

# Vanderbilt Physical Requirements & Environmental Conditions



**Physical Requirements Group:** Clinical Services Group 36

**Physical Requirements Website:** <http://www.vanderbilt.edu/work-at-vanderbilt/requirements/ClinicalServices36.pdf>

**Equipment Used:** Laboratory fume hoods, microscopes, Auto Analyzer, reagents, Centrifuge, autostainers, microtome, Personal Protective Equipment, computer.

**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 - viewing microscope, processing specimens, preparing reagents, labeling, pipetting, microtome operation, testing/recording, instructing staff.
Movement	Standing:	Frequent	Remaining on one's feet without moving - processing specimens, operating centrifuge, pipetting, maintaining supply inventory, checking expirations, instructing staff.
Movement	Walking:	Occasional	Moving about on foot - movement in the lab from station to station.
Movement	Lifting under 35 lbs:	Frequent	Raising and lowering objects under 35 lbs from one level to another - racks of tubes, containers of reagents, waste containers, boxes of supplies.
Movement	Lifting over 35 lbs:	Occasional	Raising and lowering objects from one level to another, includes upward pulling over 35 lbs - containers of waste material.
Movement	Carrying under 35 lbs:	Occasional	Transporting an object holding in hands, arms or shoulder - specimens, racks of tubes, containers of reagents, waste containers, supplies.
Movement	Push/Pull:	Occasional	Exerting force to move objects away from or toward - portable analyzer to OR, delivery carts for reagents and supplies.
Movement	Bending/Stooping:	Occasional	Trunk bending downward and forward by bending spine at waist requiring full use of lower extremities and back muscles - viewing into microscope, working at lab hood, pipetting, loading/unloading centrifuge.
Movement	Balancing:	Occasional	Maintaining body equilibrium to prevent falling when walking, standing, crouching or maneuvering self and equipment simultaneously while working in small spaces.
Movement	Climbing:	Occasional	Ascending or descending stairs/ramps using feet and legs and/or hands and arms - step ladder to overhead cabinets.
Movement	Kneeling:	Occasional	Bending legs at knees to come to rest on knee or knees - retrieving supplies stored at floor level.
Movement	Crouching/Squatting:	Occasional	Bending body downward and forward by bending legs and spine - storing reagents in lower cabinets.
Movement	Reaching above shoulders:	Occasional	Extending arms in any direction above shoulders - removing reagents/supplies from upper cabinets, computers positioned above workstation tabletop level.
Movement	Reaching below shoulders:	Frequent	Extending arms in any direction below shoulders - analyzing specimens, adjusting microscopes and other equipment, loading and unloading centrifuge, pipetting, open/closing tubes, hand-cranking the microtome, recording.
Movement	Handling:	Frequent	Seizing, holding, grasping, turning or otherwise working with hand or hands - specimens, racks of tubes, reagent containers, lab supplies, hand-crank on microtome, inventory supplies, checking expirations.

Movement	Fingering:	Frequent	Picking, pinching, gripping, working primarily with fingers - pipetting, labeling, removing tops of vials, replacing tubes,
Movement	Bimanual Dexterity:	Frequent	Requiring the use of both hands - applying Personal Protective Equipment, pipetting, labeling, slicing on microtome, computer work.
Sensory	Communication:	Continuous	Expressing or exchanging written/verbal/electronic information - with team, supervisors, physicians, other in-house department staff and outside clients.
Sensory	Auditory:	Continuous	Perceiving the variances of sounds, tones and pitches and able to focus on single source of auditory information - instrument function checks, team communication, aware of equipment signals.
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 - recognizing chemical reactions/results, providing maintenance/corrective action on equipment functions, identify problems with instruments, methods, specimens, supplies for quality control.
Sensory	Smell:	Continuous	Ability to detect and identify odors - fumes, chemicals, smoke.
Environmental Conditions	Chemicals and Gases:	Frequent	Reagents, waste, cleaning chemicals, oxygen, other medical gases used in work area.
Environmental Conditions	Pathogens:	Frequent	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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