

GROSSMONT COLLEGE
EKG TECHNICIAN PROGRAM

STANDARD PHYSICAL REQUIREMENTS FOR CLINICAL TRAINING

INTRODUCTION - The following are the Standard Physical Requirements for working in the clinical environment as a student in the EKG Technician Program at Grossmont College. These requirements were established as a result of a survey of clinical affiliates that provide training to our students, and should be used as a guide to you and your physician.

PHYSICAL REQUIREMENTS

- A. Lift While Standing - Light to Moderate - Less than 50 pounds - Frequent
- B. Lift While Sitting - Light - Under 25 pounds - Frequent
- C. Lift With Assistance - Heavy - Over 50 pounds (Patient Transfer, etc.) - Occasionally/Frequently
- D. Pushing - Heavy - Over 50 pounds - Frequent
- E. Pulling - Heavy - Over 50 pounds - Frequent
- F. Reaching (Full Extension - Elbow Flexion) At shoulder level - Occasional/Frequent
- G. Reaching (Full Extension - Elbow Flexion) Above shoulder level - Occasional/Frequent
- H. Standing for extended periods - Frequent
- I. Standing for extended periods with radiation protective device - Frequent
- J. Sitting for prolonged periods - Frequent
- K. Walking (Moderate distances within clinical environment) - Frequent
- L. Carrying - Light to Moderate - Less than 50 pounds - Occasional
- M. Bending - Occasional
- N. Stooping - Occasional
- O. Kneeling - Occasional
- P. Turning - Frequent
- Q. Hand Manipulation (Hand controls, simple grasping, power grasping, fine manipulation) - Frequently
- R. Operate Foot Controls - Frequent
- S. Visual Requirements - Ability to observe alarms, indicators and patient physical appearance.
Ability to recognize and respond to safety issues.
- T. Auditory Requirements - Ability to hear and understand orders from a physician or supervising technologist. Ability to hear safety alarms and respond appropriately.

I have read and understand these requirements, and I am physically capable of fulfilling them in the clinical setting.

Student Name: (Please Print) _____

Student Signature: _____ **Date:** _____