

Vanderbilt Physical Requirements & Environmental Conditions



Physical Requirements Group: Nursing Group 3

Physical Requirements Website: <http://www.vanderbilt.edu/work-at-vanderbilt/requirements/nursing3.pdf>

Equipment Used: Beds, IV poles, patient-handling equipment, monitoring equipment, pumps, in-room furniture, carts, bathroom supplies, linens, weighing equipment, 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 - fluid bags, linens, food trays, walkers, crutches, canes, wheelchairs, canisters, monitors, SCD controllers, 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.
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, pumps, canisters, SCD controller.
Movement	Push/Pull:	Frequent	Exerting force to move objects away from or toward - beds, wheelchairs, IV and monitor poles, patient-handling equipment, move patient from bed to bed, rolling patients from side to side, lift and adjust position of bed-ridden patients, doors, objects from shelves, linen supplies, oxygen equipment, 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 - replacing catheter bags, checking fluid tubing, reading equipment labeling, handling SCD controllers.
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 - empty catheter bags/chest tubes.
Movement	Crouching/Squatting:	Occasional	Bending body downward and forward by bending legs and spine - emptying catheter bags and chest tubes, manipulate footrest on wheelchair.
Movement	Reaching above shoulders:	Occasional	Extending arms in any direction above shoulders - replacing IV bags, removing supplies and linens from cabinets.
Movement	Reaching below shoulders:	Frequent	Extending arms in any direction below shoulders - assisting patients, taking vital signs, moving beds, pushing carts and

Movement	Handling:	Frequent	wheelchairs, retrieving linen supplies. Seizing, holding, grasping, turning or otherwise working with hand or hands - picking up equipment and supplies, maneuvering bed pans, adjusting beds, patient handling equipment, soiled linen.
Movement	Fingering:	Occasional	Picking, pinching, gripping, working primarily with fingers - emptying fluid bags, hygiene care of patients, using bandage scissor, buttons on monitors, standard office tools.
Movement	Bimanual Dexterity:	Frequent	Requiring the use of both hands - applying Personal Protective Equipment while maintaining sterile field, providing patient care, maneuvering patient and equipment simultaneously, placing oxygen on patient, hanging fluid bags, performing CPR by using hands, wrist and arms.
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 for emergency 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 - 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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