

## Questionnaire in English translation

<b>Imagine the following activities in your everyday working life:</b>	<b>How much physically demanding is it for you?</b>					
	Not at all				Very much	N/A
You are positioning an immobile patient (approx. 80 kg) in bed without their help.	O <sub>0</sub>	O <sub>1</sub>	O <sub>2</sub>	O <sub>3</sub>	O <sub>4</sub>	O <sub>9</sub>
You are positioning an immobile patient with obesity (approx. 120 kg) in bed without their help.	O <sub>0</sub>	O <sub>1</sub>	O <sub>2</sub>	O <sub>3</sub>	O <sub>4</sub>	O <sub>9</sub>
You are moving an immobile patient (approx. 80 kg) from bed to a wheelchair without their help.	O <sub>0</sub>	O <sub>1</sub>	O <sub>2</sub>	O <sub>3</sub>	O <sub>4</sub>	O <sub>9</sub>
You are moving a partially mobile patient (approx. 80 kg) from bed to a wheelchair with their help.	O <sub>0</sub>	O <sub>1</sub>	O <sub>2</sub>	O <sub>3</sub>	O <sub>4</sub>	O <sub>9</sub>
You are moving a partially mobile patient with obesity (approx. 120 kg) from bed to a wheelchair with their help.	O <sub>0</sub>	O <sub>1</sub>	O <sub>2</sub>	O <sub>3</sub>	O <sub>4</sub>	O <sub>9</sub>
You are moving a partially mobile patient (approx. 80 kg) from the ground to bed together with a second nurse after a fall.	O <sub>0</sub>	O <sub>1</sub>	O <sub>2</sub>	O <sub>3</sub>	O <sub>4</sub>	O <sub>9</sub>
You are washing an immobile patient (approx. 80 kg) in bed without their help.	O <sub>0</sub>	O <sub>1</sub>	O <sub>2</sub>	O <sub>3</sub>	O <sub>4</sub>	O <sub>9</sub>
You are washing an immobile patient with obesity (approx. 120 kg) in bed without their help.	O <sub>0</sub>	O <sub>1</sub>	O <sub>2</sub>	O <sub>3</sub>	O <sub>4</sub>	O <sub>9</sub>
You are assisting a partially mobile patient (approx. 80 kg) in body care in a narrow bathroom.	O <sub>0</sub>	O <sub>1</sub>	O <sub>2</sub>	O <sub>3</sub>	O <sub>4</sub>	O <sub>9</sub>
You are emptying indwelling catheters of 8 patients one after another.	O <sub>0</sub>	O <sub>1</sub>	O <sub>2</sub>	O <sub>3</sub>	O <sub>4</sub>	O <sub>9</sub>
You are putting on compression stockings on a patient (approx. 80 kg) in bed.	O <sub>0</sub>	O <sub>1</sub>	O <sub>2</sub>	O <sub>3</sub>	O <sub>4</sub>	O <sub>9</sub>
You are cleaning the wound of a patient (approx. 80 kg) in an area that is difficult to reach (e.g., calf, buttocks).	O <sub>0</sub>	O <sub>1</sub>	O <sub>2</sub>	O <sub>3</sub>	O <sub>4</sub>	O <sub>9</sub>
You are changing the bandage on a leg of a patient (approx. 80 kg) while holding up the leg.	O <sub>0</sub>	O <sub>1</sub>	O <sub>2</sub>	O <sub>3</sub>	O <sub>4</sub>	O <sub>9</sub>
You are measuring the blood pressure of 20 patients one after another.	O <sub>0</sub>	O <sub>1</sub>	O <sub>2</sub>	O <sub>3</sub>	O <sub>4</sub>	O <sub>9</sub>
You are connecting and disconnecting infusions of 20 patients one after another.	O <sub>0</sub>	O <sub>1</sub>	O <sub>2</sub>	O <sub>3</sub>	O <sub>4</sub>	O <sub>9</sub>
You are preparing the medication for 20 patients.	O <sub>0</sub>	O <sub>1</sub>	O <sub>2</sub>	O <sub>3</sub>	O <sub>4</sub>	O <sub>9</sub>

You are putting clean sheets on an empty bed within 5 minutes.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>	<input type="radio"/> O <sub>9</sub>
You are disinfecting the surfaces in a room (e.g., television, nurse call button) within 2 minutes.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>	<input type="radio"/> O <sub>9</sub>
You are standing in one place for 20 minutes (e.g., during surgery, while documentation).	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>	<input type="radio"/> O <sub>9</sub>
You are climbing the stairs over 2 floors.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>	<input type="radio"/> O <sub>9</sub>
You are transporting objects up to 5 kg (e.g., tea, towels, food trays) across the ward.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>	<input type="radio"/> O <sub>9</sub>
You are transporting objects above 5 kg (e.g., luggage of a patient) from one ward to the next.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>	<input type="radio"/> O <sub>9</sub>
You are pushing an empty bed across the ward.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>	<input type="radio"/> O <sub>9</sub>
You are pushing a patient in a wheelchair from one ward to the next.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>	<input type="radio"/> O <sub>9</sub>
You are lifting up objects up to 5 kg (e.g., carton with medication).	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>	<input type="radio"/> O <sub>9</sub>
You are lifting up objects above 5 kg (e.g., rinsing solutions, oxygen bottles).	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>	<input type="radio"/> O <sub>9</sub>
You are holding objects up to 5 kg (e.g., infusion bags) over 1 minute.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>	<input type="radio"/> O <sub>9</sub>
You are holding objects above 5 kg (e.g., rinsing solutions) over 1 minute.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>	<input type="radio"/> O <sub>9</sub>

<b>Imagine the following activities in your everyday school life:</b>	<b>How much physically demanding is it for you?</b>		
	Not at all	Very much	N/A
You are sitting in class on a usual school day.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>9</sub>
You are carrying school things (e.g. bag, folder, books/tablet) with you on a usual school day.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>9</sub>