



Affiliate Safety Manual

Construction
Deconstruction
Restore
Warehouse
Vehicle Use

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GREATER FOX CITIES AREA HABITAT FOR HUMANITY'S SAFETY POLICY

The management of this organization is committed to providing employees and volunteers with a safe and healthful workplace. It is the policy of this organization that employees and volunteers report unsafe conditions and do not perform work tasks if the work is considered unsafe. Employees and volunteers must report all accidents, injuries, and unsafe conditions to staff.

Employee and volunteer recommendations to improve safety and health conditions will be given thorough consideration. Management will give true attention to, and provide the financial resources for, the correction of unsafe conditions. Management will promote and influence safe behavior. This will be accomplished by both positive reinforcement of correct and safe activity, and by disciplinary action for those who willfully or repeatedly work in an unsafe manner.

Disciplinary action will take the form of:

- 1st violation - Verbal warning.
- 2nd violation - Written warning and removal from worksite.
- 3rd violation - Termination of employment or volunteer status.

Management reserves the right to terminate the employment of any employee at any time for violation of company policies.

Management will participate in establishing and maintaining an effective safety program. This will include the following:

- Holding all management and supervisory staff accountable for their safety responsibilities in their respective departments, jobs, crews or workplaces;
- Providing safety and health education and training as needed; and
- Reviewing and updating workplace safety policies, practices and performances.

This policy statement serves to express this organization's commitment to and involvement in providing our employees and volunteers a safe and healthy workplace. This workplace safety and health program will be incorporated as the standard of practice for this organization.

Compliance with these safe practices and those of any regulatory agency will be required of all employees and volunteers as a condition of continued employment and or ability to maintain a positive volunteer status.

ALCOHOL, DRUGS & TOBACCO

DRUG-FREE WORKPLACE

The policy of the Company is to maintain a drug-free workplace. As a condition of continued employment, all Company employees must comply with this policy. The term "workplace" is defined as Company property, any Company sponsored activity, or any other site where the employee is performing work for the Company or representing the Company. The term "drug" as used in this policy includes alcoholic beverages and prescription drugs, as well as illegal inhalants and illegal drugs and/or controlled substances as defined in schedules I through V of the Controlled Substances Act, 21 U.S.C. Sec. 812, 21 C.F.R. Sec 1308, and the state and local law of the jurisdiction where the workplace is located, including, but not limited to, marijuana, opiates (e.g., heroin, morphine), cocaine, phencyclidine (PCP), and amphetamines. An employee who engages in an activity prohibited by this policy shall be subject to disciplinary action, up to and including immediate termination of employment.

Prohibited activities under this policy include the possession, use, sale, attempted sale, distribution, manufacture, purchase, attempted purchase, transfer or cultivation of drugs, as defined above, in the workplace, as defined above. Employees are also prohibited from being at the workplace with a detectable amount of drugs in their system. However, the use and/or possession of prescription drugs, when taken as directed and obtained with a valid prescription under federal law, shall not be a violation of this policy.

Information regarding the availability of treatment programs, if any, such as assistance provided by Insperity's health care plan coverage or drug and alcohol abuse rehabilitation programs and the requirements for participation in drug and alcohol abuse education and training programs, may be requested by contacting your Insperity human resource specialist.

COMPLETE TOBACCO FREE POLICY

A tobacco-free environment helps create a safe and healthy workplace. Smoking and secondhand smoke are known to cause serious lung diseases, heart disease and cancer. Greater Fox Cities Habitat for Humanity recognizes the hazards caused by tobacco use and exposure to secondhand tobacco smoke. Our policy to provide a tobacco-free environment for all employees, volunteers and visitors is established to keep a safe and healthy workplace environment. This policy covers the smoking of any tobacco product and the use of oral tobacco products, "spit" tobacco and e-cigarettes, and it applies to employees, volunteers and non-employee visitors of Greater Fox Cities Habitat for Humanity.

No use of tobacco products including cigarettes and "spit tobacco" or e-cigarettes is permitted within the facilities, on the property, or on worksites of Greater Fox Cities Habitat for Humanity at any time.

SAFETY PLAN

Purpose: Greater Fox Cities Area Habitat for Humanity promotes a culture of Safety First where the physical, mental, and spiritual health of all its volunteers and staff is paramount.

HAZARD PREVENTION & CONTROL

- Heat and cold exposure - there are exposure minimums and maximums set and need to be strictly followed.
- Accidents - every accident and near miss must be reported and investigated by the staff person assigned to the location.
- First aid kits - first aid kits are available in every trailer, vehicle, warehouse, office and throughout the ReStores. They are to be well supplied and routinely checked for proper contents.
- First aid and CPR training - all Construction and Restore staff are required to attend, pass, and maintain current first aid and CPR certification.
- Emergency contacts - emergency contact info is clearly posted on every trailer door, in the construction/safety manual binder, in the warehouses first aid cabinet and at the cashier's desk at the ReStore.

MANAGEMENT LEADERSHIP & EMPLOYEE INVOLVEMENT

ReStore Asset Protection

- Customer Service is the best deterrent for shoplifters. All customers should be greeted and there must always be at least one Manager in the ReStore at all times

- The employee who counts the registers and prepares the deposit must be different from the employee who makes the deposit at the bank.
- All sales, employee, injury, and training records must be stored for a minimum of seven (7) years.
- All vehicle drivers, both staff and volunteer, must pass a background check and submit a copy of their Wisconsin Driver's License for approval from Lockton Insurance.

