



# SAFETY FIRST!!!

1. Never depend on your back muscles when lifting heavy objects. Ask someone to help you and then lift with your leg and arm muscles.
2. Use safety glasses when doing any task that might endanger your eyes.
3. Always dress appropriately for the site. Wear sturdy shoes (work boots, hikers, athletic shoes in decent condition). **ABSOLUTELY NO SANDALS, CROCS, OPEN TOED SHOES!!!!** Remember, construction work is very physical and often dirty or messy.
4. We provide gloves, masks and safety goggles. Please return these items at the end of the day.
5. Use tools properly for their intended purpose. For example: do not attempt to pry with a file, screwdriver or wood chisel.
6. Warn others to stay out of your way if you are moving long pieces of lumber or ladders. **Be aware of those around you!**
7. **Do not leave tools on top of a ladder.** When you move the ladder, the item is likely to fall on your head.
8. Test the sharpness of tools on wood or paper—not on your hand.
9. **Always return tools to the place where you got them.** Do not leave tools on the ground. If you see a tool left somewhere, please return it to the central tool location.
10. Make certain that handles are securely fastened on hammers and mallets.
11. Concentrate on what you are doing.
12. **Do not use power tools until you have received the proper instructions on their use.**
13. When working on scaffolding, a safety harness **must** be used.
14. Never cut wood between supports. This can cause the saw blade to bind and kick back.
15. Be aware of falling tools from people working above your head or on the roof. Be cautious and stand back.
16. Do not use electricity in wet conditions.
17. Know where the first aid kit is located.
18. **Bring safety issues to the attention of the Construction Supervisor immediately.**
19. Report any injuries immediately!!