



Vanderbilt Physical Requirements & Environmental Conditions

VANDERBILT

Physical Requirements Group: Nursing Group 2

Physical Requirements Website: <http://www.vanderbilt.edu/work-at-vanderbilt/requirements/nursing2.pdf>

Equipment Used: Exam tables, monitoring units, mobile blood pressure unit, diagnostic equipment/carts, wheelchairs, stretchers, Personal Protective Equipment, computers, patient charts.

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

Category	Physical Requirement	Frequency	Description
Movement	Sitting:	Frequent	Remaining in seated position - Office computer work, scheduling patients, checking with other healthcare providers.
Movement	Standing:	Frequent	Remaining on one's feet without moving - taking vitals signs, diagnostic procedures, communicating with physician, patients, family and staff, ordering supplies, cleaning diagnostic equipment and instruments.
Movement	Walking:	Continuous	Moving about on foot - directing flow of patients in clinic, movement about clinic with diagnostic equipment, management of paper flow
Movement	Lifting under 35 lbs:	Occasional	Raising and lowering objects under 35 lbs from one level to another - charts, patient belongings, monitoring and diagnostic equipment and supplies, clinic and office supplies, cleaning supplies.
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 from waiting room from wheelchair/walkers to exam table.
Movement	Carrying under 35 lbs:	Frequent	Transporting an object holding in hands, arms or shoulder - patient charts and other patient care documents, patient's personal belongings, diagnostic supplies, linens.
Movement	Push/Pull:	Occasional	Exerting force to move objects away from or toward - pushing wheelchairs from waiting room to exam room, carts with monitoring/diagnostic equipment, assisting patients to reposition on table for exam or procedure.
Movement	Bending/Stooping:	Occasional	Trunk bending downward and forward by bending spine at waist requiring full use of lower extremities and back muscles - taking vital signs, preparing patient for diagnostic procedure, adjusting leg extensions on wheelchairs, setting patient legs on extensions.
Movement	Balancing:	Occasional	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, assisting with patient's footwear.

Movement	Reaching above shoulders:	Occasional	Extending arms in any direction above shoulders - supplies from cabinets.
Movement	Reaching below shoulders:	Frequent	Extending arms in any direction below shoulders - taking vital signs, assisting patients, monitoring and/or diagnostic procedures, managing patient charts, moving equipment on carts, pushing wheelchairs, gathering personal belongings, making patient comfortable on exam table, computer/phone work.
Movement	Handling:	Occasional	Seizing, holding, grasping, turning or otherwise working with hand or hands - adjusting equipment, pushing and pulling equipment, distributing supplies, patient handling and dressing assistance.
Movement	Fingering:	Frequent	Picking, pinching, gripping, working primarily with fingers requiring fine manipulation - preparing patient for testing with placement of leads, taking vital signs, collection of specimens, computer and phone work.
Movement	Bimanual Dexterity:	Occasional	Requiring the use of both hands - applying Personal Protective Equipment, maneuvering patient and equipment simultaneously, applying diagnostic leads, computer work.
Sensory	Communication:	Continuous	Expressing or exchanging written/verbal/electronic information - engage patient, verify registration, arrange referrals and testing, schedule for clinic flow of patients, manage pre-cert insurance process, communicate patient information to physician.
Sensory	Auditory:	Continuous	Perceiving the variances of sounds, tones and pitches and able to focus on single source of auditory information - listen to patients' requests, aware of surroundings to provide safe movement, 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 - patient preparation for diagnostic test, aware of patient responses, read test data, manage pre-cert insurance process, respond to MyVanderbiltHealth, aware of environment for safe movement of patient.
Sensory Environmental Conditions	Smell: Chemicals and Gases	Continuous Occasional	Ability to detect and identify odors - chemicals, smoke. 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.

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