

Example 7: Teaching Assistant, Local Authority

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| Job demands: What are the demands of your job? (This might include physical, mental or social demands) |
| NOTES: I work as a teaching assistant in an Infants School. Everything is low level and I need to do lots of running around. |
| 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: I work in classes with younger children so I need to bend down, kneel and generally get down to level of the children. The furniture is all scaled down too which makes bending and crouching difficult because of my hip. There are also stairs to negotiate and running around when I do playground duty. |
| 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 normal school hours but often need to be in earlier to set things up or later to pack things away. As I have OA and RA this often makes me overtired and in pain and discomfort. I have to pace myself. |
| 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. I have an automatic car so I anticipate that I will be able to drive long before I go back to work. I do not use my car for work. |
| 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: I work with other teachers and teaching assistants who help me where they can. Unfortunately I am on my own a lot of the time so have to struggle on if I'm having a bad day. I obviously spend most of my day with the children who range between 4 and 7 years old. |
| Equipment: Do you use equipment at work? |
| NOTES: I don't use equipment although I do have a chair with wheels that is adjustable. The children's chairs are too low for me so I use the wheeled chair where I can. |