

Workforce Health, WorkFit Services  
**Job Capacity Statement**  
*Paramedic*



The information below is designed to give you an indication of the likely demands of working in this role and will help you assess whether the job may suit you. You are encouraged to ask further questions about the demands if you have any concerns as local conditions may alter the demands you experience in the role. The Contact Officer listed in the job pack is the best person to contact with any queries.

**Environmental Job Factors**

Possible Exposure to Infectious Diseases
Shift Length >10hrs; Shift Work
Emergency Driving
Outside work; Uneven or unlevel surfaces

**Overall Psychological Job Factors**

**Level of Importance**

<b>Level of Job Control or Autonomy</b>	Moderate
<b>Level of Supervision or Support Received</b>	Moderate
<b>Contact with Co-workers/Colleagues (vs Isolation)</b>	Moderate
<b>Teamwork</b>	Moderate
Exposure to Confrontational Situations	High
Exposure to Emotional Situations	High
Level of Scrutiny and Accountability from Others (exposure to public scrutiny)	High
Sensitivity and Empathy to Needs of Others	High
New Relationship Building	Moderate
Safety Pressures: Exposure to High Risk with Regard to Safety	Moderate
Switching Between Tasks	Moderate
Time Pressures (including deadlines)	Moderate
Contact with Consumers/ Customers	High
Self-control and Regulation of Emotions	High
Learning (requirement to learn new information and integrate this into work practices)	Moderate

**Psychological Demands (Cognitive)**

**Highest Level Of Complexity**

Abstract	Problem Solving & Critical Thinking (including judgement)	High
Attention And Accuracy	Attention: Concentration	High
	Attention: Degree of Precision & Accuracy	High
Mechanical	Mechanical Reasoning (requirement to work with and resolve problems with machinery and equipment)	High
Numerical	Number Skills	Moderate
Processing	Quick Thinking	High
Spatial Reasoning	Spatial Reasoning (requirement to accurately assess distance between objects or the fit of objects into spaces)	High
Verbal	Oral Communication (including active listening)	High
	Reading Literacy	High
	Writing Literacy	Moderate

**OFFICIAL**

Physical Demands	Frequency (8 Hour Shift)	Max Load
<b>Dynamic Strength</b>		
Floor to Waist Lift	Infrequent: up to 10 minutes	35kg
One handed Carry	Infrequent: up to 10 minutes	12kg
Two handed Carry	Infrequent: up to 10 minutes	30kg
Pull	Infrequent: up to 10 minutes	30kg
Push	Infrequent: up to 10 minutes	16kg <i>NB: must be able to generate a 45kg downward push for CPR, approx. 17-21kg body weight + 18-24kg applied force</i>
Waist to Eye Level Lift	Infrequent: up to 10 minutes	17kg

Physical Demands	Frequency (8 Hour Shift)	Max 'at one' Time
<b>Manual Task Postures</b>		
Lunge - Forward/Backward	Required	-
Lunge - Sideways	Required	-
<b>Other</b>		
Maintain Balance Against External Forces	Required	-
<b>Position Tolerance Activities</b>		
Kneeling	Occasional: up to 2.5 hours	20 mins
Neck Flexion	Occasional: up to 2.5 hours	5 mins
Sitting	Frequent: up to 5 hours	60 mins
Standing	Frequent: up to 5 hours	45 mins
Work Bent Over- Standing	Occasional: up to 2.5 hours	5 mins
Work Crouching/Half Kneel	Occasional: up to 2.5 hours	10 mins
<b>Upper Limb</b>		
Forward Reach	Occasional: up to 2.5 hours	30 mins
Grip	Occasional: up to 2.5 hours	30 mins
Keying/Mousing	Occasional: up to 2.5 hours	10 mins
Precise Hand & Finger Movement/Use (Manual or Finger Dexterity)	Frequent: up to 5 hours	15 mins

NB: this is not an exhaustive list of ALL job factors and demands, but those which are considered to be significant.

**Definition of frequency (based on 8 hour shift)**

Infrequent: up to 10 minutes	Occasional: up to 2.5 hours	Frequent: up to 5 hours	Constant: up to 8 hours
0 - 2%	2-33%	34-66%	67-100%
Up to 10 minutes	>10 min - 2.5 hours	>2.5 – 5 hours	More than 5 hours

**Immunisation Requirements – Please refer to the Role Description for Risk Category and further information on the SA Health website: [Health care worker immunisation and screening requirements](#)**

Risk Category	Risk Category Description
A	Duties performed in a high-risk clinical area for Vaccine Preventable Diseases (VPDs) and Direct physical contact with patients and/or clients or blood, body substances, infections material or surfaces or equipment which might contain these