

## How Physical Is This Job?

Since you are considering working in the field of direct service at Hope House Foundation, we want to inform you about the physical duties you may be required to perform on a daily basis, sometimes several times per day, so that you can decide if this is the right job for you.



You will be assisting the people we serve with everyday living needs, such as laundry, housecleaning, cooking, and in some cases personal hygiene. Since you may serve several people in one day, this may mean a dozen trips up and down the stairs while carrying groceries or a full laundry basket. Standing for long periods of time, reaching for overhead items, lifting, bending, stooping, climbing, kneeling, pushing, and pulling are all part of the everyday physical duties at Hope House. Employees are required to certify that they can lift 50 pounds and meet this requirement multiple times in one shift.

Hope House Foundation employees are also required to maintain the highest level of safety as they perform their duties. Employees must comply with all of the agency's safety rules and guidelines, attend all required safety trainings, and carry out their work in line with such rules and guidelines. Safe employees prevent accidents and injuries to themselves, their co-workers, and people the agency serves. Safe practices sometimes aren't the fastest way of getting the job done, but they are the best way. As you consider whether Hope House is the right place for you, please consider that we require all work to be executed in a safe manner.

