How Active Were Our Members in Volunteering with AIHA in 2016?

- **AIHA Members with CIH designation**
  - 67%
  - 64%

By Gender

- **Female**
  - 26%
- **Male**
  - 61%
- **Unknown**
  - 13% 

Average Terms of Service That Members Have Volunteered with AIHA

- **Active between 1-5 years**
  - 27%
- **Active between 6-10 years**
  - 56%
- **Active between 11-15 years**
  - 16%
- **Active over 16 years**
  - 1%

CM Credit Hours Earning Potential

1 CM Point per year - Board of Directors and Committee Chairs

1/2 CM Point per year - Active Committee Member

Macros - and Micro-Volunteering... we have a volunteering opportunity to suit any taste and time constraints!

AIH Foundation

Become a member of the Fundraising, Scholarship, or Donor Relations committees. Or why not help staff the FunRun held annually at AIHce?

Why Should Members Consider Volunteering with AIHA?

1. Feeling valued and having a sense of pride, satisfaction, and accomplishment creating greater self-esteem and self-confidence
2. Creating connections and building relationships by making an impact
3. Acquire job-related skills and develop, strengthen, and expand leadership skills

AIHA Needs YOU!

Before making a volunteer commitment, consider the following:

1. Why do you want to volunteer?
2. What do you hope to gain and give by volunteering?
3. What skills or experience would you bring to a volunteer assignment?
4. What services or assistance can you provide as a volunteer?

Volunteer Checklist

- I have given careful consideration to my interests, skills, and the time commitment needed.
- I am comfortable working within a virtual environment.
- I am comfortable working as a part of a team.
- I am open to the views of others, even if they differ from my own.
- I can employ diplomacy and tact when dealing with challenging personalities.

Get Involved! Ready to volunteer? Have questions? Please contact Thursa La at tla@aiha.org or Laurie Mutdosch at lmutdosch@aiha.org.

TWITTER QUICK POLL RESULTS (February 2017): What Is Your Primary Reason for Volunteering with AIHA?

- 63% Networking/ Collaborating
- 24% Give Back to the Profession
- 13% Leadership Development
- 0% CE Credits

Did You Know There Are...

- 46 Committees, Working Groups and Project Teams
- 6 Special Interest Groups
- 84 Local Sections
- 24 Student Local Sections
- Content Creation (Digital and Written)
- Writing for SynergistNOW blog
- Monitoring / Moderating (Virtual and In-Person)
- Content Reviewing Opportunities
- Mentoring and Outreach

Macro- and Micro-Volunteering...

140+ Macro-volunteering opportunities
27+ Micro-volunteering opportunities

- Content Creation (Digital and Written)
- Writing for SynergistNOW blog
- Monitoring / Moderating (Virtual and In-Person)
- Content Reviewing Opportunities
- Mentoring and Outreach

Mentoring is a Valuable Resource

- Developing professional network
- Career guidance
- Employment opportunities
- To learn more about a particular IH subject (i.e. radiation)
- To have someone to rely on for career-related questions
- Guidance when transitioning into a new role or industry

Get Involved! Ready to volunteer? Have questions? Please contact Thursa La at tla@aiha.org or Laurie Mutdosch at lmutdosch@aiha.org.