## HÔPITAL RÉGIONAL DE SUDBURY REGIONAL HOSPITAL

## ESSENTIAL PHYSICAL DEMANDS ANALYSIS FORM

## GENERAL DUTY REGISTERED PRACTICAL NURSE

The following is a summary of the essential physical demands of a General Duty Registered Practical Nurse position at the Hôpital régional de Sudbury Regional Hospital.

MOVEMENT	FREQUENCY (time/intervals)	DISTANCE	DESCRIPTION
SITTING	Up to 3 hours per shift		Sitting in the nurses' station to document on the charts.
STANDING	Up to 10 hours per shift		Dynamic standing and walking.
WALKING	Up to 10 hours per shift	Within the department.	May be required to walk up to 2 hours without a rest break, attend to patients and make rounds.
RUNNING	Rarely	Within the department.	In emergency situations only.
BENDING/ STOOPING	Frequently for a period of up to 2 hours.	To below knee height.	To make beds, patients transfers, procedures, e.g. dressings, catheterization.
TWISTING	Occasional	To right and left.	May be required when manually transferring patient.
CROUCHING	Frequently for up to 2 hours.	To below knee level.	When making beds and attending to patients.
KNEELING	Occasional		Assist with patient lift from floor.
LIFTING	Frequently throughout the shift.	Patient transfers: Bed to stretcher, bed to wheelchair, toileting patients.	Required to lift weights between 10 to 20 kg.
PUSHING/PULLING	Up to 2 hours during shift.	Length of the unit.	Beds, stretchers, wheelchairs, linen carts, crash cart and medication carts.
OVERHEAD REACHING	Frequently throughout Shift		Changing IV bags, obtaining supplies from carts/shelves.
EXPOSURE TO ANTISEPTICS, DISINFECTANTS, CLEANING PRODUCTS, LATEX	Frequently throughout the shift.		Products used for environmental cleaning, skin care, patient procedures.
SCHEDULED WORK HOURS	Scheduled to work up to 11.25 hour shifts – days, nights and weekends		Often scheduled to work three consecutive night shifts.