WORK QUESTIONNAIRE

What is your job title?
Give a brief description of your duties
Please answer questions below based on a typical working day / week
WORKING HOURS
work set hours
I start work at:
I work (please circle): Monday / Tuesday / Wednesday / Thursday / Friday / Saturday / Sunday
work shifts
A typical shift is: hours I work (please circle): Days / Nights / Both
I work: hours per week
TRAVELLING TO WORK
I travel between: and:
Please map out your journey:
<u>Examples</u> Start → Walk (7min)→ Bus (15min)→ Train (30min) → Walk (4min) → End

START	min → min → min END min journey (if different from morning) min → min END PHYSICAL ACTIVITY DURING YOUR WORKING DAY work environment (please circle all the relevant statements) rk in my own office rk in a shared office we to do stairs to access my office wany flights How many times a day re is lift access workplace' is unpredictable e.g. I work across different sites, peoples homes etc. see describe: many hours do you spend	Norning journey				
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Please complete all the boxes that you answer yes to:

What mode of transport do you used when travelling at work (please circle): drive: Own car / Company car use public transport: Tube / Train / Bus / Walking / Bicycle / Motorcycle / Other: Do you travel (please circle): Alone With a colleague With others (e.g. clients) How many hours per day do you spend doing this:	travel as part of my job (not including travel to and from work): Yes / No
I use public transport: Tube / Train / Bus / Walking / Bicycle / Motorcycle / Other: Do you travel (please circle): Alone With a colleague With others (e.g. clients) How many hours per day do you spend doing this: move objects / items around (this could be anything e.g. equipment, files etc).: Yes / No Describe objects / items: Do you use machinery to move items around: Yes / No If yes, please describe: How many hours per day to you spend doing this: use a computer: Yes / No How often do use a computer: Every day for most of the day / Every day but only for short periods / Weekly What programmes do you use? Word / Excel / Outlook / Power Point / Other: What is your typing speed? Wp/m MENTAL EFFORT Please tick all the statements relevant to your job: I have to concentrate for periods of time. How long at a time: min I have to learn new skills every day I have to solve complex problems every day I have to solve complex problems every day	What mode of transport do you used when travelling at work (please circle):
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INTERACTIONS WITH OTHERS

Please	tick the statements relevant to your job
	I mostly work as part of a team
	I mostly work on my own
	I spend some time working on my own and some time working with others
	I communicate with colleagues
	face-to-face
	phone
	internet
۵	I have to manage colleagues
	I deal with clients on daily basis
	occasionally
	never
	I communicate with clients
	face-to-face
	phone
	internet