



**MID-SOUTH FOOD BANK**  
**FEEDING THE NEED**

## **Release and Hold Harmless Statement**

I understand that my participation as a volunteer for Mid-South Food Bank is purely voluntary, and by signing, I agree to release and hold harmless Mid-South Food Bank, its representatives, officers, and employees from any and all liabilities, claims, obligations, judgments, suits, costs, damages, expenses, attorneys' fees, or any other form of legal liability which may be incurred or paid as a result of any property damage or destruction, personal injury (including death) or any other damages of whatsoever nature and kind, arising from, on account of or related to my use of Mid-South Food Bank's facilities. I HAVE NEITHER TRAVELED TO IMPACTED REGIONS OF COVID 19 VIRUS IN THE LAST 14 DYAS NOR AM I EXPERIENCING SYMPTOMS OF ILLNESS.

**Date Signed:** \_\_\_\_\_

## **Media Release**

Mid-South Food Bank is authorized to use my image or likeness for advertising, publicity or any other lawful purpose in any publication, website or manner.

By signing this form, I waive the right to inspect or approve the photographs and/or materials before use. Mid-South Food Bank and its employees are released from all debts, claims and/or liability of any kind arising out of or in connection with the use of my image or likeness, name, story or statements and the use of any caption or descriptive material therewith.

My signature warrants that I am of legal age and have every right to contract in my own name in the above regard. (If a minor, parent/guardian or adult chaperone consent is required.)

I have read the above authorization and release, prior to its execution, and I am fully familiar with the contents thereof.

**\*Please print and sign your name on the next page  
once you have read and agreed to the terms  
outlined above. \***



## **Volunteer Safety Rules**

The safety of our volunteers, agency representatives, and staff is extremely important to Mid-South Food Bank. Please read these rules and procedures carefully then sign before volunteering as we will remove any volunteer from the premises for noncompliance. If you have any questions or concerns, direct them to the Volunteer Manager.

1. The Food Bank does not have the ability to lock up your valuables. There are lockers available in the Volunteer Hub for use. Volunteers may bring locks to secure them. The Food Bank does not provide locks. The Food Bank is not responsible for lost or stolen items.
2. Volunteers are not allowed to work if they are sick with a cold, flu, COVID 19 virus have open wounds such as sores, blisters, boils, etc., or other contagious illnesses. Handling food when ill is against the Food and Drug Administration's health code.
3. **For your safety you must wear closed toe, closed heel shoes, no exceptions.** If you come to volunteer in sandals or flip flops you will not be able to volunteer.
4. Pay attention to your surroundings. Our forklifts, pallet jacks, and trucks are on the move and may not always see you. For this reason, **use of cell phones or other listening devices is prohibited** while you are working.
5. Clothing must be appropriate and presentable. Low-cut shirts, short shorts, and tank tops are not allowed. Do not wear hanging jewelry or rings when working with food.
6. Make sure that you are inspecting the food correctly. Safe food handling will be covered during your training. Following these procedures and guidelines is vital to safe food handling.
7. Be careful not to cut or scrape yourself using box cutters, tape guns, plastic, glass or metal bins. If you do sustain a cut, tell a Food Bank staff member. Do not return to the food area without the cut being treated and contained with a bandage and gloves.
8. Remember proper lifting techniques. Do not lift something that is too heavy. Get help lifting heavy objects.
9. Volunteers are encouraged to take frequent breaks to hydrate themselves.
10. Do not throw food as it can hurt someone and/or damage the food.

11. Do not stand or walk on pallets. Do not stand the pallets up or move them. The pallets can break and you can be injured. Food Bank staff will move pallets for you.
12. Keep the work area clean so no one trips or falls over boxes, trash, etc.
13. No horseplay or running as it can cause an accident. Doing so will result in your removal from the premises.
14. Do not eat the donated food. It is the Food Bank's responsibility to ensure that food donations go to the food insecure people that the donation was intended for.
15. If you are involved in an accident while volunteering, report what happened to your immediate supervisor and the Volunteer Manager. Seek medical attention when necessary.
16. Individual or boxed items must be on a pallet or in a bin. Nothing is permitted on the floor/ground. This is a health code regulation.
17. Volunteers may not drive forklifts or use pallet jacks.
18. Volunteers are expected to remain in the assigned work area.
19. Do not remove any item, including food, from the Food Bank.
20. Pest activity and spills need to be reported to the Food Bank supervisor or Volunteer Manager.



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By providing my signature below, I attest that I have read and I understand the information provided and explained in the **Release and Hold Harmless Statement**, the **Media Release Form**, and the **Volunteer Safety Rules** and that this form will be kept on file and is valid for 2 years from the original signature date.

**PRINT**

**SIGN**

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