

APPENDICES

Appendix A — The physical demands survey

SECTION A — DEMOGRAPHICS

In this section we ask a few questions about you. This is so that we can describe the population we surveyed.

- A1. What is your age? _____
(years)
- A2. Gender
 Female 1
 Male 2
- A3. Did you complete the six month PROVE program at the Queensland Police Academy?
 No 1
 Yes 2
- A4. What is your rank? (please tick one)
 Constable 1
 Senior Constable 2
 Sergeant or above 3
- A5. In what area of the state do you currently work?
 In a provincial station 1
 In a metropolitan station 2
 In a small country station 3
 In a station on an Aboriginal community 4
 Other (specify: _____)
- A6. How many people work in your station/section? _____
- A7. How many years of service have you had in the QLD Police Service? _____
(years)
 How many years of service have you had in another Police Station? _____
(years)
- A8. For how many years have you performed 'general duties' in a police Service (cumulative)? _____
(years)

A9. Which best represents the area of the Police Service you work in?

General operational policing	<input type="checkbox"/>	1
Criminal investigation (e.g. Fraud, Drugs, CIB)	<input type="checkbox"/>	2
Watchhouse	<input type="checkbox"/>	3
State Crime Operations	<input type="checkbox"/>	4
Special response unit (e.g. Explosives, SERT, PSRT)	<input type="checkbox"/>	5
Operation support command	<input type="checkbox"/>	6
Traffic	<input type="checkbox"/>	7
The Academy	<input type="checkbox"/>	8
Regional Training	<input type="checkbox"/>	9
Other (please specify _____)	<input type="checkbox"/>	

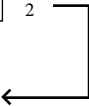
A10. Is your position administrative/managerial?

No	<input type="checkbox"/>	1
Yes	<input type="checkbox"/>	2

A11. Do you participate in recreational physical activities or sports outside of work?

No	<input type="checkbox"/>	1
Yes	<input type="checkbox"/>	2

If yes, please describe the activity and the amount of time you spend doing that activity (e.g. play squash 1 x week for 45 minutes / weight training 3 x week for 45 minutes):



SECTION B — PHYSICAL DEMANDS

In this section we are interested in assessing the physical demands of policing. This includes everything from sitting at your desk to performing CPR or discharging your firearm. You may find it difficult to recall how many times you've completed an activity over the period of time specified in the question – it is recognised that your answers reflect your best estimate rather than a 100% accurate response.

B1. Which best describes the majority of duties you performed in your LAST FULL SHIFT? (tick only one)

	tick only one	
patrol duties	<input type="checkbox"/>	1
investigative duties	<input type="checkbox"/>	2
administrative/office duties	<input type="checkbox"/>	3
watchhouse duties	<input type="checkbox"/>	4
other (please specify: _____)	<input type="checkbox"/>	

B2. On your LAST FULL SHIFT worked (exclude meal/coffee breaks; include voluntary and paid overtime):

		Hrs	Mins
a. how much time did you spend walking?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. how much time did you spend standing?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. how much time did you spend driving or sitting in a police vehicle?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. how much time did you spend operating/sitting in or on some other form of police transport (e.g. horse, boat, motorcycle)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. how much time did you spend sitting at your desk?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. other (please specify: _____)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

		No. of times
g. how many times did you get in/out or on/off a vehicle or other police transport?	<input type="checkbox"/>	<input type="checkbox"/>
h. how many times did you climb a set of stairs (10 or more steps)?	<input type="checkbox"/>	<input type="checkbox"/>

B3. Over the LAST MONTH, how many times have you had to:

		No. of times
a. put handcuffs on a noncompliant offender	<input type="checkbox"/>	<input type="checkbox"/>
b. apply some other physical restraint to deal with a non-compliant offender	<input type="checkbox"/>	<input type="checkbox"/>
c. carry/move a non-compliant person (e.g. resisting arrest or drunk)	<input type="checkbox"/>	<input type="checkbox"/>
d. break up a fight	<input type="checkbox"/>	<input type="checkbox"/>
e. push a person out of harms way	<input type="checkbox"/>	<input type="checkbox"/>

B4. Think of the LAST TIME you struggled with an offender. How long did that struggle take?

Minutes	Seconds

We are also interested in identifying the locations where struggles with offenders most often occur.