SAFETY & HEALTH TRAINING

Construction/De-Construction Safety Talk and Training

Everyone must attend and then print and sign their name on the attendance sheet before they volunteer on-site.

Held every workday before work begins on the job-site and as new volunteers arrive throughout the day.

Restore Safety Talk and Training

Everyone must sign the attendance sheet before they volunteer that day at the store. Volunteers must read and understand the daily safety awareness item.

Safety manual

A copy is available on all job-sites, in each Restore, at the warehouse and on-line. It is available to all employees and volunteers.

All volunteers are given access to the on-line version of the safety manual and are required to read it before they volunteer.

Employees are given access to the on-line version of the safety manual and are required to read it.

Competent person

All Construction staff has attended an OSHA 30-hour course or OSHA "competent person" training for:

- Scaffolding
- Fall protection and prevention
- Fire Protection and Prevention
- Stairway and Ladder
- Safety General Electrical Safety •
- On-line Safety training
- Construction Manager required training
- Contractor Safety
- Defensive Driving - noncommercial vehicles
- Job Hazard Analysis
- Understanding the Safety Data Sheet
- Intro to OSHA and the General Safety Clause
- Good Housekeeping

Const. Supervisors required training

- Defensive Driving - noncommercial vehicles
- Job Hazard Analysis
- Fall Protection - construction
- Ladder Safety
- Understanding the Safety Data Sheet
- Hand Protection
- Slip, Trip & Falls -what a supervisor should know
- Portable Power Tool Safety

- Forklift Operator Safety
- Noise & Hearing Protection

Expediting & Logistics

- Warehouse Safety
- Forklift Operator Safety
- Forklift Safety - rough terrain
- Forklift & Pedestrian Safety
- Defensive Driving - noncommercial
- Defensive Driving - commercial vehicles
- Understanding the Safety Data Sheet
- Slip, Trip & Falls - what a supervisor should know
- Good Housekeeping
- Job Hazard Analysis

ReStore New Hire Training Requirements

Lockton On-line Courses

- ReStore Loss and Control
- Back safety
- Defensive Commercial Driving (if applicable)
- Forklift Safety (if applicable)

Watch HFHI Videos

- Let's make a Deal
- ReStore Pricing
- ReStore Returns
- Undesirable Donations
- ReStore Volunteer Safety
- Body language

Complete New Volunteer Orientation

Recycling Training

Customer Service Training

Truck Driver Training (if applicable)

Construction & Warehouse Volunteer Training (suggested)

- Warehouse Safety
- Forklift Operator Safety
- Forklift Safety - rough terrain
- Forklift & Pedestrian Safety
- Defensive Driving - noncommercial
- Defensive Driving - commercial vehicles

RESPONSIBILITIES

Safety Managers

- Ensure that safety is adequately budgeted for the job, etc.
- Communicate safe work practices regularly.
- Attend departmental and company-wide safety meetings.

- Formally recognize outstanding safety performance by any/all workers.
- Assist all employees and volunteers with the safety process as needed or as requested. This can include formal worksite periodic inspections.
- Uphold and enforce all known safe work practices.

Managers and Supervisors

- Conduct "Daily Safety Meeting" prior to the start of each work day and again as volunteers arrive throughout the day. Attendance is required by all volunteers and employees on-site.
- All volunteers and employees in attendance must read and understand the "daily safety training sheet." They must also provide their printed name and signature on the "daily safety training sheet."
- Ensure workers are given training that includes safe work practices on equipment, tools, machines, processes, etc.
- Personally, conduct regular inspections of the workplace.
- Uphold and enforce safe work practices. This includes influencing safe behavior by positive reinforcement such as recognition of worker's safe work performance Enforcement action can also influence safe behavior when applied towards workers who blatantly perform unsafe acts, or who continually perform in an unsafe manner.
- Investigate all incidents and take immediate corrective action to prevent re-occurrence.

Employees / Volunteers

- Must follow safe work practices, and if they are unsure of what is the correct/safe way to perform a task or a job, they are to ask the staff person assigned to the location.
- Must immediately report all unsafe work practices, equipment, tools, near misses and all injuries to the staff person assigned to the location.
- This includes reporting unsafe behavior of other workers (employees and volunteers), if these workers are approached and remain unwilling to correct their unsafe actions or conditions.
- Are to uphold the safe work practices that this affiliate has established.

Age Restrictions for Volunteers:

Under age 14:

Persons under the age of 14 are not permitted on Habitat for Humanity work sites while construction work is taking place.

Ages 14 & 15:

Individuals aged 14 and 15 can do limited work on a Habitat worksite. They can paint or landscape, but should not be on site when construction is going on. They must also be supervised on a 1 adult-to-1 youth ratio and have their registration form signed by a parent or guardian.

Ages 16 & 17:

Individuals ages 16 and 17 can do general construction, but cannot help with excavation, demolition, use of power tools, or work at heights above 6 feet or on the roof. They can help with general carpentry. They must also be supervised on a 1 adult-to-3 youth ratio and have their registration form signed by a parent or guardian.

Note: Exceptions to this policy can be made only when approved by the HFH Executive Director. Exceptions may include school, church, or service groups using their own insurance.

There are no restrictions for persons 18 years or older.

