

Physical Requirements for Stormont Vail Health Volunteers  
Summer Program

The following is a list of physical requirements for the volunteer position you have been assigned.

- ◇ The volunteer may be required to stand and walk the majority of their scheduled shift.
- ◇ The volunteer may be required to sit for long periods of time.
- ◇ The volunteer may be required to reach with hands and arms, stoop, bend downward or forward by bending the spine at the waist, and kneel, or crouch.
- ◇ The vision requirements include the ability to adjust focus.
- ◇ The volunteer may be required to lift up to 20 pounds.
- ◇ The volunteer may be required to travel to other locations within the health center, as needed and walk fairly long distances.
- ◇ While performing errands, the volunteer may be required to climb or descend stairs.
- ◇ The volunteer may transport patients weighing up to 300 lbs. by wheelchair.
- ◇ Talking, seeing and hearing are essential to perform the duties.

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I have read and understand the physical requirements listed above.

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Volunteer Candidate Name (please print)

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Volunteer Candidate Signature  
Parent/Guardian Signature (if under 18 yrs. of age)

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Date