

# Vanderbilt Physical Requirements & Environmental Conditions



**Physical Requirements Group:** Nursing Group 10

**Physical Requirements Website:** <http://www.vanderbilt.edu/work-at-vanderbilt/requirements/nursing10.pdf>

**Equipment Used:** Beds, patient-handling equipment, wheelchairs, monitoring equipment, in-room furniture, carts, bathroom supplies, linens, laboratory specimens, Personal Protective Equipment, computer.

**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:	Frequent	Remaining in seated position - recording, reporting to supervisor, interacting with patients/families.
Movement	Standing:	Frequent	Remaining on one's feet without moving - patient care, recording, equipment monitoring.
Movement	Walking:	Continuous	Moving about on foot - movement on the work unit, to other departments.
Movement	Lifting under 35 lbs:	Frequent	Raising and lowering objects under 35 lbs from one level to another - linens, food trays, walkers, wheelchairs, monitors, patient personal belongings.
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 (bed to chair, bed to commode, assist in bathroom), maneuvering patient-handling equipment, lifting and adjusting position of bed-ridden patients, restraining patients with assistance (training provided.)
Movement	Carrying under 35 lbs:	Occasional	Transporting an object holding in hands, arms or shoulder - linen, soiled linen bags, bedpans, commodes, food trays, patient supplies.
Movement	Push/Pull:	Frequent	Exerting force to move objects away from or toward - beds, wheelchairs, patient-handling equipment, rolling patients from side to side, lift and adjust position of bed-ridden patients, objects from shelves, linen supplies, laundry hampers, bed making, performing CPR.
Movement	Bending/Stooping:	Frequent	Trunk bending downward and forward by bending spine at waist requiring full use of lower extremities and back muscles - reading equipment labeling, adjusting wheelchair, patient personal belongings, making beds.
Movement	Balancing:	Frequent	Maintaining body equilibrium to prevent falling when walking, standing, crouching or maneuvering self, patient and equipment simultaneously while working in large and small 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.
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 - manipulate footrest on wheelchair.
Movement	Reaching above shoulders:	Occasional	Extending arms in any direction above shoulders - removing supplies and linens from cabinets.
Movement	Reaching below shoulders:	Frequent	Extending arms in any direction below shoulders - assisting patients, drawing blood, taking vital signs, moving beds, pushing carts and wheelchairs, retrieving linen supplies, computer work.
Movement	Handling:	Frequent	Seizing, holding, grasping, turning or otherwise working with hand or hands - picking up equipment and supplies, adjusting

Movement	Fingering:	Occasional	beds, patient handling equipment, linens. Picking, pinching, gripping, working primarily with fingers - drawing blood, hygiene care of patients, buttons on monitors, standard office tools.
Movement	Bimanual Dexterity:	Frequent	Requiring the use of both hands - applying Personal Protective Equipment while maintaining sterile field, drawing blood, providing patient care, maneuvering patient and equipment simultaneously, performing CPR.
Sensory	Communication:	Frequent	Expressing or exchanging written/verbal/electronic information - with supervisors, physicians, patients, families, other department staff.
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, being aware for emergency response on unit.
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, containers and thermometers, room call lights, machine functions.
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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