

Alternate Ideas for Return to Work Duties

Nonprofits

Use this chart to find possible transitional job duties for recovering workers. The ideas presented here should be adapted to your own situation to help the returning employee be as productive as possible. Always evaluate the unique conditions of an employee's injury when assigning transitional duties.

Alternative Duty Options	Type of Injury		
	Back	Lower Extremity	Upper Extremity

Red Cross			
Solicit donors via telephone	Yes	Yes	Yes
Intake volunteer at blood drive locations	Yes	Yes	Yes
Juice and cookie post-donation volunteer	Yes	Yes	Yes
Providing training	Yes	Yes	Yes
Stuffing envelopes	Yes	Yes	Possible

Humane Society			
Solicit donors via telephone	Yes	Yes	Yes
Animal walker	Possible	Possible	Yes

Salvation Army and Goodwill (No loading/lifting of any sort)			
Solicit donors via telephone	Yes	Yes	Yes
Sorting donations	Possible	Yes	Possible
Providing training	Yes	Yes	Yes
Local driving	Possible	Possible	Possible
Stuffing envelopes	Yes	Yes	Possible

Hospital and Nursing Homes			
Reading to patients/writing for patients	Yes	Yes	Yes
Flower/gift delivery	Yes	Yes	Yes
Small package delivery	Yes	Yes	Yes

Habitat for Humanity (No physical work on buildings)			
Solicit donors via telephone	Yes	Yes	Yes
Stuffing envelopes	Yes	Yes	Possible
Providing training	Yes	Yes	Yes

Homeless Shelter			
Stuffing envelopes	Yes	Yes	Possible
Providing training	Yes	Yes	Yes

YMCA (no exercise or weight-training activity)			
Making/serving meals	Yes	Yes	Possible
Stuffing envelopes	Yes	Yes	Yes

Local Schools			
Guest speaker (topic/class specific)	Yes	Possible	Yes
Teacher's aid	Possible	Possible	Yes
Playground monitor	Possible	Possible	Yes