

**GROSSMONT COLLEGE  
OCCUPATIONAL THERAPY ASSISTANT**

**STANDARD PHYSICAL REQUIREMENTS FOR CLINICAL TRAINING**

The following are the Standard Physical Requirements for working in the clinical environment as a student in the Occupational Therapy Assistant Program at Grossmont College. These requirements were established as a result of a survey of clinical affiliates that provide training to our students.

**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. Sitting for prolonged periods – **Frequent (>60 min.)**
- J. Walking (Moderate distances within clinical environment) – **Frequent**
- K. Carrying – Light to Moderate – Less than 50 pounds – **Occasional**
- L. Bending – **Occasional/Frequent**
- M. Stooping – **Occasional/Frequent**
- N. Kneeling – **Occasional**
- O. Turning – **Frequently**
- P. Hand Manipulation - (Hand controls, simple grasping, power grasping, fine manipulation) - **Frequently**
- Q. Foot Controls – **Occasional**
- R. Visual Requirements – Ability to observe alarms, indicators, measuring devices, patients and the public. Ability to recognize and respond to safety issues.
- S. Auditory Requirements – Ability to hear and understand orders from a physician or other health care professionals. Ability to hear safety alarms and responds appropriately.

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

**Student's Name:**  
**(Please Print)**

**(Signature)**

**Date:**