

Example 8: Self-employed shop proprietor and craftsman

Job demands: What are the demands of your job? (This might include physical, mental or social demands)
NOTES: I have a showroom and workshop which I run with members of my family. The showroom involves talking to customers and showing them catalogues and videos of our products. The workshop is heavy architectural work which involves electronic tools as well as hand tools. Sometimes it takes 3 people to lift one piece of stone.
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 spend most of my time in the workshop which can get quite cluttered and dusty. It's all on the level and is right behind our showroom so other members of the family are on hand if necessary. I do not have to walk far during the day but do spend most of the day on my feet.
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: As I'm self-employed I do not work set hours although the showroom is open from 10 until 6 Monday to Saturday. I often have to work 7 days a week if we have lots of orders to complete. The long periods of standing and the heavy lifting involved makes the work very physically demanding.
Travel to work: How do you get to work and do you have to travel or drive while at work?
NOTES: I use both my car and work van for work purposes. The car is an automatic and the van is manual. I deliver goods in the van and also pick up stone and other raw materials.
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: Although I spend much of my time alone in the workshop my wife is only a short walk away in the showroom. If I have any problems I can call her or one of my sons who will come and give me a hand. If I am seeing customers I will often spend prolonged periods with them looking through pictures and catalogues.
Equipment: Do you use equipment at work?
NOTES: I use a lot of equipment during my working day. I use lots of different hand tools including hammers and chisels. I also use electronic grinders and cutting machines. In the showroom we use a computer to show customers pictures and videos. I also use it to do my accounts and book-keeping.