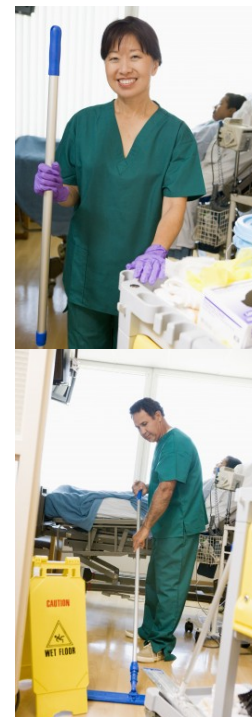


Task: Domestic		Role: Cleaner		Site: Domestic Facilities	
Description: The following tasks are completed by cleaners on a regular basis but are not limited to <ul style="list-style-type: none"> - Vacuuming floors - Mopping floors - Cleaning toilets - Emptying bins/Clearing rubbish - General Cleaning 				Overall Physical Demand Rating: Light, highly repetitive	
				OH&S: To be trained in correct manual handling. Constant carrying a variety of cleaning equipment	
Shift Times: Shift times vary depending on the facility for which they are allocated to.				PPE: Closed-in shoes (non-slip), gloves, headwear for kitchen duties.	
Physical Environment: Even indoor flooring. Minimal noise levels. Satisfactory ventilation, artificial and natural lighting. Some stairs may feature in work area. Areas of practice may include: <ul style="list-style-type: none"> - Kitchen - Bedroom - Bathroom - Common area (meal and recreation) 			Client Base: Although majority of a cleaners work will be independent, interaction with colleagues and clients may occur depending on the facility of employment. Education: Nil qualification is required, however training in manual handling and safe work practices are recommended		
Physical Demands of Working Day (Percentage of actual time spent doing task) R = Rare (0-5%) F = Frequent (34-66%) O = Occasional (6-33%) C = Constant (67-100%)				Task Rotation: Tasks are completed daily. The frequency and duration of task completed as documented in description.	
Factors	R	O	F	C	Comment
Standing & Walking				X	Eg. Walking between rooms in the facility
Sitting	X				Eg. Breaks only
Lifting <1kg				X	
Carrying			X		
Push/ Pull			X		Eg. Cleaning trolley, vacuuming and mopping
Climbing	X				Eg. Depending on facility (lifts or stairs)
Bending			X		Eg. All low areas cleaned: including bathrooms and showers
Twisting			X		
Squatting			X		
Reaching			X		Eg. Dusting
Grip			X		
Fine Motor	X	X			



Activity Level (Act.)		
R = Rare O = Occasional F = Frequent C = Constant		
Tasks	Activity Level	Physical capacity
Cleaning Bedrooms/Bathrooms	F	(R) squatting, (F) standing and bending, (C) walking and standing
Vacuuming/Mopping Carpets and Floors	C	(C) handling and walking, (O) bending
General Cleaning	F	(C) walking and handling, (R) squatting
Stairs/Step Ladders/Stools	R	(R) Climbing to reach
Rubbish Collection	C	(C) Forward reaching, grip and bending
Cleaning Toilets	F	(F) Kneeling and Bending
Accessing Low Shelves/Low Cleaning	O	(O) Handling/Grip
High Dusting	O	(O) Handling/Grip