comments
	Administration - compiling induction packs, filing, general administration. Under 2kg. Rotate between sitting and standing positions.	
	Stalks - Removing stalks from ropes and putting them in the bin, trailer or on conveyer. Stalks weigh approx 2kg. Reaching with arms, sometimes above shoulder height. No bending. Task may be available all day with rotation and breaks.	
	Clustering - Standing at troughs cutting hands into clusters of 3-8 bananas. Bananas are suspended in water. Height of trough may require bending. Wet area. Requires reaching forward with arms, frequent wrist movements to turn banana hands / banana clusters and if using knife.	
	Sorting - Standing at troughs sorting clusters of good and bad fruit. Requires reaching forward with arms, frequent wrist movements to turn banana hands / banana clusters.	
	Scrap line - Sorting all the sorted fruit put on the rubbish conveyer. Under 2kg. Can be at waist height. Sometimes at shoulder height.	
	Packer - packing carton of bananas. Bananas are already in clusters. Clusters can weigh up to 7kg.	

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Tick if suitable	Alternate duties	Limitations/Comments
	Lidding - Checking packed cartons and putting lids on the good ones. Cartons that require correcting are carried a short distance. 3-4 dozen cartons may be lifted in 2hrs. Carton can weigh 13.5kg-15.5kg. (Please specify if lifting needs to be done by another person)	
	Strings - involves measuring and cutting string to certain lengths. In preparation for baggers/stringers. A number of lengths of string from the balls are wound around a frame a number of times, string is cut one end to make required lengths of string, tied in a bundle. Requires occasional bending to obtain end of string. Under or at shoulder height. Can be seated. Task can be for whole day with rotation or regular breaks. Surface will be even and hard.	
	Sprinklers - seated task, involves sorting /mending sprinklers in preparation for field work. Force used to insert or remove sprinkler.	
	Bags - Remove plastic bags from bunches that are suspended from a rope. Fold wet bags and bundle together. Bundles of 20 or 50 bags are carried to a bag bin. Bundles of 20 bags weigh 10-15kg. Requires bending and lifting.	
	Irrigation Assistant - Field work. Flushing irrigation lines. Running laterals and rises. Paint marking. Pushing holes. Throwing sprinklers out. Checking sprinklers. Requires bending, pulling. Ground is slippery and uneven.	

If none of the above tasks or alternative 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.