



# WICHITA HABITAT FOR HUMANITY, INC.

## CONSTRUCTION SITE SAFETY RULES



Every volunteer must read all of these guidelines before entering the construction site.

### What to Wear

- **Gloves** leather provide the best protection when handling wood or metal products.
- **Boots or sturdy shoes** (not sandals) to protect your feet (tennis shoes are acceptable)
- **Jeans/long pants** (long shorts are acceptable during summer) to protect your legs; t-shirt (no tank tops or overly baggy clothes)
- Wear a **hardhat** when someone is working above you; it will protect your head and keep it cooler in the sun
- Wear **safety glasses** or other eye protection when operating power saws or other equipment that may throw off small hard pieces
- Wear **ear plugs** in high noise areas
- Use a **respirator or facemask** when working in dusty atmospheres.
- **No jewelry** can be worn (chains, rings, bracelets, ear rings, etc.).
- Long hair should be tied up.

### What to Bring

- **Water Bottle**
- **Basic Tools:** Hammer, Tool Belt, Measuring Tape, etc. It is not necessary that you have these tools. PLEASE BE SURE TO LABEL YOUR TOOLS.
- **Sun Screen**
- **Safety Glasses** (If you do not have your own, we will be happy to loan you a pair.)
- **Gloves**

### General Safety Precautions and Steps

- Report any unsafe conditions or ones that may appear to be unsafe.
- When lifting objects, keep your back straight (perpendicular to the ground) and bend your knees keep the object close to your body use all of your hand, not just your fingertips move your feet, not your waist (avoid twisting when carrying an object); get help when lifting a heavy object or when it is so large that you can't see where you are walking
- Watch where you put your hands avoid pinch points
- Walk don't run, watch where you walk and avoid hazards
- Pick up trash help prevent tripping hazards
- Bend nails over that stick through boards
- Pay attention to what's happening around you (watch out for others don't let someone else hurt you)
- Do not enter a trench more than 5 feet in depth unless a co-worker is present on ground level to sound an alarm and render assistance in case of emergency.
- No horseplay

### Use of Power Tools and Electricity (18 years old and older)

- Unplug electric tools before changing bits, blades, etc.,
- Make sure blade guards are in place when operating power saws.
- Don't use electric tools if they are wet.
- Don't carry electric tools by the cord or with your finger on the trigger.

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**Construction Site Safety Rules, CONTINUED:**

- Avoid stepping on electrical power cords, especially in wet locations.
- Keep electrical cords off the ground as much as possible.
- Make sure ground fault circuit interrupter (GFCI) is in place before plugging in electrical power cords.

**Use of a Ladder**

- Don't jump or climb a ladder
- Never use a box or a block or a chair as a ladder
- One person at a time on a ladder
- Always face the ladder and never sit on top of a ladder
- Never stand on the top 2 steps of a ladder
- Always remove tools and material from a ladder before you move the ladder
- Always open a ladder fully before using
- Do not use ladders as work platforms; use scaffolding instead; do not use aluminum ladders around electrical power lines.
- Roof work only for persons 18 years and older

**First Aid and Health Precautions**

- Drink lots of water especially if it's hot.
- Tell your leader if you stop sweating, get dizzy, or just don't feel right.
- Notify the person in charge of any injury, no matter how small or big (scratches, splinters, cuts, abrasions, strains, sunburn, etc.) and report to your supervisor immediately for first aid.
- If someone's blood gets on you, report this immediately to your supervisor.

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**ACKNOWLEDGEMENT FORM**

I acknowledge that I have received a copy of Habitat for Humanity Work Crew Safety; that I have read it and I that understand its contents.

Signature of worker \_\_\_\_\_

Name of worker (please print legibly) \_\_\_\_\_

Date \_\_\_\_\_

**Complete and turn into the registration table**