

Vanderbilt Physical Requirements & Environmental Conditions



Physical Requirements Group: Clinical Services Group 45

Physical Requirements Website: <http://www.vanderbilt.edu/work-at-vanderbilt/requirements/ClinicalServices45.pdf>

Equipment Used: Functional e-stim cycle, portable e-stim units, upper-extremity cycle, surface EMG unit, DynaVision/Vision Coach units, hydrocollator, iontophoresis/cortisone pads, splint pan/splint/orthotic materials, Thera-Band resistance bands, weights, medicine ball, mat table, ROM/strength testing equipment, beds, wheelchairs, walkers, canes, adaptive self-care ADL supplies, cognitive testing tools, wound care supplies, Personal Protective Equipment, computer.

Strengths Needed: This job is considered in the "Medium Work" category requiring exertion up to 50lbs of force occasionally and/or up to 20 of force frequently and/or up to 10 of force continually to move objects.

<u>Category</u>	<u>Physical Requirement</u>	<u>Frequency</u>	<u>Description</u>
Movement	Sitting:	Frequent	Remaining in seated position - reviewing history, assessing, scheduling activities, recording, interacting with patients/families, administer/score tests and objective measures, mold/fit splints, provide therapy care and meeting with department and medical staff, coordinating care with outside resources, driving/riding in car.
Movement	Standing:	Frequent	Remaining on one's feet without moving - assessing patient status/progress, administer/score tests and objective measures, adjusting weights and other strengthening exercises, instructing patients/family on ADL adaptive equipment, supervising/training students/assistants/technicians/volunteers.
Movement	Walking:	Occasional	Moving about on foot - movement on the work unit, to patient floors, clinic, outside the hospital setting.
Movement	Lifting under 35 lbs:	Frequent	Raising and lowering objects under 35 lbs from one level to another - lifting portable equipment, applying resistance during exercise, weights, adaptive ADL equipment, hydrocollator pads, cold pack, splint materials, medicine ball, laptop.
Movement	Lifting over 35 lbs:	Occasional	Raising and lowering objects from one level to another, includes upward pulling over 35 lbs - patient transfers with assistance, moving equipment/tables, performing ROM exercises.
Movement	Carrying under 35 lbs:	Occasional	Transporting an object holding in hands, arms or shoulder - carrying portable equipment, weights, hydrocollator pads, splint materials, medicine balls, supplies, linens, laptop.
Movement	Push/Pull:	Frequent	Exerting force to move objects away from or toward - pushing wheelchairs, moving mobile testing units, moving patients during testing, pushing/pulling extremities, pulling objects/linens from shelves, performing CPR.
Movement	Bending/Stooping:	Frequent	Trunk bending downward and forward by bending spine at waist requiring full use of lower extremities and back muscles - bending over patients during assessment, assisting patient onto e-stim cycle, getting to the patient's level of sight, repositioning patient on table, adjusting weights.
Movement	Balancing:	Frequent	Maintaining body equilibrium to prevent falling when walking, standing, crouching or maneuvering self, patient and equipment simultaneously and while working in small spaces.
Movement	Climbing:	Occasional	Ascending or descending stairs/ramps using feet and legs and/or hands and arms - climbing stairs between floors.
Movement	Kneeling:	Occasional	Bending legs at knees to come to rest on knee or knees - work with patient at their level of sight.

Movement	Crouching/Squatting:	Occasional	Bending body downward and forward by bending legs and spine - assisting patient with exercise, adjusting footrest on wheelchair.
Movement	Reaching above shoulders:	Occasional	Extending arms in any direction above shoulders - moving equipment, removing supplies and linens from cabinets, supporting patients, adjusting weights and exercise equipment, assisting patient to perform above shoulder ADL with/without adaptive equipment.
Movement	Reaching below shoulders:	Frequent	Extending arms in any direction below shoulders - performing assessment with testing units, working with patient exercise programs, attaching electrodes for e-stim units, iontophoresis, hot/cold units, pushing wheelchairs, retrieving linen supplies, adjusting weights, computer work.
Movement	Handling:	Frequent	Seizing, holding, grasping, turning or otherwise working with hand or hands - assist in patient movement/transfer, handling exercise/testing equipment, adjusting weights, picking up adaptive equipment and supplies.
Movement	Fingering:	Occasional	Picking, pinching, gripping, working primarily with fingers - adjusting equipment, performing testing, demonstrating exercises, making splints, applying self-adhering pads, wound care, assembling models.
Movement	Bimanual Dexterity:	Frequent	Requiring the use of both hands - applying Personal Protective Equipment, providing patient care, assisting with exercises, maneuvering patient and adaptive equipment simultaneously, creating splints, testing, controlling car while riding, performing CPR, computer work.
Sensory	Communication:	Continuous	Expressing or exchanging written/verbal/electronic information - with supervisors, physicians, patients, families, other department staff, coordinate care with outside resources.
Sensory	Auditory:	Continuous	Perceiving the variances of sounds, tones and pitches and able to focus on single source of auditory information - listening to patient, family, other staff, monitoring equipment signals, hearing patient's verbal and body sounds for emergency response.
Sensory	Vision:	Continuous	Clarity of near vision at 20 inches or less and far vision at 20 feet or more with depth perception, peripheral vision, color vision - assess patient's progress, aware of patient's vital signs, machine functions, taking ROM and other functional measurements, testing, making splints, computer documentation and reports.
Sensory	Smell:	Continuous	Ability to detect and identify odors - chemicals, odors, smoke.
Environmental Conditions	Chemicals and Gases:	Occasional	Medications, cleaning chemicals, oxygen, other medical gases used in work area.
Environmental Conditions	Pathogens:	Occasional	Risk of exposure to bloodborne pathogens and other contagious diseases - Administrative and engineering controls, personal protective equipment and training is provided to minimize risk of exposure.

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