

### Impact on work Example 3: Postal worker

1. Does your joint limit the time you spend doing your work or your ability to do your usual work?
NOTES: <i>I sometimes have problems at work depending how my knee is. If I am struggling with it I will work less hours or get someone else to help me with the things I struggle with</i>
2. Does your joint make it difficult for you to get around your place of work?
NOTES: <i>I work on the ground floor and everything is on the level so getting around isn't too difficult</i>
3. Does your joint make it difficult to do specific tasks or activities in your place of work?
NOTES: <i>I am expected to carry heavy bags of money which I find puts too much pressure on my knee. I also sit at a counter for most of the day and I find this difficult over long periods</i>
4. Does your joint affect the way you feel at work?
NOTES: <i>The pain sometimes gets me down. My workmates are very supportive but I don't like asking for help as I'm not that type of person</i>
5. Does the treatment you are receiving for your joint e.g. painkillers, physiotherapy, affect your ability to work?
NOTES: <i>I try not to take strong painkillers at work in case it affects my concentration. As I'm working with money it is essential I keep a clear head. This means that I am often in pain at work</i>
6. Does your joint make it difficult for you to concentrate and make decisions at work?
NOTES: <i>If I was taking strong painkillers at work I believe it would which is why I choose not to take them</i>
7. Are there any 'essential' tasks that you need to be able to do in your place of work that you cannot do because of your joint?
NOTES: <i>I should be carrying cash bags as this is part of my job, but unfortunately I can't at the moment</i>
8. Are there any tasks that you feel are unsafe because of your joint?
NOTES: <i>No not really</i>