

VOLUNTEER POSITION

DESCRIPTION FORM

(To be completed by Department)

ition will re	quire backg	ground chec	k.						
Check the	e frequency	of activity	required of the	ne volunteer t	to perform the	position.			
		,	1		Lifting/Carrying				
ACTIVITY	NEVER	OCCASIONALLY	FREQUENTLY	CONSTANTLY	ACTIVITY	NEVER	OCCASIONALLY	FREQUENTLY	CONSTANTLY
Per Day	0 HOURS	0-3 HOURS	3-6 HOURS	6-8+ HOURS	Per Day	0 HOURS	0-3 HOURS	3-6 HOURS	6-8+ HOUR
Sitting			Х		1-10 lbs			х	
Walking			Х		11-20 1bs		х		
Standing			х		21-50lbs				
Bending			X		51-75lbs				
Squatting			X		76-100 lbs				
Climbing			X		100 > 1bs				
Kneeling									
Crawling									
Twisting									
Pushing &Pulling									
Reaching									