



Habitat for Humanity of Greenville County Golden Strip Church Coalition

SAFETY RULES – ON SITE CONSTRUCTION

1. Sign-in at the volunteer desk before each shift. Make sure you bring or fill out a release form for insurance coverage. **No one without this will be allowed on site.**
2. No one under the age of 14 years old is allowed on the construction site. No one under the age of 16 will be allowed to work on a ladder, roof or scaffolding, or participate in hazardous activities. No one under the age of 18 is allowed to use any power tools.
3. Only designated people will use power tools. If you are designated, please wear protective glasses – you may start a new fad.
4. Anybody working on or under the roof during the roof truss installation are required to wear Hard hats (provided by Habitat for Humanity ~ Greenville County)
5. Eye protection is **required** when using power tools. Eye protection is **suggested** when using a hammer. (Some safety glasses will be provided by HfH Greenville)
6. Take time to stretch your muscles before each shift. It only takes a moment – you'll be glad you did.
7. Remember to lift with your legs and try to keep your back straight.
8. Please respect the judgement of the Medical volunteers when they ask you to take a break and/or to come out of the sun. (They don't want to prove their excellent training for an emergency later – heat stroke is not fun for you or them).
9. Begin drinking water or Sportsdrink early in the day; don't wait until you are hot and thirsty (and possibly dehydrated).
10. If you start getting hot and/or dizzy, immediately take a break – DON'T WAIT. Go find a cool drink and some shade immediately.
11. Hats or visors are not optional. Please wear them.
12. NO LOBSTERS ALLOWED. Sunscreen has a purpose; please use it.
13. NEVER leave nails in used lumber. ALWAYS pull out the nails before beginning another task.
14. Be constantly aware of people working around and below your area.
15. HAVE FUN!