WORKSITE ANALYSIS

- All work areas and job sites need to be inspected on a regular basis to ensure safe work practices and safe and healthy conditions. These inspections are to be conducted by the staff person assigned to the location. Each inspection may not be required to be formal (written) although regular written completed inspections may be asked for by the safety managers.
- The safety manager will approve the purchase of new equipment or tools, or the reworking or retrofitting of workstations or equipment to ensure safety and health is taken into consideration.
- If approached by workers who appear to have a true concern regarding a safety or health issue, the staff person assigned to the location needs to act accordingly and give attention to the matter.
- All incidents (this includes property damage, equipment damage, incidents involving injury or illnesses, and near-miss type incidents) need to be investigated. The staff person assigned to the location will complete this investigation. Safety Managers will be involved as necessary or when requested.
- Incidents that involve injury and illnesses will be evaluated and analyzed for trends, common causes, and patterns so as to prevent further incidents.

HAZARD PREVENTION AND CONTROL

- Safe work practices will be developed, and workers will be trained on using these safe work practices to avoid injury and illnesses. This may include the implementation of task or job hazard analyses.
- PPE (safety glasses, gloves, hearing protection, fall protection) will be provided as necessary, and its use enforced by staff.
- If feasible, administrative controls, such as reducing the duration of exposure can be implemented.
- Equipment, tools, machines, trucks, vehicles, etc., need to be maintained in good working order by a continued preventative maintenance process.
- All workers will be made aware of workplace emergency procedures. Training on this process will begin at the "Daily Safety Meeting."

FIRST AID AND MEDICAL ASSISTANCE

There will be adequate first aid supplies and/or an adequate first aid kit available at each workplace. Employees and/or volunteers who receive work related injuries or illnesses will be given immediate attention in regards to the nature of their injury or illness.

ACCIDENTS, INJURIES & NEAR MISSES

Accident/Injury/Near Miss Report Form

The accident/injury/near miss report form must be filled out by the staff person assigned to the location immediately after:

- Everyone involved in the accident is safe and cared for.
- The accident area has been made safe.
- 911 has been called (if needed).
- If staff person assigned to the site is not present, they will need to be called by the site leader.
- The site leader then can fill out the accident/injury/near miss report if the staff person determines that their presence at the accident site is not needed.

Refusal of Treatment for Injury

- If someone is injured and refuses treatment, they must fill out a "Refusal of Treatment Injury Form."

Witness Reports

Have all witnesses fill out witness reports.

Accident/Injury/Near Miss Investigation Procedures

The staff person assigned to the location where the incident occurred will perform an incident investigation. Incidents can include property damage, near misses and workplace injuries and illnesses. These investigations are to assess the nature and the cause of the incident, not to place blame on personnel. The staff person assigned to the location needs to investigate incidents using procedures that include:

- Implement temporary control measures to prevent any further injuries to employees and/or volunteers, or damage to equipment, property or the public.
- Review the equipment, operations, and processes to gain an understanding of the accident situation.
- Identify and interview each witness and any other person who might provide clues to the causes.
- Investigate causal conditions and unsafe acts; make conclusions based on existing facts.
- Complete the incident investigation report.
- Provide recommendations for corrective actions.
- Indicate the need for additional or remedial safety training, if needed.

All accident/injury, incident investigation and witness report forms are located for the:

- ReStore - at volunteer manager's desk.
- Construction - in Site Support materials.
- De-Construction - in Operations Manager's job clipboard. Construction sites - in the site support box.
- Warehouse - in the first aid cabinet.

The accident/injury, incident investigation and witness reports must be submitted to the safety managers within 48 hours after the incident.

RECORD KEEPING PROCEDURES

This affiliate will control and maintain all employee/volunteer accident and injury records. Records are maintained for a minimum of seven (7) years following the end of the year to which they relate. The data on the Injury and Illness log and posting of the Summary of Work related injuries and illnesses will be in accordance with government regulations.

The following will be included in the record keeping process:

- Accident/Injury Report Form
- Log of Work-related Injuries and Illnesses (OSHA form 300)
- Summary of Work-related Injuries and Illnesses (OSHA form 300A)

SAFETY AND HEALTH TRAINING

Safety and Health Orientation

Workplace safety and health orientation begins before you report to the work site.

- Each employee and volunteer will have access to a copy of the safety manual for review and future reference.
- Staff assigned to the location should question workers and should answer their questions to ensure knowledge and understanding of safe work practices, policies, and job-specific procedures. They are responsible to inform all workers that compliance with the safe work practices is required.

EMERGENCY PROCEDURES

Accident when an ambulance is needed

- Assign someone to call 911.
- Move everyone not attending to the injured person/s to the assigned safe location.
- Assign a person/s to direct the ambulance in from the nearest cross street/s.

Fire Safety

If there is a fire:

- Move everyone to the assigned safe location. Assign someone to call 911 from the safe location. Take attendance.
- Assign a person/s to direct the fire trucks in from the nearest cross street/s.

Do Not Fight the Fire!

- Habitat for Humanity GFCA has a policy that no one is to fight any fire at/on property, vehicles, trailers and generators that are owned, leased or rented by this affiliate.
- **Only persons that have been through "Fire Extinguisher Training" are allowed to use fire extinguishers.**
- To ensure everyone's safety we will let the fire department do the firefighting.

Active Shooter Situations

This is an outline of steps to take in a situation where a staff member, volunteer or visitor encounters a physical threat on Greater Fox Cities Habitat for Humanity Premises.

Situations involving domestic relationships, disgruntled employees, or unhappy customers can turn threatening very quickly. Be aware of what is going on in your environment and take ALL threats seriously. If you feel threatened, call the police, contact a supervisor, and get yourself to safety.

