

Vanderbilt Physical Requirements & Environmental Conditions



Physical Requirements Group: Nursing Group 4

Physical Requirements Website: <http://www.vanderbilt.edu/work-at-vanderbilt/requirements/nursing4.pdf>

Equipment Used: Computers, patient charts, Personal Protective Equipment, education/other 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 - computer and phone work, meeting with patients/families, communicating with interdisciplinary health professionals - internally and externally.
Movement	Standing:	Occasional	Remaining on one's feet without moving - meeting with patient/families/interdisciplinary health team.
Movement	Walking:	Occasional	Moving about on foot - meeting with patients/families/interdisciplinary health team in clinical setting, meeting with external healthcare resources.
Movement	Lifting under 35 lbs:	Occasional	Raising and lowering objects under 35 lbs from one level to another - office supplies, patient charts, educational/other 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 - office supplies, laptop/tablet, patient charts, educational/other resource materials.
Movement	Push/Pull:	Occasional	Exerting force to move objects away from or toward - moving carts with educational/resource materials/demonstration of healthcare devices for patient/family/interdisciplinary team.
Movement	Bending/Stooping:	Occasional	Trunk bending downward and forward by bending spine at waist requiring full use of lower extremities and back muscles - retrieving resource materials from file drawers.
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 - demonstrating resources to patient/family/interdisciplinary team.
Movement	Climbing:	Occasional	Ascending or descending stairs/ramps using feet and legs and/or hands and arms - using 3-step stool for retrieving supplies/resource materials.
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 - adjusting down to level of patient for communication purposes.
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 - assisting patients/families, moving carts, pushing wheelchairs, demonstrating with resource materials, computer/phone work.
Movement	Handling:	Occasional	Seizing, holding, grasping, turning or otherwise working with hand or hands - charts, resource materials, computer, writing.

Movement	Fingering:	Frequent	Picking, pinching, gripping, working primarily with fingers requiring fine manipulation - computer work. writing.
Movement	Bimanual Dexterity:	Occasional	Requiring the use of both hands - applying Personal Protective Equipment, computer work.
Sensory	Communication:	Continuous	Expressing or exchanging written/verbal/electronic information - communicate with patient/family/interdisciplinary team/other department - internal and external healthcare resources.
Sensory	Auditory:	Continuous	Perceiving the variances of sounds, tones and pitches and able to focus on single source of auditory information - understanding patient/family/interdisciplinary team, audio/visual resources for education, being alert to patient instructional response.
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 - reviewing and presenting audio/visual information to patient/family/interdisciplinary team, ability to move to all areas of clinical setting, computer work, writing.
Sensory	Smell:	Continuous	Ability to detect and identify odors - chemicals, smoke.
Environmental Conditions	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.

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