

Vanderbilt Physical Requirements & Environmental Conditions



Physical Requirements Group: Clinical Services Group 69

Physical Requirements Website: <http://www.vanderbilt.edu/work-at-vanderbilt/requirements/ClinicalServices69.pdf>

Equipment Used: Computers, resource materials, office supplies, phone.

Strengths Needed: This job is considered in the "Light Work" category requiring exertion up to 20 lbs. of force occasionally and uses negligible amounts of force to move objects.

<u>Category</u>	<u>Physical Requirement</u>	<u>Frequency</u>	<u>Description</u>
Movement	Sitting:	Frequent	Remaining in seated position - communicating with customers/patients/coworkers in person and by telephone, making referrals, preparing documents/reports, communicating with multi-disciplinary team/ health professionals - internally and externally.
Movement	Standing:	Occasional	Remaining on one's feet without moving - not applicable
Movement	Walking:	Occasional	Moving about on foot - movement to and from work buildings.
Movement	Lifting under 35 lbs:	Occasional	Raising and lowering objects under 35 lbs from one level to another - laptop, office supplies, patient charts, resource materials.
Movement	Lifting over 35 lbs:	Occasional	Raising and lowering objects from one level to another, includes upward pulling over 35 lbs - non applicable.
Movement	Carrying under 35 lbs:	Occasional	Transporting an object holding in hands, arms or shoulder - laptop, office supplies, patient charts, resource materials.
Movement	Push/Pull:	Occasional	Exerting force to move objects away from or toward - laptop roller cases, moving carts with resource materials.
Movement	Bending/Stooping:	Occasional	Trunk bending downward and forward by bending spine at waist requiring full use of lower extremities and back muscles - not applicable.
Movement	Balancing:	Occasional	Maintaining body equilibrium to prevent falling when walking, standing, crouching or maneuvering self, and equipment simultaneously while operating in small and cramped spaces.
Movement	Climbing:	Occasional	Ascending or descending stairs/ramps using feet and legs and/or hands and arms - not applicable.
Movement	Kneeling:	Occasional	Bending legs at knees to come to rest on knee or knees - non-applicable.
Movement	Crouching/Squatting:	Occasional	Bending body downward and forward by bending legs and spine - not applicable.
Movement	Reaching above shoulders:	Occasional	Extending arms in any direction above shoulders - office supplies/files/resource materials from cabinets.
Movement	Reaching below shoulders:	Frequent	Extending arms in any direction below shoulders - moving resource materials, computer/phone work.
Movement	Handling:	Occasional	Seizing, holding, grasping, turning or otherwise working with hand or hands - phone, resource materials, computer, writing.
Movement	Fingering:	Frequent	Picking, pinching, gripping, working primarily with fingers requiring fine manipulation - computer work, paperwork, educational supplies, writing.
Movement	Bimanual Dexterity:	Occasional	Requiring the use of both hands - computer work, phone operation.
Sensory	Communication:	Continuous	Expressing or exchanging written/verbal/electronic information - communicate with callers, coworkers, healthcare provider/consultants.
Sensory	Auditory:	Continuous	Perceiving the variances of sounds, tones and pitches and able

to focus on single source of auditory information - correctly discern speech of callers and medical consultants via telephone. Isolate speech of callers who may be elderly, distraught, or very young, while background noise or cell phone interference may be present.

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 - Viewing resource materials, operating computer software, writing.
Sensory	Smell:	Continuous	Ability to detect and identify odors - chemicals, smoke.
Environmental Conditions	Pathogens	Occasional	Risk of exposure to bloodborne pathogens and other contagious diseases - not applicable
Environmental Conditions	Safety	Continuous	Awareness of personal safety techniques in dealing with crises intervention situations.

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