

**Fieldwork Activity Analysis and Clinical Observation  
Adult Population**

1. **Name of website (provide link) or location of observation** : Private Home Setting, Garage, Sunny Day, Afternoon
2. **Age group observed** : Young Adult Couple– 19 year old – Male, 19 year old - Female
3. Name 2 activities observed AND the corresponding *Areas of Occupation*  
**Activity 1: Driving Car to the Store IADL (Occupation): Driving & Community Mobility**  
**Activity 2: Waxing A Car IADL (Occupation): Home Establishment & Management**
4. How does one's *personal context* affect the persons, activities or the environment that you observed?
  - a. Age or gender: **Male, 18 years old - Very proud of his Mustang. The act of driving his car and maintaining shows a sense of pride. Female, 19 years old adores her boyfriend and enjoys helping him with activities.**
  - b. Socioeconomic or educational status : **Middle Class first year college students (flight school). These activities are both very important to the participants based on his social and emotional needs. Male enjoys the independence and sense of accomplishment after cleaning and waxing his car. He a true car enthusiast. The participant fundamentally feels better when he is driving his car after it is washed and waxed. The female is his girlfriend and she is eager to help and learn how to wax the car. Due to the current Covid19 situation this activity is meaningful and purposeful to the participants. It's a nice day and its good to be active and outside of the house.**
5. ACTIVITY ANALYSIS (Choose one of the activities listed in question 3 to analyze):
  - a. **Name of Activity:** Waxing a Car
  - b. **Description of Activity:** A vehicle must be thoroughly washed and dried prior to being waxed. Waxing a car involves applying a thin coat of wax to a vehicle's paint. The wax takes a period of time to harden and dry. Once the wax dries completely then the wax must be buffed off with a buffer, or specialized polishing towel. The task of removing the wax takes patience and is generally done in small circular patterns.
  - c. **Sequence and timing**
    - 1) Pull freshly clean and dry car into the garage, set parking break. (4 minutes)
    - 2) Put on plastic gloves and pick up a clean dry microfiber towel. (1 minute)
    - 3) Start at the back of the vehicle and gently wipe the microfiber towel over every part of the vehicle that has paint. Move from the back to both sides and the hood of the vehicle, ending with the roof. This step is to be certain that there are no contaminants, dirt or dust particles prior to applying the wax. Midway through wiping down the vehicle, switch to a new microfiber towel and discard the first

one into a bucket. When the wiping is completed, throw the second microfiber towel into the same bucket. (4 minutes)

- 4) Open the wax container and place down on a small table surface close to the car. (20 seconds)
- 5) With gloved hands, pick-up a round foam applicator that accompanied the wax with dominant hand. Take the round foam applicator and drag it across the wax compound in the car wax container. Generally one should have about a silver dollar size amount of wax on the applicator. (30 seconds)
- 6) With the applicator in dominant hand with wax applied to it, move closer to car and determine a 2' x 2' area in which to start with. Gently rub the wax from the applicator on to the vehicle's paint in that same 2' x 2' area until evenly applied. Apply wax with an even force in a circular motion. (3 minutes)
- 7) Repeat steps 5 & 6 in the segmented 2' x 2' areas until the vehicle's entire paint has been covered evenly, and overlapping wherever necessary. (36 minutes)
- 8) Remove gloves and throw away. Place dirty applicator into the bucket with discarded microfiber towels. (1 minute)
- 9) Allow wax to dry without disturbing it in any way for 10 minutes. (10 minutes)
- 10) After 10 minutes take a finger to the last 2' x 2' segmented completed and wipe finger in the center of the 2' x 2' area. If finger leaves a smear then leave the wax to dry for another 5 minutes. (1-5 minutes)
- 11) Take a fresh microfiber towel in dominant hand and begin to remove the wax in a circular motion and with enough force to remove all the residue of the wax. When towel begins to become heavy flip it over and use opposite side. Once both sides are contaminated with the dried wax, discard into bucket with the other dirty microfiber towels. Repeat this with new microfiber towels until all of the wax is completely removed from all of the paint. (30 minutes)
- 12) Take the bucket of dirty microfiber towels and place it by the washing machine for cleaning. (1 minutes)
- 13) Take the specialized microfiber feather duster and run it over the entire painted segments of the car to make sure that all of the wax has been buffed and there is no sediment left behind. (3 minutes)
- 14) Place lid of car wax back on to the car wax container and return it to the shelf in garage. (1 minute)

