

Vanderbilt Physical Requirements & Environmental Conditions



Physical Requirements Group: HIT Group 72

Physical Requirements Website: <http://www.vanderbilt.edu/work-at-vanderbilt/requirements/HIT72.pdf>

Equipment Used: Computer, laptop/tablet, phone.

Strengths Needed: This job is considered in the "Sedentary" category requiring exertion up to 10 lbs. of force occasionally and uses negligible amounts of force to move objects. Sedentary work involves sitting most of the time.

<u>Category</u>	<u>Physical Requirement</u>	<u>Frequency</u>	<u>Description</u>
Movement	Sitting:	Frequent	Remaining in seated position - provides research/analysis/design/building/testing/problem-solving technology solutions and service on specified domains, maintains regular contact with team, communicates with client/team via personal/electronic/phone, computer work.
Movement	Standing:	Occasional	Remaining on one's feet without moving - provides support/coaching/instruction to client/department team.
Movement	Walking:	Occasional	Moving about on foot - movement to user's workstation to problem-solve issues, to meetings within and outside facility.
Movement	Lifting under 35 lbs:	Occasional	Raising and lowering objects under 35 lbs from one level to another - laptop/tablet, office supplies.
Movement	Carrying under 35 lbs:	Occasional	Transporting an object holding in hands, arms or shoulder - laptop/tablet, office supplies.
Movement	Push/Pull:	Occasional	Exerting force to move objects away from or toward - file drawers.
Movement	Bending/Stooping:	Occasional	Trunk bending downward and forward by bending spine at waist requiring full use of lower extremities and back muscles - working with client/team member at desk.
Movement	Reaching above shoulders:	Frequent	Extending arms in any direction above shoulders - supplies and material from overhead cabinets.
Movement	Reaching below shoulders:	Frequent	Extending arms in any direction below shoulders - computer/phone work.
Movement	Handling:	Occasional	Seizing, holding, grasping, turning or otherwise working with hand or hands - computer work.
Movement	Bimanual Dexterity:	Frequent	Requiring the use of both hands - computer work.
Sensory	Communication:	Continuous	Expressing or exchanging written/verbal/electronic information - interact with clients/team/management, problem solving, conduct testing to educate team, contribute to planning, deliver network services.
Sensory	Auditory:	Continuous	Perceiving the variances of sounds, tones and pitches and able to focus on single source of auditory information - interpret client/team/management interaction, researching new software products.
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 - extensive research, trouble-shooting, reviewing and presenting information to clients/team/management.
Sensory	Smell:	Continuous	Ability to detect and identify odors - chemicals, smoke.

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