

Job Demands Example 2: Part-time shop worker

Job demands: What are the demands of your job? (This might include physical, mental or social demands)
NOTES: I work two days a week in a convenience store that's owned by a friend of mine. Basically it's a shop which sells everything.
Work Environment: Where do you work and are there any hazards you need to think about? Are there any specific issues relating to the layout or design?
NOTES: One of the days I work on a Wednesday they have a delivery to the shop. Part of my duties are unloading the stock from the delivery van on large crates with wheels
Work pattern: What is your pattern of work, are your hours fixed, do you work shifts and how does this affect your ability to work?
NOTES: I work there two days a week on a Wednesday and a Sunday evening.
Travel to work: How do you get to work and do you have to travel or drive while at work?
NOTES: I drive to work, it's not far.
Support and interaction: Do you have colleagues to support you in your place of work or do you work alone? Do you have to interact with members of the public while at work?
NOTES: There's a few colleagues, there's a variety of ages, some older, some younger. They help with the lifting. Also people come in and pay for things from the shop.
Equipment: Do you use equipment at work?
NOTES: I just unload the large crates on wheels.