

# Vanderbilt Physical Requirements & Environmental Conditions



**Physical Requirements Group:** Clinical Services Group 64

**Physical Requirements Website:** <http://www.vanderbilt.edu/work-at-vanderbilt/requirements/ClinicalServices64.pdf>

**Equipment Used:** Tables, stools, lasers, microscopes, tourniquets, endoscopes, drills, saws, Electrosurgical Units (ESU), video towers, beds, IV poles, patient-handling equipment, surgical instruments, instrument case trays, Personal Protective Equipment, computer.

**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.

<u>Category</u>	<u>Physical Requirement</u>	<u>Frequency</u>	<u>Description</u>
Movement	Sitting:	Occasional	Remaining in seated position - recording and precept other employees.
Movement	Standing:	Continuous	Remaining on one's feet without moving - positioning/prepping/draping patient, opening and verifying case instruments, scan instrumentation, operate special equipment, maintains instrument/equipment in working order, hand instruments to physician, monitor equipment, room clean-up, restock surgical supplies.
Movement	Walking:	Frequent	Moving about on foot - assist the medical team before/during/after surgical procedure circulating in OR area, plans/sets up/cleans up for the assigned surgical case, restocks surgical supplies, performs room turnover and terminal cleaning.
Movement	Lifting under 35 lbs:	Frequent	Raising and lowering objects under 35 lbs from one level to another - portable monitoring equipment, instrument trays, suction equipment, endoscopy, drills, saws, ESU.
Movement	Lifting over 35 lbs:	Occasional	Raising and lowering objects from one level to another, includes upward pulling over 35 lbs - patient transfers with assistance, lifting and adjusting position of patients on table, instrument trays.
Movement	Carrying under 35 lbs:	Occasional	Transporting an object holding in hands, arms or shoulder - instrument trays, draping supplies, portable monitoring equipment, endoscopy, drills, saws.
Movement	Push/Pull:	Occasional	Exerting force to move objects away from or toward - beds, IV and monitor poles, patient-handling equipment, adjust position of patients on table, microscope cart, instrument tables, stools, objects from shelves, linen supplies, oxygen equipment, ESU, perform CPR.
Movement	Bending/Stooping:	Frequent	Trunk bending downward and forward by bending spine at waist requiring full use of lower extremities and back muscles - Securing tubing on floor, plugging in cords, securing casters on case carts, reaching lower shelves on carts for instrument trays, monitoring tubes.
Movement	Balancing:	Frequent	Maintaining body equilibrium to prevent falling when walking, standing, crouching or maneuvering self, patient and equipment simultaneously while working in small spaces - keeping a sterile environment while providing supplies and assistance during procedure.
Movement	Climbing:	Occasional	Ascending or descending stairs/ramps using feet and legs and/or hands and arms - using 3-step stool for retrieving supplies.
Movement	Kneeling:	Occasional	Bending legs at knees to come to rest on knee or knees.

Movement	Crouching/Squatting:	Occasional	Bending body downward and forward by bending legs and spine - during clean-up after surgery.
Movement	Reaching above shoulders:	Occasional	Extending arms in any direction above shoulders - setting IV poles, replacing IV bags, adjusting lights, removing drapes, removing supplies and linens from cabinets.
Movement	Reaching below shoulders:	Frequent	Extending arms in any direction below shoulders - assisting patients, operating equipment, scanning and restocking instruments, moving trays, taking vital signs, moving beds, pushing carts, retrieving linen supplies, cleaning, computer work.
Movement	Handling:	Frequent	Seizing, holding, grasping, turning or otherwise working with hand or hands - organizing instrument trays, operating equipment, cleaning equipment and instruments.
Movement	Fingering:	Occasional	Picking, pinching, gripping, working primarily with fingers requiring fine manipulation - opening sterile items, operating lasers, microscopes and other special equipment.
Movement	Bimanual Dexterity:	Frequent	Requiring the use of both hands - apply Personal Protective Equipment while maintaining sterile field, draw blood, use of scanners, perform CPR, maneuver equipment/trays, computer work, operating special equipment.
Sensory	Communication:	Continuous	Expressing or exchanging written/verbal/electronic information - with supervisors, physicians, patients, families, other department staff before/during/after surgical procedure, precept new employees/students.
Sensory	Auditory:	Continuous	Perceiving the variances of sounds, tones and pitches and able to focus on single source of auditory information - listening to patient, family, other staff, monitoring equipment signals, hearing patient's verbal and body sounds for emergency response, call out accurate count of all supplies.
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 - read patient's vital signs, labels, read measurements on bags, machine functions, proper counts for sharps, sponges and instruments .
Sensory	Feeling:	Continuous	Ability to perceive size, shape, temperature, texture by touch with fingertips - swelling, moisture, skin temperature.
Sensory	Smell:	Continuous	Ability to detect and identify odors - chemicals, bodily waste, smoke.
Environmental Conditions	Chemicals and Gases:	Occasional	Medications, 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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