



## MENTAL AND PHYSICAL ABILITIES STATEMENT

You should be aware of the mental and physical abilities required in the Medical Education programs. These same abilities will likely be needed for a successful professional career.

1. Working in a standing position and walking for extended periods of time.
2. Lifting and transferring patients up to 6 inches from a bending position, then pushing /pulling/pivoting weight up to 3 feet.
3. Lifting and transferring patients to accomplish bed-to-chair and chair-to-bed transfers.
4. Applying up to 10 pounds of pressure to bleeding sites and in performing CPR.
5. Responding and reacting immediately to auditory instruction, requesting, and/or monitoring equipment, performing auscultation without auditory impairment.
6. Performing up to twelve hours in a clinical laboratory setting.
7. Performing close and distant visual activities which may include but not limited to people, paperwork, objects, depth and color perception.
8. Discriminating between sharp/dull and hot/cold when using hands.
9. Performing mathematical calculations for medication preparation/administration.
10. Communicating effectively, both orally and in writing, using appropriate grammar and vocabulary.
11. Recognizing authority and following the appropriate chain of command.
12. Reacting appropriately and professionally under stressful situations.

*UA Cossatot embraces diversity and is committed to improving the lives of those in our region by providing quality education, outstanding service, and relevant industry training.*