



Head upright and over your shoulders.

Eyes looking slightly downward
(30° range from horizontal line of sight)
without bending from the neck.

Wrist in a neutral
posture (straight).

Back should be supported by the
backrest of the chair that promotes
the natural curve of the lower back.

Elbows bent at 90°, forearms horizontal.
Shoulders should be relaxed, but not
depressed.

Thighs horizontal with a
90°-110° angle at the hip.

Feet fully supported and flat on the floor.
If this isn't possible, then the feet should
be fully supported by a footrest.

Activity Analysis Tool

Every activity can be broken down into component parts. Activity components dictate how demanding or challenging the activity is to perform. By using the activity analysis tool, we can break down an activity into its 'activity demands': Time, Physical, Ergonomic, Social, Thinking, and Emotional. The tool helps identify specific challenges and brainstorm activity modifications to overcome these challenges. By considering alternative ways to perform an activity, we can reduce the activity demands and promote functioning!

Describe the activity:

What steps are involved to complete the activity? List the steps, in order, from start to finish:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

What are the barriers/challenges to completing the steps?

Time demands	How do I do the activity now?	How could I modify the demands?
Describe time of day, day of week, and duration required.		
Physical demands	How do I do the activity now?	How could I modify the demands?
Describe the body movements required to perform the activity. What body parts, joints and muscles are used? What body postures and body mechanics are required (e.g. lifting, reaching, twisting, bending)? What repetitive movements are involved? Strength required? What tools, supplies, and equipment are needed to carry out		

<p>the activity? Comment on comfort and ease of use.</p>		
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<p>Environmental (physical and social) demands</p>	<p>How do I do the activity now?</p>	<p>How could I modify the demands?</p>
<p>Describe the physical environment in which the activity is usually performed. Consider lighting, temperature, noise, ventilation, size of space and set-up required.</p> <p>Describe the social and interpersonal demands that may be required or impact the activity.</p> <p>Is it a solo activity or shared? Does it require cooperation, communication, assertiveness?</p>		

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Thinking demands	How do I do the activity now?	How could I modify the demands?
<p>Describe the thinking and other cognitive skills required to complete this activity.</p> <p>What aspects of concentration, memory, multi-tasking, sequencing, reading, problem solving are involved?</p>		
Emotional demands	How do I do the activity now?	How could I modify the demands?

Describe the emotional factors that this activity may require or evoke.

What emotions might be involved?

How might memories, stress, or expectations impact the activity?

What activity modification(s) are you going to try?

After trying the activity modification(s), what was the outcome?

Activity Analysis Tool – COMPLETED EXAMPLE

Every activity can be broken down into component parts. Activity components dictate how demanding or challenging the activity is to perform. By using the activity analysis tool, we can break down an activity into its 'activity demands': Time/Temporal, Physical, Ergonomic, Space, Social, Thinking, and Emotional. The tool helps identify specific challenges and brainstorm activity modifications to overcome these challenges. By considering alternative ways to perform an activity, we can reduce the activity demands and promote functioning!

Describe the activity: *Completing a load of laundry*

What steps are involved to complete the activity? List the steps, in order, from start to finish:

1. *Collect dirty laundry from bedrooms*
2. *Sort whites, colours on the floor*
3. *Carry to washing machine in a basket*
4. *Add soap to washer*
5. *Add clothes to washer*
6. *Turn on washer*
7. *Transfer wet clothes from washer to drying machine*
8. *Hang up delicates*
9. *Turn on dryer*
10. *Take out dry clothes*
11. *Fold, hang dry clothes*
12. *Iron some clothes*
13. *Take clean clothes from laundry to bedrooms*
14. *Put away clothes*

What are the barriers/challenges to completing the task?

- *Carrying laundry basket on stairs, worried about falling*
- *Bending to get clothes out of washer and dryer aggravates my back pain*
- *I put off the task because I don't like doing laundry, so large loads accumulate*

