

# Vanderbilt Physical Requirements & Environmental Conditions



**Physical Requirements Group:** Nursing Group 13

**Physical Requirements Website:** <http://www.vanderbilt.edu/work-at-vanderbilt/requirements/nursing13.pdf>

**Equipment Used:** Wheelchairs, discharge wheelchair with luggage bins, beds, stretchers, IV poles, carts, linens, 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 - reading transfer requests, interacting with patients/families/staff.
Movement	Standing:	Occasional	Remaining on one's feet without moving - waiting with patients, gathering patient belongings, communicating with staff.
Movement	Walking:	Continuous	Moving about on foot - may walk up to 10+ miles per shift moving patients in wheelchairs, beds and stretchers. Retrieving equipment when not assigned to transport patients.
Movement	Lifting under 35 lbs:	Occasional	Raising and lowering objects under 35 lbs from one level to another - luggage and other patient belongings, supplies for cleaning equipment, chair accessories such as leg extensions, oxygen canisters.
Movement	Lifting over 35 lbs:	Occasional	Raising and lowering objects from one level to another, includes upward pulling over 35 lbs - patient transfers with patient and/or other staff assistance (vehicle to wheelchair, wheelchair to bed, bed to stretcher), luggage onto and off discharge cart and to/from vehicle.
Movement	Carrying under 35 lbs:	Occasional	Transporting an object holding in hands, arms or shoulder - patient luggage and personal belongings, linens.
Movement	Push/Pull:	Frequent	Exerting force to move objects away from or toward - pushing wheelchairs, bed, stretchers, IV poles, pulling patients out of vehicles, transferring patient from bed to bed, transferring bariatric patients on oversized equipment, maneuvering patients on ramps and elevators.
Movement	Bending/Stooping:	Frequent	Trunk bending downward and forward by bending spine at waist requiring full use of lower extremities and back muscles - adjusting leg extensions on wheelchairs, setting patient legs on extensions, gathering patient's personal belongings, cleaning equipment.
Movement	Balancing:	Frequent	Maintaining body equilibrium to prevent falling when walking, standing, crouching or maneuvering self, patient and equipment simultaneously while operating in large, small and cramped spaces.
Movement	Climbing:	Occasional	Ascending or descending stairs/ramps using feet and legs and/or hands and arms - using 3-step stool for retrieving supplies, using stairs between assignments.
Movement	Kneeling:	Occasional	Bending legs at knees to come to rest on knee or knees - gathering patient's personal belongings, helping with patient's footwear.
Movement	Crouching/Squatting:	Occasional	Bending body downward and forward by bending legs and spine - manipulate footrest on wheelchair, adjusting wheelchairs and beds, assisting with patient's footwear.
Movement	Reaching above shoulders:	Occasional	Extending arms in any direction above shoulders - linens from

Movement	Reaching below shoulders:	Continuous	cabinets, balancing IV pole while walking. Extending arms in any direction below shoulders - assisting patients, moving equipment, pushing IV pole along with wheelchair, gathering personal belongings, making patient comfortable on equipment.
Movement	Handling:	Continuous	Seizing, holding, grasping, turning or otherwise working with hand or hands - adjusting equipment, pushing and pulling equipment, patient handling.
Movement	Fingering:	Occasional	Picking, pinching, gripping, working primarily with fingers requiring fine manipulation - phones/digital devices for scheduling, entering codes for secured entry.
Movement	Bimanual Dexterity:	Frequent	Requiring the use of both hands - applying Personal Protective Equipment, maneuvering patient and equipment simultaneously.
Sensory	Communication:	Frequent	Expressing or exchanging written/verbal/electronic information - engage patient, verify registration, provide facility/room orientation.
Sensory	Auditory:	Continuous	Perceiving the variances of sounds, tones and pitches and able to focus on single source of auditory information - listen to patients' request, aware of surroundings to provide safe transport, 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 - be aware of environment for safe transport.
Sensory Environmental Conditions	Smell:	Continuous	Ability to detect and identify odors - chemicals, smoke.
	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.
Environmental Conditions	Climate	Occasional	Exposure to climate includes hot and cold weather, slippery footing conditions.

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