



GOING FURTHER

MEDICAL PRE-REQUISITE FOR WORK AS AN OFFSIDER

FITNESS ASSESSMENT PREPARATION

Driller's Offsiding is a physically demanding occupation. Common duties include lifting and loading 3m long steel rods weighing between 12 – 35kg, carrying heavy equipment and supplies (up to 25kg), using heavy occupational tools to remove core from the rods, all while wearing protective gear in a humid and hot environment (up to 35°C).

The purpose of the PEFE (Pre-Employment Functional Evaluation) is to assess your physical health to determine if it is at a level that can safely meet the physical demands of the job.

The higher your level of strength and cardiovascular fitness when undertaking the PEFE, the easier you will find the tasks and the higher chance you have of completing the evaluation successfully.

Please refer to the PEFE exercises on the following page for the type of tests we will be using to evaluate aspects of your physical fitness and capacity status.

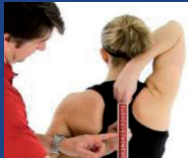
ON THE DAY

On the day of your PEFE, it shouldn't be the first time you have attempted these tests. The more familiar you are with the PEFE, the greater the chance you have of passing. It is also important to trial each task on its own as well as together like you would on your testing day.

If you do not meet the requirements on the day of your evaluation, it will be deemed whether you may be suitable or given the opportunity to participate on a 4-6 week program to build strength and fitness. Once you have completed the required program, you will be re-evaluated. If you are still unable to pass the evaluation, you will have to re-apply for a role in 6 + months' time.

Please wear comfortable clothing and closed in shoes on the day of your evaluation.

PEFE EXERCISES

TEST	STANDARD	OFFSIDE DRILLING TASK
Chin Up + Arm Hand	4 Chin Ups then hang for 60 seconds	Rod Pull
Partial Squat (Thighs Parallel)	Hold Parallel (60 secs)	Equipment Lift and Carry
Push Up	16 reps	Removing Core
Single Leg Eyes Closed	30 secs each leg	Balance
	Knuckles within 7cm (Hands in fists)	Shoulder Mobility