MENNO PLACE

Recreation - Modified Duties

These duties have been separated into *Light, Moderate, and Full Duties* to assist in developing appropriate recovery at work progression as needed. Please indicate which activities are appropriate to engage in at this time and note any progression of duties and when they can be implemented.

Light

- 1:1 duty with residents (socializing, reading, doing crafts, coffee visits). This can happen on multiple floors
- No heavy lifting or pushing, weight restrictions based on conditions (Range may be from 2lbs to a maximum of 20lbs)
- Office duties – Resident care plans, assessments, calendars, research for future programs
- Programs where there is little exertion. Ex. Trivia, sing a longs, movie afternoon.
- Engage/assist with 1:1 volunteer activity

Self-pace all activities and alternate postures/tasks when needed for symptom management. This may include, but not limited to, seated or standing resting breaks.

Moderate

- Small group activities permitted, limit the number of residents that need to be portered or ask for assistance from volunteers or other staff on the unit.
- No heavy lifting or pushing, weight restrictions based on conditions (Range may be from 2lbs to maximum of 30lbs)
- Lunch clubs
- Attend meetings
- Calendars, poster creation, care plans, assessments, research for new programs

Self-pace all activities and alternate postures/tasks when needed for symptom management. This may include, but not limited to, seated or standing resting breaks.

Full

- Return to all regular duties (all pre-injury duties)
- Increased weight limits from 8lbs to 50lbs, which can be set to gradual increments.

Revised September 03 2024