



## Safety Check List

### Safety first!

Safety rules for volunteer workers

1. If you have questions, ask a team leader.
2. Report any condition that looks unsafe.
3. Wear a hard hat when someone is working above you.
4. Wear ear plugs in high noise areas.
5. When operating power or other equipment, wear safety glasses or other eye protection as required by the manufacturer.
6. Make sure blade guards are in place when operating power saws.
7. Use a respirator when working in dusty atmospheres.
8. Wear leather gloves when handling wood or metal products.
9. Avoid stepping on electrical power cords, especially wet locations.
10. Keep electrical cords off the ground as much as possible.
11. Make sure that ground fault circuit interrupter (GFCI) is in place before plugging in electrical power cords.
12. Do not use broken or malfunctioning tools, especially those with electrical problems.
13. Do not use ladders as work platforms; use scaffolding instead.
14. Do not use aluminum ladders around electrical lines.
15. Make sure that guardrails and toe boards are in place when working on scaffolding platforms.
16. If you cut yourself, report to your supervisor immediately for first aid.
17. If someone else cuts him/herself and blood gets on you, report this immediately to your supervisor.
18. Do not enter a trench more than 5 feet in depth.
19. If asbestos is present, avoid touching, handling or disturbing it. Let a specialist handle it.
20. If lead-based paint is present, use extra precautions – wash hands before eating.