

# Minimum Physical Requirements

## Pharmacy Technician training program

The Pharmacy Technician training program requires the following minimum physical requirements for successful completion.

### Activity Frequency

Activity frequency is based on an eight (8) hour work shift

- Never – 0%
- Occasional – 1%-33% (0 to 2.5 hours per work shift)
- Frequent – 34%-64% (2.5 to 5.5 hours per work shift)
- Continuous – 65% - 100% (5.5+ hours per work shift)

Physical Demand	Frequency	Accommodation and Comments
Sit	Occasional	May sit to input data into a computer system.
Stand	Continuous	May use anti-fatigue mat if available. Sit-stand stool may be an accommodation option in some situations.
Walk	Frequent	Gathering medications to fill prescriptions; delivery of prepared prescriptions; distance will vary; often in close quarters. Trip and fall hazard
Lift up to 10 pounds	Occasional	Stocking shelves; lifting negligible to 10 pounds
Lift up to 20 pounds	Occasional	Lift IV solution box = 32 pounds; job site specific
Fine Finger/Finger Dexterity; fingering	Frequent	Documentation/legible handwriting, IV, tubes, Prescription preparation, computer entry
Handling Materials; manual dexterity	Frequent	Preparing patient prescription needs; inventory, ambulance bag preparation.
Gripping	Occasional	Using mortar and pestle, open freezer storage
Bend, Squat	Occasional	To retrieve or replace medication on low shelves.
Reach Above Shoulder; reaching in any direction	Occasional	To retrieve or replace medication on high shelves.
Carrying	Frequent	Medication containers, filled orders, etc. Weight and distance varies; may use cart to transport medications.
Pushing, Pulling	Occasional	Dynamic/static in pushing prescription cart (19.4 pounds); open freezer storage (up to 69 pounds).

The information in this document was gathered from multiple sources including US Department of Labor and Statistics Dictionary of Occupational Titles, physical measurements taken in the MCTI classroom, and information obtained from OAC members. It has been compiled and analyzed by the BND Occupational Therapists and the MCTI Automotive Technology instructor.

<b>Physical Demand</b>	<b>Frequency</b>	<b>Accommodation and Comments</b>
Stair Climbing, step ladder	Occasional	Only if chosen route includes stairs or to reach extra high shelves.
Repetitive work	Frequent	All core tasks are repeated with specific details changing.
Visual discrimination; color discrimination	Continuous	To verify/determine medication is consistent in appearance; in identifying expiration dates.
Expressive and Receptive Communication	Frequent	Communicate with supervisors, peers, physicians, insurance providers, and customers in person and on telephone. Effectively understand others concerns and convey information clearly. Auditory and written expression; follow multiple-step directions. Hearing aids may be used.

## COMMENTS

- Physical demands vary dependent upon the set up of the pharmacy and the type of medications prepared.
- Lifting amounts vary dependent upon composition of medication. <10 pounds to 32 pounds.
- Push and pull forces vary greatly from 19.4 pounds (full prescription cart) to 69 pounds to open freezer storage when seal was strongest; typical pull force was 36 pounds.
- Functional vision is required. May use vision aids. Font can be size <6.0 and/or embossed only with no color discrepancy.
- Occasional olfactory sense (smell) is used to determine freshness of product.
- Good functional balance is needed; there will be situations where trip and fall is possible often related to limited working space common in retail pharmacies.

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