Active Shooter situations happen quickly and require prompt response. Research has shown that preparation and following the Run/Hide/Fight plan increases your chances of survival. The idea is that when faced with a threatening situation, the first thing you want to do is get away from the situation (**Run**). If that will not gain you safety, getting out of view and getting to a place hard to find is next best (**Hide**). If both of those are not possible, protect yourself with aggressive action against the perpetrator (**Fight**). The following goes into more detail:

Run:

- If you have an accessible exit, get out. Get off the premises to safety.

- If possible, communicate the danger to others
- Leave your belongings behind
- If possible, help others get out, but not if it endangers you
- Notify and prevent others from entering the danger area
- Keep hands clear and open when encountering Law Enforcement

Hide:

- If you cannot exit to a place of safety, find a place to hide where the shooter will have a hard time finding you.
- If it is a room, try to lock the door or barricade it
- Try not to hide somewhere that restricts your ability to move somewhere safer, or exit the building if the situation changes
- Silence your cell phone
- Turn off other sources of noise
- Dial 911. If you cannot talk, just leave the line open so authorities can hear what is happening

Fight:

- As a last resort, disrupt or incapacitate the shooter
- Act aggressively with a survival mindset
- Commit to your actions
- Use items that can be weapons....chairs, sticks, scissors, solid objects, etc..
- Yell and throw things

It is your responsibility to keep yourself safe. Awareness and preparedness can help keep you safe and equip you if something happens. The following are some things you can do wherever you are and at any time to be better prepared in any situation that may arise.

- Be aware of what is happening around you, in your work area, and even outside in the parking lots and on the street.
- Know where there are at least 2 exits from your work area. If you are threatened, where can you go to get away?
- How can I communicate the threat to my coworkers/volunteers? P.A. system, yell, phone?
- Where could you hide if necessary? Is there somewhere where you can lock yourself in?
- What telephone can I use to call 911? Does it work in all areas? How do you mute the sound?
- Is there anything around you that could be used as a weapon if you are threatened?
- Be prepared to survive - Run? Hide? Or Fight?

JOB SPECIFIC TRAINING

Construction staff:

Competent person or OSHA 30-hour -for Construction training course_First aid, AED and CPR certification

Restore staff:

First aid, AED and CPR certification Restore safety training

Staff person assigned to the location:

- Will initially train workers on how to perform assigned job tasks safely.
- Will carefully review with each worker any specific safe work practices, policies, and procedures that are applicable.
- Will observe workers performing their work. If necessary, they will provide a demonstration using safe work practices, or remedial instruction to correct training deficiencies before the worker is permitted to do the work without supervision.

Periodic Retraining of Employees / Volunteers

All employees and volunteers will be retrained periodically on safe work practices, policies and procedures, and when changes are made to the written safety program.

If necessary, individual employees and volunteers will be retrained after the occurrence of a work-related injury caused by an unsafe act or work practice, or when employees and/or volunteers are observed displaying unsafe acts, practices, or behaviors.

GENERAL SAFETY RULES FOR CONSTRUCTION, RESTORE & WAREHOUSE

- Habitat is a smoke free work place. Smoking and other tobacco related products are not allowed within the property lines of any property, trailers and/or vehicles that Habitat owns, rents or leases.
- Use good housekeeping skills to help prevent trip hazards. All floors must be maintained free of materials that could create a trip hazard.
- Watch your step at all times.
- Obey all posted safety and danger signs.
- No open toed shoes, sandals, dangling jewelry or loose clothing allowed on construction, warehouse, ReStore, and deconstruction sites.
- Seek first aid immediately if you are injured.
- Report all injuries and near-misses to staff person assigned to the site, no matter how small of an injury. Report illnesses too.
- Do not block your view by carrying large or bulky items; get assistance from a co-worker.
- Stand clear of floor openings and notify site leader immediately if guardrails or covers are removed or displaced.
- Drink plenty of water throughout the day.
- Use sunscreen when possible to prevent sunburn when working outside.
- Stop working outdoors and seek shelter during lightning storms.
- Follow all other rules that are specific in nature that are located within this document.
- Maintain good housekeeping practices.

SAFETY GLASSES

- Safety glasses (ANSI Z87.1+) are required to be worn by everyone:
 - On an active construction and deconstruction worksite
 - Everyone on the site - staff, volunteer, visitor and/or contractor
 - At the ReStore where posted or when directed by staff
- If prescription eyewear is worn it must meet ANSI Z87.1+ standards and have side shields in place.

- If prescription eyewear does not meet ANSI Z87.1+ standards, then safety glasses that do meet those standards must be worn over the prescription glasses.

HEARING PROTECTION

- Wear hearing protection in work areas posted as "Hearing Protection Required" or when staff says that you should use it.
- Store hearing protection in a clean and sanitary location.

GLOVES

- The requirement to wear gloves will depend on the task you are performing. The staff person assigned to the job-site will determine, based on the task, if gloves will be required to be worn.
- If you choose to wear gloves, even if they are not required, is acceptable. Make sure the gloves fit tight to your hands (almost like a second skin). "Mechanics" type and gloves with a Nitrile, Vinyl or Latex coating are acceptable.

DUST MASKS

- Dust masks are not required.
- They are available to those who wish to use them.

WEATHER RELATED EXPOSURE

Cold Exposure

- Staff person assigned to the location has access to the current air temperature with wind chill and they will monitor it.
- Volunteers have the option to not work if they feel it is too cold.
- Wind chill temperatures that are at 25 degrees (°F) or lower and an area is not available to "warm-up" (heated house and/or heated warehouse) the site will need to be shut down.
- If a "warm-up" area is available, the wind-chill of 20 °F to 25 °F is allowed at 25-minute working and 5-minute warm-up intervals.
- At 20 °F to 10 °F wind chill outside work will be allowed at 20-minute working and 5minute warm-up intervals.
- When wind-chill temperatures are below 10 °F sites will be shut down.
- If the work can be done in areas with protection from the wind or the work is fast moving/physical work the staff person assigned to the location will determine the safe working conditions.