B5. Think of the LAST TIME you struggled with an offender. Where did that struggle take place? (tick only one)

	Tick one	
at the place where offence occurred	<input type="checkbox"/>	1
in place other than where offence occurred (e.g. after pursuit, at house while being arrested etc.)	<input type="checkbox"/>	2
while escorting to police vehicle	<input type="checkbox"/>	3
while putting offender in a police vehicle	<input type="checkbox"/>	4
while taking offender out of a police vehicle	<input type="checkbox"/>	5
while moving from police vehicle to watchhouse	<input type="checkbox"/>	6
while fingerprints were being taken	<input type="checkbox"/>	7
in watchhouse while they were being processed	<input type="checkbox"/>	8
while being placed in cell after being processed	<input type="checkbox"/>	9
other (please specify:(_____))	<input type="checkbox"/>	

B6. Over the LAST YEAR, how many times have you had to perform the following activities WHILE ON DUTY:
 (please indicate 0 in the box if you have not been required to perform an activity)

	No. of times
1. run less than 30 metres (e.g. to chase an offender)	<input type="text"/>
2. run 30 metres or more (e.g. to chase an offender)	<input type="text"/>
3. chase an offender any distance AND be required during the pursuit to negotiate at least one obstacle (e.g. fence, window etc.)	<input type="text"/>
4. carry/move a non-compliant person (e.g. resisting or drunk)	<input type="text"/>
5. break up a fight	<input type="text"/>
6. push a person out of harms way	<input type="text"/>
7. climb through a window	<input type="text"/>
8. climb over a fence higher than 1 metre	<input type="text"/>
9. push a car more than 5 metres	<input type="text"/>
10. move furniture within a house (e.g. during a drug search)	<input type="text"/>
11. climb into a ceiling	<input type="text"/>
12. climb onto a roof	<input type="text"/>
13. crawl under a house	<input type="text"/>
14. lift and carry objects for confiscation/evidence weighing more than 10 kilograms (e.g. stolen goods)	<input type="text"/>
15. move a small animal carcass (e.g. cat)	<input type="text"/>
16. move a large animal carcass without aid of machinery (e.g. sheep/cow)	<input type="text"/>
17. move a dead or injured person	<input type="text"/>
18. change a tyre on a vehicle	<input type="text"/>
19. swim more than 10 metres	<input type="text"/>
20. administer first aid	<input type="text"/>
21. administer expired air resuscitation (EAR)	<input type="text"/>
22. administer cardiopulmonary resuscitation (CPR)	<input type="text"/>
23. be involved in high-speed car pursuit as driver	<input type="text"/>
24. be involved in high-speed car pursuit as passenger	<input type="text"/>
25. be involved in high-speed car pursuit AND immediately after, had to pursue the offender(s)	<input type="text"/>
26. engage in crowd control	<input type="text"/>

Question B6 cont ... how many times over the LAST YEAR ...

	No. of times
27. put handcuffs on a non-compliant offender	<input type="text"/>
28. apply some other physical restraint to deal with a non-compliant offender	<input type="text"/>
29. use a pressure point control tactic	<input type="text"/>
30. use a baton	<input type="text"/>
31. use some other striking weapon (specify: _____)	<input type="text"/>
32. use a carotid neck restraint hold/lateral vascular neck restraint	<input type="text"/>
33. draw your firearm.....	<input type="text"/>
34. point firearm at an offender	<input type="text"/>
35. discharge a firearm at an offender	<input type="text"/>
36. discharge a firearm at an animal	<input type="text"/>

B7. Please write any further comments you may have regarding the physical demands of policing.

SECTION C — TYPE OF INJURIES RECEIVED

C1. Over the LAST YEAR, how many times have you been involved in incidents with offenders where you have been:
(please indicate 0 where no applicable/never received that kind of injury)

- | | | | |
|----------------------|--------------------------|---------------------------------------|--------------------------|
| a. Scratched | <input type="checkbox"/> | f. Bitten | <input type="checkbox"/> |
| b. Slapped | <input type="checkbox"/> | g. Thrown/knocked to the ground | <input type="checkbox"/> |
| c. Punched | <input type="checkbox"/> | h. Hit with object | <input type="checkbox"/> |
| d. Kicked | <input type="checkbox"/> | i. Spat on/at | <input type="checkbox"/> |
| e. Cut/stabbed | <input type="checkbox"/> | | |

