

Functional Capacity Evaluation Results

Underground - Tradesperson

Name:	Employer:
Evaluation date:	Position:

PRE-SCREENING TASKS

Hand grip strength (Using hand dynamometer)	Hand dominance: Right	
	Average score over 3 attempts(kg):	As a % against average for age & gender:
	Right: 46.7 Left: 43.3	Right: 86% Left: 87%

Cardiorespiratory fitness	Predicted VO₂ (mlsO₂/kg/min):	46
	Age & gender- based rating:	excellent

SHOULDER FUNCTION & STRENGTH TASK

		Able	Limited	Unable
5kg Single arm overhead press (5 repetitions/ arm)	Right	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Left	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1.25kg Single arm shoulder rotation (5 repetitions/arm)	Right	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Left	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

POSTURAL TOLERANCE TASKS (assessed with subject wearing PPE)

Workers may be required to tolerate standing/sitting/ or squatting for prolonged periods and perform manual dexterity activities at low levels or with upper limbs extended.

	Able	Limited	Unable
Standing (3 minutes working with arms extended at waist and above head positions whilst performing manual dexterity tasks)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low tasks (3 minutes prolonged squatting with arms extended at floor, shin and shoulder level whilst performing manual dexterity tasks)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sitting (3 minutes with sustained neck rotation & arm extension)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DYNAMIC FUNCTIONAL MOVEMENT TASKS (assessed with subject wearing PPE)

Workers may be required to negotiate uneven surfaces, sloping ground and various steps.

		Able	Limited	Unable
Ladder climb (1minute continuous)		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High step - Ladder (> 800mm once per leg):	Right	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Left	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stair climb (1minute continuous)		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Uneven ground walking (2 minutes continuous)		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sloping ground walking (30 seconds continuous)		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stooping (below height of 1200mm, distance 50m)		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MANUAL HANDLING & STRENGTH CAPACITY TASKS (assessed with subject wearing PPE)

Workers may be required to handle objects weighing up to 30kg to a variety of heights. Workers may also be required to demonstrate upper and lower limb strength and gross motor control during specific work tasks.

	Required lift	Actual safe lift	Able	Limited	Unable
Waist to floor	30kg	30kg	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Waist to overhead	15kg	15kg	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Waist height to waist height transfer lift and carry	30kg	30kg	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unilateral carry (carry 1 x 20kg drum/container over 50m even surface & 15m uneven surface)	20kg	20kg	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cable drag (cable drag over 50m even surface)			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stone dust bag carry (20kg bag over 15m uneven surface & 50m even surface)			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

EVALUATION OF MANUAL HANDLING TECHNIQUE

Overall manual handling throughout the functional capacity evaluation was: excellent

- Excellent:** Appropriate techniques were used independently and consistently on all manual handling tasks.
- Good:** The majority of safe manual handling techniques were demonstrated, but education/ demonstration on one or two techniques were required prior to appropriate independent performance.
- Satisfactory:** Some manual handling techniques were demonstrated, but education / demonstration and prompting on several or more techniques were required prior to appropriate independent performance.
- Poor:** Was unable to independently use appropriate techniques at the time of evaluation despite education/ demonstration and prompting.

FUNCTIONAL CAPACITY EVALUATION SUMMARY

Mr Adams achieved grip strength scores that were 86% (right) and 87% (left) of the average for their age and gender.

Mr Adams achieved a predicted VO_2 of 46 $\text{mlsO}_2/\text{kg}/\text{min}$ in the cardiorespiratory fitness assessment which represents a rating of excellent based on their age and gender.

Mr Adams was assessed as having excellent manual handling techniques.

Mr Adams completed all required tasks included in the functional capacity evaluation.

RECOMMENDATIONS

- No further recommendations
- Functional performance may be improved through a:
- | | |
|--|--|
| <input type="checkbox"/> Cardiorespiratory fitness program | <input type="checkbox"/> Manual handling training |
| <input type="checkbox"/> Core stability program | <input type="checkbox"/> Strength training program |
| <input type="checkbox"/> General stretching program | <input type="checkbox"/> Other: |

ASSESSOR DETAILS

FCE completed by:	
Title:	
Qualifications:	
Signature:	

DOCTOR REVIEW DETAILS

FCE Reviewed by:	
Signature:	

EXAMPLE DOCUMENT ONLY