Common Types of Cold Stress

Frostbite

- Body tissues freeze, e.g., hands and feet. Can occur at temperatures above freezing, due to wind chill. May result in amputation.
- Symptoms: numbness, reddened skin develops gray/white patches, feels firm/hard, and may blister.

Treatment for Frostbite:

- Move the worker to a warm place.
- Do not rub the frostbitten area.
- Avoid walking on frostbitten feet.
- Do not apply snow/water. Do not break blisters.
- Loosely cover and protect the area from contact.
- Do not try to quicken the warming of the area unless directed by medical personnel.

Hypothermia

- Normal body temperature (98.6°F) drops to 95°F or less.
- Mild Symptoms: alert but shivering.
- Moderate to Severe Symptoms: shivering stops; confusion; slurred speech; heart rate/breathing slow; loss of consciousness; death.

Treatment for Hypothermia:

- Call 911 immediately in an emergency.
- Move the worker to a warm place.
- Change to dry clothes.
- Cover the body (including the head and neck) with jackets, blankets or something to block the cold (e.g., tarp, garbage bag). Do not cover the face.
- If medical help is more than 30 minutes away, give warm, sweetened drinks if alert.

Heat/Sun Exposure

- The "Heat Index" is the combination of air temperature and relative humidity.
- Staff person assigned to the location has access to the current heat index and they will monitor it.
- When the "heat index" is edging into the low 90's 0 P more breaks are recommended.
- Site support is to be delivering water to everyone and ensure they are drinking it.
- Volunteers have the option to not work in the heat (going home) if they choose.
- Once the heat index reaches 94 °P or higher, we need to shut the sites down. At this point the risks of having someone suffer from heat exhaustion or heat stroke is much greater.
- If there is work that can be done completely in shaded area the workday may go on for those in the shade. No one else is to be working out of the protection of the shade.

Heat exhaustion warning signs

Heat exhaustion happens when your body gets too hot. It can be caused by physical exercise or hot weather. You may experience:

- Heavy sweating
- Feeling weak and/or confused
- Dizziness
- Nausea
- Headache
- Fast heartbeat
- Dark-colored urine, which indicates dehydration

If you think you have heat exhaustion:

- Get out of the heat quickly.
- Rest in a building that has air-conditioning. If you can't get inside, find a cool, shady place.
- Drink plenty of water or other fluids. Do NOT drink alcohol or caffeinated drinks (such as soda). These can make heat exhaustion worse.
- Take a cool shower or bath, or apply cool water to your skin.

- Take off any tight or unnecessary clothing.

GENERAL HOUSEKEEPING

Slips & trips are our #1 reported injury on-site. Please follow all the rules below so we can limit slips & trips from happening.

- Do not place material such as boxes or trash in walkways and passageways.
- Do not store or leave items on stairways.
- Run electrical cords out of walkways and make sure they lay flat to reduce tripping hazards.
- Do not block or obstruct stairwells, exits or accesses to safety and emergency equipment.
- Return tools to their storage places after use.
- When cleaning floors, wet only a small area of the floor at one time and dry mop it before cleaning another section.
- Use caution signs or cones to warn everyone that it may be slippery or icy in areas such as floors, walkways, sidewalks and driveways.
- Do not use flammable liquids such as gasoline, acetone or paint thinner for cleaning.
- Keep lumber piles and materials neat and orderly.
- Securely cover all lumber and materials to protect them from the weather and theft.

HAND TOOL SAFETY

General Precautions

- Inspect every tool you will use before you use it.
- Worn, damaged or defective tools need to be taken "Out of Service" immediately and not used. Remove them from the area and give to staff for service or disposal.
- Do not use a tool if its handle has splinters, burrs, cracks, splits or if the head of the tool is loose.
- Do not use impact tools such as chisels, punches or steel stakes that have mushroomed heads.
- When handing a tool to another person, direct sharp points and cutting edges away from yourself and the other person.
- When using knives, shears or other cutting tools, cut in a direction away from your body.
- Do not carry sharp or pointed hand tools such as screwdrivers, scribes, aviation snips, scrapers, chisels or files in your pocket unless the tool or your pocket is sheathed.
- Do not perform "make-shift" repairs to tools.
- Minimize carrying tools in your hand when you are climbing. Carry tools in tool belts or hoist the tools to the work area using a hand line.
- Do not throw tools from one location to another, from one employee to another, or from scaffolds or other elevated platforms.
- Transport hand tools only in toolboxes or tool belts. Do not carry tools in your clothing.

Hammers

- Use a claw hammer for pulling nails.
- Do not strike nails or other objects with the cheek of the hammer.
- Do not use a hammer if your hands are oily, greasy or wet.
- Do not use a hammer if the handle becomes damaged or cracked.

Knives (Utility) Sharp Instruments!

- When handling knife blades, utility knives and other cutting tools, direct sharp points and edges

away from you.

- Cut in the direction away from your body when using knives.
- Use a knife that has a sharp blade; do not use a knife that has a dull blade.
- Do not use honing steels that do not have disc guards.
- Do not use knives that have broken or loose handles.
- Do not pick up knives by their blades.
- Carry knives with their tips pointed toward the floor.
- Do not attempt to catch a falling knife.
- When opening, cartons use the safety box cutters. Do not cut with the blade extended beyond the guard.