C2. If you were assaulted in the LAST YEAR, in what context did the MOST RECENT assault occur?
(tick only one)

- | | |
|---|--|
| <input type="checkbox"/> 1. Surprise attack/assault | <input type="checkbox"/> 4. During restraint |
| <input type="checkbox"/> 2. Before restraint | <input type="checkbox"/> 5. Process of trying to implement a restraint |
| <input type="checkbox"/> 3. Not been assaulted in last year | <input type="checkbox"/> Other (please describe/specify): |

C3. Over the LAST YEAR, in dealing with offenders, how many times have you sustained the following injuries? (please indicate 0 where not applicable/never received that kind of injury):

- | | | | |
|--|--------------------------|-------------------------|--------------------------|
| a. Visible bruising | <input type="checkbox"/> | e. Back injury | <input type="checkbox"/> |
| b. Scratches | <input type="checkbox"/> | f. Bone fracture | <input type="checkbox"/> |
| c. Sprains/strains (excluding back injury) | <input type="checkbox"/> | g. Concussion | <input type="checkbox"/> |
| d. Ligature injury | <input type="checkbox"/> | h. Cut/stab wound | <input type="checkbox"/> |

C4. Of the injuries sustained over the LAST YEAR, how would you rate your MOST SERIOUS INJURY ?
(please circle)

- | | | | | | | | |
|---|--|---|---|---|---|---|---|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Not Applicable
(no injuries over
the last year) | Not at all serious
(superficial, not
requiring medical
attention) | | | | | | Very Serious
(potentially
life-
threatening) |

C5. Over the course of the LAST YEAR, how many times have you had blood/saliva contact with another individual in your line of duty (please indicate zero if not applicable)?

No. of times

C6. Over the course of the LAST YEAR, how many FITNESS-RELATED injuries have you had?

No. of injuries

C7. During YOUR PHYSICAL FITNESS TRAINING AT THE ACADEMY, how many injuries did you have?

No. of injuries

C8. Please write any further comments you may have regarding injuries received while policing.

Appendix B — Sampling strategy

Officers were sampled from the Human Resource Management System, which contains a current file of all sworn officers in the QPS. To gain a sample representative of both gender and rank, the file was divided into two groups — Constables and Senior Constables — and then sorted by gender. From this separation it was possible to calculate the proportion of males and females within each rank.

QPS sworn officers by rank and gender

	Rank	Gender	
		<i>Female</i> (%)	<i>Male</i> (%)
Constable	56.7	24.7	75.3
Senior Constable	43.3	9.0	91.0
		(increased to 25%)(decreased to 75%)	

It was of particular interest to the researchers to examine gender differences in the data, and so it was important to ensure an adequate number of female officers were sampled to generate a response rate that would provide sufficient numbers for statistical analyses. As can be seen by the above table, the percentage of female officers at the level of Senior Constable is 15.7 per cent lower than the percentage found at the Constable level. To ensure a suitable response rate, the proportion of female Senior Constables to be sampled was increased to 25 per cent and male Senior Constables decreased to 75 per cent.

To obtain a total of 1,000 subjects, officers in each of the four groups were selected as follows:

- Constables: — Selected every fourth person from each group: female and male.
- Senior Constables: — Selected every fifth male.
- Selected every second female and then recycled through the list to gain the target number.

