

## Health Check Requirements for After School Programs

1. The Health Check materials are to be completed and returned to the Site Coordinator who will email or fax to Dr. Kimi Sucharski ([kimi.sucharski@cmcss.net](mailto:kimi.sucharski@cmcss.net)) or fax 920-9813. The original is to be kept with afterschool materials in the site.
2. Make an appointment with your regular health care provider to complete the process. Some local agencies also provide this service (General Health Check) such as WalGreens and CVS for a small fee.
3. The grants do NOT pay for the Health Checks and the On-Site clinics may not be utilized to have the process completed.



**RESULTS OF PHYSICAL EXAMINATION**

Reference: \_\_\_\_\_  
Employee Name

Employee Type (Check One):  Lottery Pre-K  
 Special Education Pre-K  
 After School Program

This is to certify that on \_\_\_\_\_ I completed a physical examination on the above named person, and found him/her to have a health record satisfactory for:

Employment as \_\_\_\_\_  
Position

School/Location \_\_\_\_\_

A copy of this examination is on file in my office.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_ Health Care Provider

Typed/Printed Name: \_\_\_\_\_  
Health Care Provider

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Provide a copy of this to your building level After School Program Coordinator

## Physical Requirements for After School Program Staff

### **PHYSICAL REQUIREMENTS:**

Must be physically able to operate a variety of office machines. Must be able to use body members to work, move or carry objects or materials. Must be able to exert up to twenty pounds of force occasionally, and/or up to ten pounds of force frequently. Physical demand requirements are at levels of those for active work. Must be able to lift and/or carry weight of twenty to forty pounds.

### **DATA CONCEPTION:**

Requires the ability to compare and or judge the readily observable, functional, technical, structural and compositional characteristics (whether similar to or divergent from obvious standards) of data, people or things.

### **INTERPERSONAL COMMUNICATION:**

Requires the ability of speaking and/or signaling people to convey or exchange information, Includes giving assignments and/or directions to coworkers and assistants.

### **LANGUAGE ABILITY:**

Requires the ability to read a variety of informational documentation, directions, instructions and methods 8/16/05 HUM-F042 Page 3 of 3 and procedures related to maintenance operations. Requires the ability to write reports with proper format, punctuation, spelling and grammar. Requires the ability to speak with and before others with poise, voice control and confidence using correct English and a well-modulated voice.

### **INTELLIGENCE:**

Requires the ability to learn and understand relatively complex principles and techniques; to make independent judgments in absence of supervision.

### **VERBAL APTITUDE:**

Requires the ability to record and deliver information to supervisors and officials; to explain procedures and policies; and to follow verbal and written instructions, guidelines and objectives.

### **NUMERICAL APTITUDE:**

Requires the ability to add and subtract totals; multiply and divide; determine percentages; determine time and weight; and utilize statistical inference.

### **FORM/SPATIAL APTITUDE:**

Requires the ability to inspect items for proper length, width and shape visually.

### **MOTOR COORDINATION:**

Requires the ability to coordinate hands and eyes in using automated office and departmentally-related equipment.

### **MANUAL DEXTERITY:**

Requires the ability to handle a variety of items, hand and power tools, office equipment, control knobs, switches, etc. Must have the ability to use both hands for twisting or turning. Must have high level of hand and eye coordination.

### **COLOR DISCRIMINATION:**

Requires the ability to differentiate colors and shades of color.

### **INTERPERSONAL TEMPERAMENT:**

Requires the ability to deal with people beyond giving and receiving instructions such as in interpreting policies, decisions and procedures. Must be adaptable to performing under considerable stress.

### **PHYSICAL COMMUNICATION:**

Requires the ability to talk and/or hear (talking – expressing or exchanging ideas by means of spoken words) (hearing – perceiving nature of sounds by ear).