

# Vanderbilt Physical Requirements & Environmental Conditions



**Physical Requirements Group:** Clinical Services Group 60

**Physical Requirements Website:** <http://www.vanderbilt.edu/work-at-vanderbilt/requirements/ClinicalServices60.pdf>

**Equipment Used:** Cart washer, loading racks, manual washer, instrument washer/decontaminator, ETO gas sterilizer and aerator, high vacuum steam sterilizer, medivator, sonic cleaner, case carts, pans, trays, rigid containers/baskets, scanners, computers, packaging materials, sterilization Identification labels, Personal Protective Equipment.

**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 - assembly of instrument trays, packaging/wrapping instruments, scanning/documenting/inspecting of all instruments pans.
Movement	Standing:	Frequent	Remaining on one's feet without moving - unloading case carts, loading/unloading decontaminating racks of instruments/trays/containers, manually washing equipment at sink, monitoring cleaning cycles for correct function of equipment, assembling instruments, loading/unloading sterilizer, packaging instruments, applying sterilization identification labels, inventory/receive/restocking supplies and towels for sterile processes, teaching decontamination/sterilization to new employees.
Movement	Walking:	Frequent	Moving about on foot - loading instruments/equipment onto racks for decontaminating, moving racks and case carts into washer, moving clean instruments/equipment to stations for assembly and packaging, moving carts to and from sterilizers, distribute surgical trays to hospital and clinic as requested.
Movement	Lifting under 35 lbs:	Frequent	Raising and lowering objects under 35 lbs from one level to another - trays, pans, rigid containers/baskets, instruments, all placed on sterilizer and/or transport shelves, packaging supplies, cleaning solutions.
Movement	Lifting over 35 lbs:	Occasional	Raising and lowering objects from one level to another, includes upward pulling over 35 lbs - trays of instruments.
Movement	Carrying under 35 lbs:	Frequent	Transporting an object holding in hands, arms or shoulder - trays, pans, rigid containers/baskets, instruments, packaging supplies, cleaning solutions.
Movement	Push/Pull:	Frequent	Exerting force to move objects away from or toward - move case carts for cleaning, push decontaminating racks to washers, push carts with trays of instruments to put into sterilizers, opening and closing sterilizer doors, racks of sterilized equipment to storage, 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 - unloading trays from case carts, pulling supplies from low shelves, cleaning equipment.
Movement	Balancing:	Occasional	Maintaining body equilibrium to prevent falling when walking, standing, crouching or maneuvering self, patient and equipment simultaneously while operating in small spaces.
Movement	Climbing:	Occasional	Ascending or descending stairs/ramps using feet and legs and/or hands and arms - using step-stool for retrieving supplies.

Movement	Kneeling:	Occasional	Bending legs at knees to come to rest on knee or knees - unloading case cart at floor level.
Movement	Crouching/Squatting:	Occasional	Bending body downward and forward by bending legs and spine - changing cleaning solutions, unloading case carts.
Movement	Reaching above shoulders:	Occasional	Extending arms in any direction above shoulders - unload trays from top shelves of case cart, retrieving supplies from upper cabinets.
Movement	Reaching below shoulders:	Frequent	Extending arms in any direction below shoulders - disassembling case carts, pushing cleaning racks/carts, washing pans, loading decontaminating racks, scanning/assembly/inspection of instruments, packaging instruments, assembling instrument trays, loading/unloading sterilizer, load transport shelves for appropriate case cart assembly.
Movement	Handling:	Continuous	Seizing, holding, grasping, turning or otherwise working with hand or hands - unloading trays, cleaning trays and instruments, loading racks, moving racks and carts within room, restocking supplies.
Movement	Fingering:	Occasional	Picking, pinching, gripping, working primarily with fingers requiring fine manipulation - packaging single instruments, labeling, attaching sterilization identification labels, activating washing/sterilizing equipment.
Movement	Bimanual Dexterity:	Frequent	Requiring the use of both hands - applying Personal Protective Equipment, assembling instrument trays, packaging/sealing instruments, scanning/inspecting instruments, mixing solutions in decontamination area, performing CPR, computer work.
Sensory	Communication:	Continuous	Expressing or exchanging written/verbal/electronic information - communicate with OR/nursing staff for urgent instrument requests, process requests from clinicians for supplies and equipment, utilize Censitrac software, communicate within department, teach new employees procedures.
Sensory	Auditory:	Continuous	Perceiving the variances of sounds, tones and pitches and able to focus on single source of auditory information - hear medical team directions and instrument specifications, aware of equipment signals/warnings, hearing emergency call systems.
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 - inspect instruments/equipment for usability, observe sterilization identification labels, for accuracy, monitor decontamination/sterilization cycle, equipment function, activate correct cycles as necessary, be aware of environment for safe movement.
Sensory	Smell:	Continuous	Ability to detect and identify odors - chemicals, smoke.
Environmental Conditions	Chemicals and Gases	Frequent	Cleaning chemicals, other gases used in work area.
Environmental Conditions	Pathogens	Frequent	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.
Environmental Conditions	Safety	Continuous	Aware of safety guidelines for hazard chemicals (Right-to-Know law), aware of proximity to moving mechanical parts (Lockout-Tagout), aware of hot surfaces/areas, need to wear slip-resistant footwear.

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