

Safety Checklist:

- If you are lifting heavy objects, please use the following guidelines for safe lifting. Improper lifting frequently leads to back injuries which are a major contributor to work comp claims and long term injuries. The proper lifting technique is:

Get as close to the load you need to lift. Maintain a secure footing with feet shoulder width apart. Bend your knees keeping your back straight. Tighten your stomach muscles and lift with your legs. Use the same principles when lowering or placing a load.

It's also important to know when a team lift is appropriate. If an item is too heavy or too awkward to lift by one person, ask another worker to assist and lift the item together. Using moving equipment, such as dollies and hand trucks can help minimize the potential for employee/volunteer injury as well.

- Power tools can make your job easier and save time, but if not used properly can lead to serious injury or even death! If you do not know how to use a power tool, don't. Ask for assistance with power equipment, and training if you are not sure how to use equipment.
- DO NOT MIX CHEMICALS! Mixing chemicals can result in hazardous gasses that can result in serious lifelong injuries. If you do not know what something is do not use it.
- Trip hazards: Always be on the lookout for trip hazards. This might be something large like a ceiling fan sticking out into an aisle, or something as small as an electrical cord that someone could trip over. Trips are the most common accident, and also the most preventable.
- Use proper safety gear for the job. We have gloves and safety glasses, so use them when needed. If you are using any saws or power tools make sure you wear safety gloves. When handling lumber or any sharp or rough materials make sure to wear protective gloves.
- When using a ladder, make sure to have another person steady the ladder. Never stand on the top rung of a step ladder. For more on ladder safety see the ladder safety guidelines in the break room.