

HLT54121 Diploma of Nursing

Fitness for practice Checklist



Practical and Placement demands (role: EN Student nurse)

This checklist is to provide prospective and current students an understanding of the practical and placement demands expected of a Student Enrolled Nurse. The checklist coincides with the Inherent requirements of the HLT54121 Diploma of Nursing program at Victoria University.

The checklist is broken up into 4 sections:

1. Physical demands
2. Sensory demands
3. Psychosocial demands
4. Environmental demands

The student must be able to perform the tasks required below and meet the frequency to which they will be exposed to.

Where the student is unable to meet these expectations, they will be expected to speak to the relevant staff member from the Nursing discipline to discuss alternative course options.

Frequency

I	Infrequent – intermittent activity exists for a short time on a very infrequent basis	C	Constant – activity exists for more than 2/3 of the time when performing the job
O	Occasional - activity exists up to 1/3 of the time when performing the job	R	Repetitive – activity involves repetitive movements
F	Frequent – activity exists between 1/3 and 2/3 of the time when performing the job	N/A	Not applicable – activity is not required to perform the job

* Denotes a critical requirement of the role

CRITICAL *	PHYSICAL DEMANDS – the function of the role is to provide nursing care to patients	FREQUENCY						
		I	O	F	C	R	N/A	
	Sitting Remaining in a seated position to perform tasks	X						
*	Standing Remaining standing without moving about to perform tasks				X			
*	Walking Floor type: even, indoors					X		
	Running Floor type: even, indoors	X						
*	Bend/ Lean Forward from Waist Forward bending from the waist to perform tasks					X		
*	Trunk Twisting Turning from the waist while sitting or standing to perform tasks					X		
	Kneeling Remaining in a kneeling posture to perform tasks				X			
*	Squatting/ Crouching Adopting a squatting or crouching posture to perform tasks				X			
	Crawling Moving by crawling on knees & hands to perform tasks				X			
	Leg/ Foot Movement Use of leg and or foot to operate machinery			X				

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CRITICAL *	PHYSICAL DEMANDS – the function of the role is to provide nursing care to patients	FREQUENCY					
		I	O	F	C	R	N/A
	Climbing (stairs/ladders) Ascend/ descend stairs, ladders, steps, scaffolding						X
*	Lifting/ Carrying				X		
*					X		
					X		
*	Reaching Arms fully extended forward or raised above shoulder				X		
*	Pushing/ Pulling/ Restraining Using force to hold/restrain or move objects toward or away from body					X	
*	Head/ Neck Postures Holding head in a position other than neutral (facing forward)	X					
*	Hand & Arm Movements Repetitive movements of hands & arms				X		
*	Grasping/ Fine Manipulation Gripping, holding, clasping with fingers or hands				X		
	Work at Heights Using ladders, footstools, scaffolding, or other objects to perform work						X
	Driving Operating any motor powered vehicle						X

CRITICAL *	SENSORY DEMANDS	FREQUENCY					
		I	O	F	C	R	N/A
*	Sight Use of sight is an integral part of work performance eg viewing of X-rays, computer screen				X		
*	Hearing Use of hearing is an integral part of work performance e.g. telephone enquiries				X		
	Smell Use of smell is an integral part of work performance eg working with chemicals				X		
	Taste Use of taste is an integral part of work performance eg food preparation						X
	Touch Use of touch is an integral part of work performance				X		

CRITICAL *	PSYCHOSOCIAL DEMANDS	FREQUENCY					
		I	O	F	C	R	N/A
	Distressed people e.g. emergency or grief situations			X			
	Aggressive & uncooperative people e.g. drug/alcohol, dementia, mental illness				X		
	Unpredictable people e.g. dementia, mental illness, head injuries				X		
	Restraining Involvement in physical containment of patients/clients				X		

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CRITICAL *	PSYCHOSOCIAL DEMANDS	FREQUENCY					
		I	O	F	C	R	N/A
	Exposure to distressing situations e.g. child abuse, viewing dead/mutilated bodies	X					
	Tasks requiring low cognitive demand e.g. repetitive administrative activities				X		
	Tasks requiring high cognitive demand eg problem solving/information processing/ clinical risk assessment/multi-tasking					X	

CRITICAL *	ENVIRONMENTAL HAZARDS	FREQUENCY					
		I	O	F	C	R	N/A
	Dust Exposure to atmospheric dust						X
	Gases Working with explosive or flammable gases requiring precautionary measures						X
	Fumes Exposure to noxious or toxic fumes						X
	Liquids Working with corrosive, toxic or poisonous liquids or chemicals requiring PPE	X					
	Hazardous substances e.g. dry chemicals, glues	X					
	Noise Environmental/background noise necessitates people to raise their voice to be heard				X		
	Inadequate lighting Risk of trips, falls or eyestrain						X
	Sunlight Risk of sunburn exists from spending more than 10 minutes per work day in sunlight						X
	Extreme temperatures Environmental temperatures are < 15C or > 35C						X
	Confined spaces Areas where only one egress (escape route) exists						X
	Slippery or uneven surfaces Greasy or wet floor surfaces, ramps, uneven ground			X			
	Inadequate housekeeping Obstructions to walkways and work areas cause trips falls		X				
	Working at heights Ladders/stepladders/ scaffolding are required to perform tasks						X
	Biological hazards e.g. exposure to body fluids, bacteria, infectious diseases				X		
	Allergens e.g. Flowers, plants, latex, chemicals			X			