Screwdrivers

- Always match the size and type of screwdriver blade to fit the head of the screw.
- Do not force a screwdriver by using a hammer or pliers on it.
- Do not use a screwdriver as a punch, chisel, pry bar or nail puller.
- Use a screwdriver that has an insulated handle for electrical work.
- Use a drill, nail, or an awl to make a starting hole for screws.
- Do not carry a screwdriver in your pocket.
- Do not use a screwdriver if your hands are wet, oily or greasy.

Wrenches

- Use box or socket wrenches on hexagon nuts and bolts as a first choice, and open-end wrenches as a second choice.
- Do not use wrenches that are bent, cracked, badly chipped or that have loose or broken handles.
- When using an adjustable wrench, turn the wrench so that the fixed jaw, not the adjustable jaw, provides positive pressure in the item to be turned.
- Do not slip a pipe over a single-head wrench handle for increased leverage.
- Size the adjustable wrench to fit the nut before turning.
- Do not use a wrench with broken or battered points.

Pliers

- Do not use pliers as a wrench or a hammer.
- Do not slip a pipe over the handles of pliers to increase leverage.
- Do not use pliers that are cracked, broken or sprung.

Chisels

- Use a chisel that has been sharpened; do not use a chisel that has a dull cutting edge.
- Hold a chisel by using a tool holder if possible.
- Clamp small work pieces in the vise and chip toward the stationary jaw when you are working with a chisel.

Hacksaws

- When cutting sheet metal, use strong steady strokes directed away from your body.
- Use the entire length of the blade in each stroke.

Hand Saws (ripsaw)

- Hold the ripsaw at a 60-degree angle with the board; hold the crosscut saw at a 40-degree angle.

- Pull upward until the blade bites.
- Once the work is started with a partial cut, remove your fingers and thumb from the saw blade, then set the saw to your desired angle.
- Keep control of the saw by releasing downward pressure at the end of the stroke.
- Do not use an adjustable blade saw such as a hacksaw, coping saw or keyhole saw if the blade is not taut.
- Do not use a saw that has a dull saw blade.
- Do not carry a saw by the blade.

Vises

- When clamping a long work piece in a vise, support the far end of the work piece by using an adjustable pipe stand, sawhorse or box.
- Position the work piece in the vise so that the entire face of the jaw supports the work piece.
- Do not use a vise that has worn or broken jaw inserts, or has cracks or fractures in the body of the vise.
- Do not slip a pipe over the handle of a vise to gain extra leverage.
- Use appropriate Personal Protective Equipment (PPE) (i.e., proper gloves, eyewear, etc.)

ELECTRICAL

Electrical Cords

- Inspect every cord you will use before you use it. Remove them from the area and give to staff for service or disposal.
- Use only 3-wire type cords that are rated "heavy duty".
- All cords must be 14 AWG or greater in size (preferably 12 AWG).
- Inspect the cord for defects before use.
- Do not use cords that have splices, exposed wires or cracked, frayed ends or bad strain relief on either end of the plug caps.
- Tag any worn, damaged or defective cords as "Out of Service" and do not use them. Remove them from the area and give to staff for service or disposal.
- Do not remove the ground prong from electrical cords. Ground pin must be continuously connected and in good working condition.
- Do not use an adapter such as a cheater plug that eliminates the ground.
- Use approved 3-way power splitters only when necessary.
- Keep cords out of water and out of direct walkways.
- Do not suspend cords by any form of metal (i.e. nails, wire, etc.).
- ALL cords must be used on a Ground Fault Circuit Interrupter (GFCI); either on a GFCI circuit breaker, external GFCI or GFCI 3-way plug.
- Keep cords protected from pinch points (i.e. doorways, windows, driveways, etc.). Use blocking to protect the cords from pinch points.

Electrically Powered Equipment & Tools {general safety}

- Inspect every tool you will use before you use it.
- Ensure the protective guards are in place and working properly.
- Do not use electrical power equipment or tools on which you have not been trained.
- Keep power cords away from the path of work.
- Do not use cords that have splices, exposed wires, or cracked, frayed ends or bad strain reliefs.

- Do not carry plugged-in equipment or tools with your finger on the switch.
- Do not carry equipment or tools by the cord.
- Disconnect the tool from the outlet by pulling on the plug, not the cord.
- Turn the power switch of the tool to "Off" before plugging or unplugging it.
- Do not leave tools that are "On" unattended.
- Do not handle or operate electrical tools or appliances when your hands are wet or when you are standing on wet floors.
- Do not operate spark-inducing tools such as grinders, drills or saws near containers labeled "Flammable" nor in an explosive atmosphere such as paint spray finishing areas.
- Turn the power switch of electrical tools to "Off" and then unplug from the outlet before attempting repairs or service work.
- If a tool cannot be repaired on-site give it to a staff person and they will take it "Out of Service."
- Do not use extension cords or other three-pronged power cords that have a missing prong. NOTE: some tools are considered "double insulated" and do not contain a ground pin. Look on the UL Label for the words "double insulated" or look for a Square with a capital D which stands for double insulated.
- Do not remove the ground prong from electrical cords.
- Do not use an adapter such as a cheater plug that eliminates the ground.
- When extension cords need to run through doorways, through holes in ceilings, walls, floors or on stairwells make sure they are:
 - Clearly visible by everyone.
 - Run so that they do not need to be stepped on or over.
 - Do not create a tripping hazard.
- Do not drive over, drag, step on or place objects on a cord.
- Do not use a power hand tool to cut wet building materials or in wet locations.
- Do not use a power hand tool while wearing wet gloves of any type.
- Do not operate a power hand tool or portable appliance while holding a part of the metal casing or while holding the extension cord in your hand. Hold all portable power tools by the plastic handgrips or other nonconductive areas designed for gripping purposes.
- Do not use an electrical tool if its housing is cracked.
- Do not use electrical tools while working from a metal ladder unless the ladder has rubber feet.

