

Vanderbilt Physical Requirements & Environmental Conditions



Physical Requirements Group: Clinical Services Group 46

Physical Requirements Website: <http://www.vanderbilt.edu/work-at-vanderbilt/requirements/ClinicalServices46.pdf>

Equipment Used: Stretchers, spine boards, collapsible wheelchairs, medical equipment bags, cardiac monitors, oxygen equipment, defibrillators, portable monitors, Personal Protection Equipment, tablets, computers.

Strengths Needed: This job is considered in the "Heavy Work" category requiring exertion of 50 to 100 lbs of force occasionally and/or up to 20 to 50 lbs of force frequently and/or up to 10 to 20 lbs of force continually to move objects.

<u>Category</u>	<u>Physical Requirement</u>	<u>Frequency</u>	<u>Description</u>
Movement	Sitting:	Occasional	Remaining in seated position - driving, recording, consulting with healthcare professionals.
Movement	Standing:	Frequent	Remaining on one's feet without moving - patient care, attending events.
Movement	Walking:	Frequent	Moving about on foot - movement to and from vehicle/site of incident, movement at event site, transporting patients.
Movement	Lifting under 35 lbs:	Frequent	Raising and lowering objects under 35 lbs from one level to another - operates patient care, monitoring and treatment equipment, medical kits, spine boards, collapsible wheelchair, oxygen equipment, defibrillators, portable monitors.
Movement	Lifting over 35 lbs:	Frequent	Raising and lowering objects from one level to another, includes upward pulling over 35 lbs - lift patient off ground level, luggage, patient transfers with assistance (stretcher to bed), maneuvering patient-handling equipment, balloon pump.
Movement	Carrying under 35 lbs:	Frequent	Transporting an object holding in hands, arms or shoulder - medical equipment bags, IV supplies/equipment, medications, pumps, defibrillator, oxygen equipment, restocking supplies.
Movement	Carrying over 35 lbs	Occasional	Transporting an object holding in hands, arms or shoulder - medical equipment bags.
Movement	Push/Pull:	Occasional	Exerting force to move objects away from or toward - stretchers, wheelchairs, patient-handling equipment, objects from shelves, linen supplies, oxygen equipment, adjust position of patients on stretcher, performing CPR.
Movement	Bending/Stooping:	Occasional	Trunk bending downward and forward by bending spine at waist requiring full use of lower extremities and back muscles - managing patient on ground level and in ambulance, taking vital signs, operating diagnostic equipment.
Movement	Balancing:	Frequent	Maintaining body equilibrium to prevent falling when walking, standing, crouching or maneuvering self, patient and equipment simultaneously while working in small and volatile spaces.
Movement	Climbing:	Occasional	Ascending or descending stairs/ramps using feet and legs and/or hands and arms - climbing into back of ambulance or into helicopter.
Movement	Kneeling:	Occasional	Bending legs at knees to come to rest on knee or knees - managing patient care in ambulance or helicopter.
Movement	Crouching/Squatting:	Occasional	Bending body downward and forward by bending legs and spine - managing patient care in ambulance or helicopter.
Movement	Reaching above shoulders:	Occasional	Extending arms in any direction above shoulders - adjusting IV equipment, retrieving supplies from cabinets/pouches.
Movement	Reaching below shoulders:	Frequent	Extending arms in any direction below shoulders - assisting patients, taking vital signs, patient transfers, moving stretchers, operate monitoring equipment.

Movement	Handling:	Frequent	Seizing, holding, grasping, turning or otherwise working with hand or hands - operates and monitors all medical equipment, picking up equipment and supplies, maneuvering stretchers.
Movement	Fingering:	Frequent	Picking, pinching, gripping, working primarily with fingers requiring fine manipulation - preparing and administering injectibles, starting IV's, taking vital signs, assembling equipment between calls, adjusting night goggles.
Movement	Bimanual Dexterity:	Frequent	Requiring the use of both hands - applying PPE, preparing and giving injectibles, providing patient care, maneuvering patient and equipment simultaneously, placing oxygen on patient, performing CPR.
Sensory	Communication:	Frequent	Expressing or exchanging written/verbal/electronic information - with multi-disciplinary team, patient communication.
Sensory	Auditory:	Continuous	Perceiving the variances of sounds, tones and pitches and able to focus on single source of auditory information - monitoring patient, monitoring equipment signals, hearing patient's verbal and body sounds for emergency response, detecting environmental dangers.
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 - read patient's vital signs, labels, read measurements on bags, containers and thermometers, machine functions, adaptable to night vision, detecting environmental dangers.
Sensory	Feeling:	Continuous	Ability to perceive size, shape, temperature, texture by touch with fingertips - swelling, moisture, skin temperature.
Sensory	Smell:	Continuous	Ability to detect and identify odors - chemicals, infections, smoke.
Environmental Conditions	Chemicals and Gases	Occasional	Medications, cleaning chemicals, oxygen. Drug fumes at outdoor events.
Environmental Conditions	Pathogens	Frequent	Risk of exposure to bloodborne pathogens and other contagious illnesses - Administrative and engineering controls, personal protective equipment and training is provided to minimize risk of exposure.
Environmental Conditions	Climate	Occasional	Extreme temperatures on ambulance/helicopter call, at events.
Environmental Conditions	Health	Occasional	Ability to withstand long periods without relief.

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