

WorkReady Report – Certificate of Physical Capacity



Employee Name: _____ APS Number: _____

Work Centre: _____ DOB: / / Date of Injury: / /

Diagnosis: _____

The patient described the condition as caused by: _____

Duties: I confirm that I have reviewed the duties information in the **Suitable Duties Guide** Yes No

Activity recommendations:
Please tick applicable (i.e. 1 box each line)
If no box is ticked, this will be taken as NO restriction for this action or not applicable.

Related to presenting injury, the worker can:	Not restricted	Perform occasionally (<33%)	Perform seldom (<10%)	Unable to perform
Sit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Climb (ladder / stairs)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Twist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bend / stoop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Squat / kneel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Work above shoulders (L, R, B)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Keyboard (L, R, B)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grasp (forceful) (L, R, B)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fine manipulation (L, R, B)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Push / Pull	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lift / Carry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drive motor vehicle / van	<input type="checkbox"/>	<input type="checkbox"/> _____ kg	<input type="checkbox"/> _____ kg	<input type="checkbox"/>
Ride motorcycle (if applicable)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drive Truck (if applicable)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ride bicycle (if applicable)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Operate a forklift (if applicable)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Additional comments:

Fitness for work:
(including overtime)

Please note: Australia Post should be able to provide duties if any of the above are ticked as suitable.

Treatment, investigation and referrals: _____

Duration of this report from: / / **to:** / / (inclusive) Tick if final certificate

OR: Having assessed the employee against the above activities I certify him/her unfit for all duties above from: / / to: / /

In your opinion, the worker’s employment is a contributing factor to this injury: Yes No Unsure

Pre-existing or other possible contributing factors? _____

Doctors name: (Please print) _____ **Stamp:** _____ **Telephone:** _____

Signature: _____ **Date of consultation:** / /