TOOL & EQUIPMENT QUICK CARDS

Use these as a guide to help you inspect tools & equipment prior to use. They are located hanging in each trailer (in most cases, by the back door) and by the main entry door of the warehouse.

POWER TOOLS

Safety info for all types of power saws

- Only trained workers are allowed to use any type of power saw.
- Inspect every tool you will use before you use it.
- Do not use power saws on which you have not been trained.
- Do not wear loose clothing or jewelry.
- Always disconnect the power source before performing any work or adjustments to the saw and or

blade.

- Clean any residue from the blade or cutting head before making a new cut with the power saw.
- Do not use a power saw that has a cracked, broken or loose guard, or other visible damage.
- Remove all nails from the stock before using the power saw to cut the stock.
- Do not make measurements to the stock while the power saw is running. Make the measurements before turning the power switch to the "On" position.
- Keep your hands away from the exposed blade.
- Never let your hand, finger or thumb cross the cutting line.
- When using the power saw, do not hold the work piece against your body when making the cut.
- Operate the saw at full cutting speed.
- Do not alter the anti-kickback device or blade guard.
- Do not perform cutting operations with the power saw while standing on a wet or slippery floor.
- When using the power saw, do not reach across the cutting operation.
- Cut away from your body and below your shoulder level when using a power saw.
- Use the pusher stick to guide materials through the power saw when cutting short stock.
- Turn the power switch of the saw to the "Off" position and allow the blade to stop before attempting to pull out an incomplete cut.
- Do not feed the material faster than the power saw can cut it.
- The wearing of hearing protection is recommended.

Chop (Miter) Saws

- Do not use the saw if the lower portion of the blade hood is not adjusting itself to the thickness of the material being cut as the blade passes through the material.
- Allow the saw to return to its stored position before removing the cut material from the table.
- Lay the material squarely and solidly down against the table and the fence before sawing it.
- Use a clamp to secure cylindrical materials to the saw "table" before cutting it.
- Keep hands at least 6" away from blade when cutting.
- Disconnect the plug from the power supply before changing blades, when making cutting depth or bevel adjustments, or when inspecting or cleaning the saw.

Circular Saws

- Disconnect the plug from the power supply before changing blades, when making cutting depth or bevel adjustments, or when inspecting or cleaning the saw.
- Do not use the circular saw if the lower guard does not close briskly and completely cover the saw blade.
- Do not wedge or tie the retractable guard of the circular saw "open."
- When pocket cutting, raise the retractable guard of the circular saw by pulling the retracting lever.
- Finger-tighten the depth and bevel adjustments before using the circular saw.
- Do not use a washer or bolt to adjust the arbor size of the blade of the circular saw.
- Grip the circular saw only by its handles when operating or transporting the saw.

Table Saws

- Always disconnect the power source before performing any work or adjustments to the saw and/or blade.
- Set the saw blade high enough to cut the stock and no higher.
- Do not use the table saw to cut long work pieces unless a coworker is standing at the output end of the table saw to catch long work pieces as they leave the saw.

- Do not use a table saw blade or cutting head that has missing teeth or is cracked.
- Keep your hand out of the line of the cut when feeding the work piece into the table saw.
- Use the push stick to guide the stock between the rip fence and the table saw blade.
- Use anti-kickback "dog fingers" when a work piece is being ripped.
- Use the spreader when ripping to prevent the wood from immediately coming back together and binding the blade.
- Position the spreader directly in line with the blade.

Masonry Saws

- Wear the prescribed personal protective equipment such as safety glasses, face shield, dust masks and hearing protection when operating masonry saws to cut brick, block or stone.
- Turn off the saw before making measurements, adjustments or repairs.
- Keep hands away from the exposed blade.
- Operate the saw at full cutting speed with a sharp blade to prevent kickbacks.
- If the saw becomes jammed, turn off the power before pulling out the incomplete cut.
- Do not alter the blade guard.

Chainsaws

- Wear safety glasses, face shield, gloves, hearing protection, a hard hat, chaps and safety shoes while operating a chain saw.
- When transporting a chain saw in a vehicle, keep the chain and the bar covered with a guard and secure the saw by tying it down with rope to prevent fuel spillage and damage.
- When transporting a chain saw by hand, stop the engine, grip the saw handle, place the muffler at the side away from your body, and position the guide bar to the rear.
- Do not remove the chain brake or alter handles, chain brake, chain or cover.
- Always start a chain saw with a 10-inch or larger bar on the ground. Engage the chain brake, place one foot through the bottom handle, hold the top handle and pull starter rope.
- Do not place a chain saw on your knee when starting it.
- Always use both hands to maintain control of the chain saw.
- When moving from tree to tree or cut to cut, activate the chain brake, remove your finger from the trigger and keep the bar away from your body.
- Do not operate a chain saw above your shoulder height.
- Keep the nose of the bar clear of other nearby objects during cutting to prevent kickback.
- Do not set a saw down while the blade is engaged.
- Stop the engine and turn the switch to "Off" when the chain saw is to be left unattended.
- Tag damaged chain saws "Out of Service" to prevent accidental use.
- Do not pour fuel into the tank of a running engine of a chain saw.
- Keep your body parts and clothing away from the running engine and the cutting blade.
- Allow the engine to cool before performing maintenance or before fueling.
- Stop the engine and disconnect the spark-plug wire before cleaning, inspecting, adjusting, or repairing anything driven by the engine.