Total Time Approximately (96 minutes)

d. **Cautions/ Precautions** –

- 1) Personal precautions need to be taken while putting the wax onto the car and gloves are important as the wax compound can be very rough on the skin and in some cases cause burning.
- 2) Placing the car fully in the Park position and setting the parking brake to avoid rolling the car and possible running over a foot.
- 3) Keeping the wax compound away from the eyes.

e. *Activity Demands*

• **Objects/Tools** : one car, ten (or more) microfiber towels, one set of protective gloves per participant, one car wax container, two car wax applicator, one microfiber feather duster, one bucket, one small folding table (to keep supplies on)

• **Space Demands** (include approx. size of area/space) – one garage approximately 25' long, 15' wide, temperature below 85 degrees, lighting must be well-lit to adequately see the wax compound.

• **Social Demands** – This task was completed by a young couple. The male assumed the lead and demonstrated how to wax a car and the female participant was anxious to learn. The expectation was that they share the supplies, complete this task and clean up afterwards, together. The male step-by-step planned to show the other participant how to wax his car.

f. Discuss two major **motor skills** necessary to perform this activity

**Bends**: Both participants rotated their trunks while moving along the vehicle while applying the wax to the surface of the car. This was done in a repetitive motion as they moved along each side of the car reaching out with their arms and flexing and rotating their trunk to be in the appropriate position to rub the wax on to each 2' x 2' surface.

**Calibrates**: Both participants used an applicator pad to spread the wax on in a circular motion with a rhythm and force that they duplicated within each 2' x 2' area they worked in. It was important that they duplicated their efforts so that the wax was put on uniformly and even manner. The timing of these motions were important to the task.

g. Discuss two major **process skills** needed to perform this activity

**Sequences**: Both participants worked in a specific and logical order to completely apply each 2' x 2' area of wax accordingly. This was done methodically and logically as they moved from one part of the car to the next. This task was done from start to finish in a logic manner without any random order.

**Gathers**: Both participants continuously put the wax back into a logical placement as the work moved on, kept the bucket and towels at an arm's length and moved them each time when necessary, and at the end of the task gathered the bucket filled with discarded microfiber towels, wax container, used wax applicators, and feather duster and returned it to its original storage placement in the garage.

h. Discuss two major **social interaction skills** needed to perform this activity

**Touches :** The male participant placed his hands on top of the female's hands as she was holding the wax applicator sponge. He pressed down on her hands and pushed them into a circular movement to demonstrate the force needed to apply the wax. This was all done in an appropriate manner.

**Heeds:** The female participant used the social interaction skill of Heeds as she not only followed the directions of her counterpart that was teaching her the task, she observed and copied his movements through to the successful completion of the task all together. This not only make the task go by faster, but it was a successful and positive social interaction.

- i. **Discuss the *social environment*** – This task took place with a couple that has a romantic and emotional relationship of more than two years. They are not just a couple, they consider each other as best friends. There is an expectation of trust and care for each other and they spend a great deal of time together in school and socially.
- j. Discuss the *physical environment* – This activity took place in the connected enclosed garage of the male participant's home. It was late in the afternoon and not very warm. It was important that it wasn't too hot as the wax does not apply appropriately if it is too hot. The garage is large and empty and very clean. There was no wind or rain.

**5.2 How could you have graded this activity to make it easier?** To make this activity easier I would suggest using a spray on wax that does not require such a detailed 2' x 2' work area. The spray wax can be applied and buffed off nearly immediately without waiting period.

**5.3 How could you have graded this activity to make it more challenging?** I would suggest using a clay bar prior to waxing the car. This is a step that is similar to waxing but is done prior to waxing. The clay bar is rubbed into the surface of the car first and takes another hour or two to apply depending on the size of the car. The purpose of the clay is to remove containments prior to waxing.