Time demands	How do I do the activity now?	How could I modify the demands?
Describe time of day, day of week, and duration required.	-Weekends, afternoon, 2-3 loads, 4-5 hours	-One load at a time, 3 X per week, preferably in am
Physical demands	How do I do the activity now?	How could I modify the demands?
<p>Describe the body movements required to perform the activity.</p> <p>What body parts, joints and muscles are used?</p> <p>What body postures and body mechanics are required (e.g. lifting, reaching, twisting, bending)?</p> <p>What repetitive movements are involved?</p> <p>Strength required?</p>	<p>-Walk to bedrooms and stoop to reach clothes on floor</p> <p>-Fill basket with 2 loads (heavy)</p> <p>-Carry downstairs to machines on one hip so can hold railing</p> <p>-Lift 4 L bottle of detergent with right hand from shelf at shoulder level</p> <p>-Reach for clothes in basket on floor by stooping to put into top loader machine</p> <p>-Twist 'on' knob with right hand</p> <p>-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</p> <p>-Turn around to hang up delicate clothes on rack above shoulder level</p> <p>-Twist 'on' knob with right hand</p> <p>-Crouch down, extend neck, and reach forward with right hand to pick up dry clothes and place on top of dryer</p> <p>-Fold clothes stooped forward while standing at table (between washer and dryer) with arms away from body and neck flexed</p>	<p>-Family bring their laundry to a central location with bags for white and coloured clothes</p> <p>-Use bags with drawstring tops to drag clothes or kick with foot along floor, then toss/kick bag downstairs</p> <p>-Have detergent decanted into a 1 L container, stored on table top</p> <p>-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</p> <p>-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</p> <p>-Put delicates aside on table, face table to put clothes on hanger then turn with feet to face rack directly</p> <p>-Sit on low stool or kneel in front of dryer to load from basket</p> <p>-Unload in a similar position, perhaps with a reacher to access deep areas of dryer</p> <p>-Either ask for help to carry dry clothes upstairs, or carry a small armload at a time</p>

	<ul style="list-style-type: none"> -Pick up and carry stacks of dry clothes under right arm so left one free for railing -Stoop to put clothes on bed, then walk and reach to pull arms to open chest of drawers -Stoop and reach to put clothes in drawers or lift and reach to hang up clothes in cupboard -Clothes in basket 15 pounds -Detergent 8 pounds when full - Hand and arm movements during sorting, loading, unloading and folding -Twisting spine during loading dryer -Bending and straightening of legs while unloading dryer 	<ul style="list-style-type: none"> -Fold at kitchen table height in sitting (except for large items, which require help) -Either leave clothes for family to put away themselves, or place clothes on top of dresser to lift directly down into drawers (store frequently accessed items in higher drawers) -Floor supports weight of laundry bag -Armload is less than 5 lbs -Decanted detergent 2 lbs -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
Ergonomic demands	How do I do the activity now?	How could I modify the demands?
<p>What tools, supplies, and equipment are needed to carry out the activity?</p> <p>Comment on comfort and ease of use.</p>	<ul style="list-style-type: none"> -Sorting on floor -Detergent on shelf above washer -Folding on table-height surface between machines -Folded clothes on bed -Laundry basket -Hand railing 	<ul style="list-style-type: none"> -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.) -Laundry bags -Laundry basket -Reacher -Low stool -Hand railing

Space demands	How do I do the activity now?	How could I modify the demands?
<p>Describe the physical environment in which the activity is usually performed.</p> <p>Consider lighting, temperature, noise, ventilation, size of space and set-up required.</p>	<p><i>-Machines in basement of house with a table between them</i></p> <p><i>-Dim light and damp</i></p>	<p><i>-As is unless ready to buy new machines (i.e. front loaders on pedestals)</i></p>
Social demands	How do I do the activity now?	How could I modify the demands?
<p>Describe the social and interpersonal demands that may be required or impact the activity.</p> <p>Is it a solo activity or shared? Does it require cooperation, communication, assertiveness?</p>	<p><i>-Laundry has typically been my job in the family</i></p> <p><i>-Daughter does not want her delicate clothes put in dryer</i></p>	<p><i>-Request assistance with sorting, carrying, some folding and putting away</i></p> <p><i>-Ask daughter to wash her own delicates separately</i></p>
Thinking demands	How do I do the activity now?	How could I modify the demands?
<p>Describe the thinking and other cognitive skills required to complete this activity.</p> <p>What aspects of concentration, memory, multi-tasking, sequencing, reading, problem solving are involved?</p>	<p><i>-Automatic/don't think</i></p> <p><i>-Forget about daughter's delicates sometimes</i></p>	<p><i>-Plan ahead when you'll do laundry and inform family so they do their parts</i></p> <p><i>-Think about the steps in preparation for doing them</i></p>

Emotional demands	How do I do the activity now?	How could I modify the demands?
<p>Describe the emotional factors that this activity may require or evoke.</p> <p>What emotions might be involved?</p> <p>How might memories, stress, or expectations impact the activity?</p>	<p><i>-Stress over doing daughter's delicate clothes "right"</i></p>	<p><i>-As above</i></p>

What activity modification(s) are you going to try?

- *Use bags with drawstring tops to drag clothes or kick with foot along floor, then toss/kick bag downstairs*
- *Request assistance with sorting, carrying, some folding and putting away*
- *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*
- *Sit on low stool or kneel in front of dryer to load from basket*
- *Make a plan/schedule - One load at a time, 3 X per week, preferably in am*

After trying the activity modification(s), what was the outcome?

The modifications were helpful for me to reduce the likelihood of aggravating pain from doing laundry. By making a plan and sticking to it, I was able to complete laundry without loads piling up.