

## Essential Capabilities of HRA Volunteers



In order to volunteer **in any capacity** at HRA, you must be 18 years old or older and possess the following physical, mental, and emotional capacities.

### **Physical and Mental Abilities Required of all Volunteers**

- Ability to communicate effectively in verbal and written form.
- Ability to understand, remember, follow instructions, and exercise sound judgment.
- Ability to recognize your limitations and ask for help when needed.
- Ability to see, hear, smell, and touch at an average level.
- Ability to cope with very loud environments and differentiate among many different noises coming from multiple directions at the same time.
- Ability to withstand strong, unpleasant, and offensive smells.
- Ability to cope with a highly emotionally charged environment and difficult decisions.

### **Health Requirements for All Volunteers**

- An immune system strong enough to tolerate exposure to zoonotic diseases, which are transmissible to humans.
- No allergies to animals or to common chemicals, allergies controlled effectively by medication, or allergies so minimal they will not cause you harm or diminish your capacity.

**In order to volunteer with animals, you must possess the physical, mental and health abilities required of all volunteers, PLUS meet the following criteria:**

- Quick reflexes and dexterity.
- The ability to move quickly in every day and dangerous situations, possibly involving multiple people and animals.
- Average strength and balance.
- Ability to walk and stand for long periods of time unaided.

If you are planning to volunteer with a guardian, companion, social/caseworker, or any assistance, please reach out to the volunteer department via the email [volunteer@humanerescuealliance.org](mailto:volunteer@humanerescuealliance.org).

For further explanation or any concerns, please reach out to the volunteer department via email [volunteer@humanerescuealliance.org](mailto:volunteer@humanerescuealliance.org).