

**Activity Analysis Example**

**Name of activity: Laundry**

**List sub-tasks/component parts in order done:**

Collect dirty laundry from bedroom floors, sort into whites and colours on floor, carry to washing machine in basket, put soap in washer, put in clothes, turn on machine, transfer wet clothes into dryer, or hang up delicates, turn on machine, take dry clothes out, fold, sort into piles, take to rooms, put away, (put away delicates or iron later)

<b>When do I do it?</b>	<b>How I do it</b>	<b>How I could change it?</b>
Day, time, frequency, duration	Weekends, afternoon, 2-3 loads, 4-5 hours	One load at a time, 3 X per week, preferably in am
<b>Physical demands</b>		
Body positions, reaching etc.	<ul style="list-style-type: none"> <li>-Walk to bedrooms and stoop to reach clothes on floor</li> <li>-Fill basket with 2 loads (heavy)</li> <li>-Carry downstairs to machines on one hip so can hold railing</li> <li>-Lift 4 L bottle of detergent with right hand from shelf at shoulder level</li> <li>-Reach for clothes in basket on floor by stooping to put into top loader machine</li> <li>-Twist 'on' knob with right hand</li> <li>-Stoop and reach to pull out bunches of wet clothes with right hand, transfer to left hand, twist spine and reach sideways into front loading dryer</li> <li>-Turn around to hang up delicate clothes on rack above shoulder level</li> <li>-Twist 'on' knob with right hand</li> <li>-Crouch down, extend neck, and reach forward with right hand to pick up dry clothes and place on top of dryer</li> <li>-Fold clothes stooped forward while standing at table (between washer and dryer) with arms away from body and neck flexed</li> <li>-Pick up and carry stacks of dry clothes under right arm so left one free for railing</li> <li>-Stoop to put clothes on bed, then walk and reach to pull arms to open chest of drawers</li> </ul>	<ul style="list-style-type: none"> <li>-Family bring their laundry to a central location with bags for white and coloured clothes</li> <li>-Use bags with drawstring tops to drag clothes or kick with foot along floor, then toss/kick bag downstairs</li> <li>-Have detergent decanted into a 1 L container, stored on table top</li> <li>-Dump clothes on table top and position self half way between table and washing machine, then shift weight between feet when moving clothes into machine</li> <li>-Use golfers leg lift to bend at hip vs. back and drop clothes into basket at feet in front of washer, then push basket with foot in front of dryer</li> <li>-Put delicates aside on table, face table to put clothes on hanger then turn with feet to face rack directly</li> <li>-Sit on low stool or kneel in front of dryer to load from basket</li> <li>-Unload in a similar position, perhaps with a reacher to access deep areas of dryer</li> <li>-Either ask for help to carry dry clothes upstairs, or carry a small armload at a time</li> <li>-Fold at kitchen table height in sitting (except for large items, which require help)</li> <li>-Either leave clothes for family to put away themselves, or place clothes on top of dresser</li> </ul>

	-Stoop and reach to put clothes in drawers or lift and reach to hang up clothes in cupboard	to lift directly down into drawers (store frequently accessed items in higher drawers)
Weights	-Clothes in basket 15 pounds -Detergent 8 pounds when full	-Floor supports weight of laundry bag -Armload is less than 5 lbs -Decanted detergent 2 lbs
Repetitive movements (which body parts)	- Hand and arm movements during sorting, loading, unloading and folding -Twisting spine during loading dryer -Bending and straightening of legs while unloading dryer	-Use full body movements by shifting weight between feet vs. repeatedly reaching with arms -Pause to rest arms directly down from shoulders as needed -Sit on stool to access clothes in basket on floor

<b>Ergonomics</b>		
Where I do it	-Sorting on floor -Detergent on shelf above washer -Folding on table-height surface between machines -Folded clothes on bed	-See above re: these activities (Goal to use arms between shoulder and hip level, and to work close to and directly in front of your body.)
What tools I use	-Laundry basket -Hand railing	-Laundry bags -Laundry basket -Reacher -Low stool -Hand railing
<b>Environment</b>		
Light, temperature, noise etc.	-Machines in basement of house with a table between them -Dim light and damp	-As is unless ready to buy new machines (i.e. front loaders on pedestals)
Social/interpersonal factors	-Laundry has typically been my job in the family -Daughter does not want her delicate clothes put in dryer	-Request assistance with sorting, carrying, some folding and putting away -Ask daughter to wash her own delicates separately
<b>Thinking</b>		
Concentration, memory	-Automatic/don't think -Forget about daughter's delicates sometimes	-Plan ahead when you'll do laundry and inform family so they do their parts -Think about the steps in preparation for doing them
<b>Feeling</b>		
Emotional demands	-Stress over doing daughter's delicate clothes "right"	-As above