



## Volunteer Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Date of birth \_\_\_\_\_ (So we can celebrate with you on your Birthday week!)

Emergency contact \_\_\_\_\_

Phone \_\_\_\_\_

We want to keep everyone safe while they are working at the Co-op packing hub. Tasks at the packing hub include:

- Standing for up to 2 hours
- Heavy lifting (20kg crates)
- Repetitive movements packing produce
- Occasional use of knives (e.g. to open potato sacks)

To make sure we don't ask you to do jobs that will be unsafe for you we need to know the following:

1. Have you ever injured any part of your body? If so, which part?
2. Do you have any on-going health issues or conditions that would affect your ability to perform the tasks of the packing hub?

Please let talk to the Hub Coordinator if there is anything you feel unsafe doing. We can find another job for you to do.<sup>1</sup>

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<sup>1</sup> NB: If you do have a significant health issue but would like to volunteer please talk to your doctor about what is involved and get them to write you a doctors certificate saying they are happy the tasks assigned to you are safe for you to do.