Appendix C — Summary of physical demands

Activities performed over the LAST MONTH¹						
	% who did	n	Range	Mean	Mode	Median
a. Put handcuffs on a noncompliant offender	51.8	185	1–40	3.011	1	2
b. Apply some other physical restraint to deal with a noncompliant offender	67.8	242	1–40	3.917	1	2
c. Carry or move a noncompliant person (e.g. resisting arrest or drunk)	67.2	240	1–200	4.850	2	2.5
d. Break up a fight	50.1	179	1–24	3.553	1	2
e. Push a person out of harm’s way	16.5	59	1–10	2.407	1	2
Activities performed over the LAST YEAR²						
	% who did	n	Range	Mean	Mode	Median
1. Run less than 30 metres (e.g. to chase an offender)	75.4	255	1–40	5.424	2	4
2. Run 30 metres or more (e.g. to chase an offender)	74.3	251	1–30	3.908	1	2
3. Chase an offender any distance AND be required during the pursuit to negotiate at least one obstacle (e.g. fence, window)	59.8	202	1–30	3.629	1	2
4. Carry or move a noncompliant person (e.g. resisting or drunk)	88.5	299	1–100	13.271	10	10
5. Break up a fight	75.7	256	1–50	9.348	2	5
6. Push a person out of harm’s way	29.6	100	1–36	5.830	2	3
7. Climb through a window	61.8	209	1–30	3.914	2	2
8. Climb over a fence higher than 1 metre	74.6	252	1–50	6.778	2	4
9. Push a car more than 5 metres	54.7	185	1–10	2.395	1	2
10. Move furniture within a house (e.g. during a drug search)	58.6	198	1–50	6.975	2	5
11. Climb into a ceiling	35.5	120	1–15	2.842	1	2
12. Climb onto a roof	33.1	112	1–10	2.143	1	2
13. Crawl under a house	41.1	139	1–20	2.439	1	2
14. Lift and carry objects for confiscation/evidence weighing more than 10 kilograms (e.g. stolen goods)	61.2	207	1–100	7.531	2	4
15. Move a small animal carcass (e.g. cat)	19.8	67	1–12	2.254	1	1
16. Move a large animal carcass without aid of machinery (e.g. sheep/cow)	9.2	31	1–12	1.968	1	1
17. Move a dead or injured person	62.1	210	1–30	3.429	2	2
18. Change a tyre on a vehicle	52.4	177	1–20	2.090	1	2
19. Swim more than 10 metres	3.0	10	1–8	2.100	1	1.5
20. Administer first aid	35.2	119	1–30	3.277	1	2
21. Administer expired air resuscitation (EAR)	4.4	15	1–2	1.133	1	1
22. Administer cardiopulmonary resuscitation (CPR)	3.3	11	1–2	1.091	1	1
23. Be involved in high-speed car pursuit as driver	62.7	212	1–20	2.858	1	2
24. Be involved in high-speed car pursuit as passenger	62.4	211	1–15	2.716	1	2
25. Be involved in high-speed car pursuit AND immediately afterwards pursue the offender(s)	42.0	142	1–10	1.852	1	1
26. Engage in crowd control	70.4	238	1–50	6.029	1	3
27. Put handcuffs on a noncompliant offender	85.2	288	1–300	8.823	1	5
28. Apply some other physical restraint to deal with a noncompliant offender	87.9	297	1–300	11.828	10	7
29. Use a pressure-point control tactic	47.3	160	1–40	6.300	2	4
30. Use a baton	13.3	45	1–6	1.867	1	1
31. Use some other striking weapon (specify: _____)	6.8	23	1–5	1.522	1	1
32. Use a carotid neck restraint hold/lateral vascular neck restraint	54.4	184	1–20	4.054	1	2
33. Draw your firearm	36.4	123	1–20	2.423	1	2
34. Point firearm at an offender	16.3	55	1–7	1.564	1	1
35. Discharge a firearm at an offender	0.3	1	–	1.000	1	1
36. Discharge a firearm at an animal	11.8	40	1–6	1.500	1	1

1 Total n = 357.

2 Total n = 338 (excludes officers with less than one year experience).

Appendix D — Summary of injuries

Type of assault	% of respondents	n	Range	Mean	Mode	Median
Scratched	56.8	192	1–30	3.161	1	2
Slapped	25.1	85	1–15	2.706	1	2
Punched	46.4	157	1–20	3.242	1	2
Kicked	39.1	132	1–10	2.379	1	2
Cut/stabbed	3.0	10	1–4	1.400	1	1
Bitten	10.9	37	1–3	1.216	1	1
Thrown/knocked to the ground	29.6	100	1–20	2.260	1	1
Hit with object	16.9	57	1–8	1.877	1	1
Spat on/at	36.1	122	1–20	2.246	1	1

Injuries sustained	% of respondents	n	Range	Mean	Mode	Median
Visible bruising	50.9	172	1–20	2.616	1	2
Scratches	56.8	192	1–30	3.078	1	2
Sprains/strains (excluding back injury)	22.8	77	1–30	2.130	1	1
Ligature injury	5.3	18	1–4	1.444	1	1
Back injury	10.7	36	1–5	1.500	1	1
Bone fracture	2.1	7	1–1	1.000	1	1
Concussion	1.8	6	1–4	1.667	1	1
Cuts/stab wound	5.0	17	1–6	1.588	1	1

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