Drills

- Always disconnect the power before installing a drill bit.
- Do not use dull, cracked or bent drill bits.
- Physically check the security of the drill bit or cutting tool within the chuck prior to operation.
- Keep your hands away from rotating parts.
- Do not wear loose clothing or jewelry.
- If you can use the "leverage handle" while using the drill, then do so. Do not remove the leverage

handle except in tight places.

Routers (Roto-Zips)

- Turn the router off and unplug it from the power source when changing the bit.
- Make sure bit is sharp and set at the proper depth.
- Point the router away from yourself and others, and do a "test run" to make sure the bit is secure.
- Make sure all the materials are secured and will not move. Hold the router with both hands when cutting the material.
- Use proper Personal Protective Equipment (PPE) (i.e. gloves, eyewear, hearing protection, etc.).

Grinders

- Do not use grinding wheels that have chips, cracks or grooves.
- Do not use the grinding wheel if it wobbles. Tag it "Out of Service."
- Do not try to stop the wheel with your hand, even if you are wearing gloves.
- Prior to installing a new grinding wheel, inspect the wheel for cracks or other visible damage. Tap the wheel gently with a plastic screwdriver handle to detect cracks that are not visible. If the wheel has a dead sound rather than a ringing sound, do not use the wheel.
- Do not install a grinding wheel whose labeled RPM speed is lower than the rated speed of the grinder.
- Do not grind on the side of an abrasive wheel labeled "Type 1." • Do not clamp a portable grinder in a vise to use it as a bench grinder.
- Use the grinder with the guard in place. Only remove the guard if the job or type of stone requires guard removal (i.e. flat grinding with a diamond grinder on a flat surface).
- Use the leverage handle when using a grinder, unless the work area is too tight to operate the grinder.
- Always use proper Personal Protective Equipment (PPE) such as gloves, eyewear, face shield long sleeves, hearing protection, etc.

Cordless Framing and Finish Nailers

- Do not point the nailer at anyone.
- When nailing be aware of who and/or what is in the path of the nail being fired.
- Keep your hands well clear of the power nailer's plunger head and the hammer.
- If you need to hold onto the piece of wood to be nailed hold your hand back at least 12" in case the nail misses its target.
- Nail guns are only allowed for usage by properly trained workers.
- Only use for toe-nailing if the nailer is pointed towards the floor and you are toe-nailing studs to bottom plates.

Air Powered Nailers and Staplers

- Do not point the nailer at anyone.
- When nailing be aware of who and/or what is in the path of the nail being fired.
- Do not pass air-powered tools by the hose from one worker to another.
- Disconnect the tool from the air line before making any adjustments or repairs to the tool.
- Keep your hands well clear of the power nailer's plunger head and the hammer.
- Do not use a steel hammer to strike the power nailer.
- Nail guns are only allowed for usage by properly trained workers.
- Only use for toe-nailing if the nailer is pointed towards the floor and you are toe-nailing studs to bottom plates.

Air Compressors and using compressed air

- Compressors generate 80 to 90 PSI pressure throughout the System. Treat with **CAUTION!**
- Do not point a compressed air hose at bystanders or use it to clean your clothing.
- Turn the compressor to the "Off" position and let it come to a complete stop before leaving it unattended.
- Do not use compressed air for comfort cooling.

SHEETROCK LIFT

Pre-operation inspection

- Be sure the wheeled base is open completely and the pin clip is locked in place.
- Inspect the lift after it has been assembled. Check the operation of the support hooks and outrigger arm.
- Inspect cable (frequently) for wear. If the cable shows signs of wear or fraying do not use Tag it "Out of service".
- Operate the lift with no load on the unit. Does the lift move up and down and work smoothly? With the unit raised and the brake engaged does it lock the unit in place?

Using the lift

When using the lift, be sure that:

- Someone is holding the lift steady when the machine is being loaded.
- Lift is in its lowest position for loading. Do not load the unit when in the raised position.
- Cradle is in the upright position.
- Outrigger arms spread and locked in place so they will support the outer edges of the sheetrock.
- Support hooks are lowered to support the piece of sheetrock and keep it from sliding off the lift.
- Piece of sheetrock is centered on the cradle.
- No one standing under the piece of sheetrock while it is being raised into position.
- Sheetrock is tight against the ceiling and the brake engaged. Someone will need to hold the brake in the locked position while the sheetrock is being secured to the ceiling.
- The piece of sheetrock is secured to the ceiling before sheetrock lift is lowered. Used the winch wheel and brake to control the decent of the lift

LADDERS

Ladder Usage (Stepladder/ Extension Ladder)

Inspect every ladder you will use before you use it.

- Do not use ladders that have loose rungs, cracked or split rails, missing rubber pads, missing bolts or rivets, are otherwise visibly damaged, wobbles, or leans to the left or right
- Keep ladder rungs clean and free of grease.
- Remove buildup of material such as ice, dirt or mud by wiping, scraping or using a wire brush.
- Do not place ladder in a passageway or doorway without posting warning signs or cones that detour pedestrian traffic away from ladder. Lock the doorway that you are blocking and post the sign "Detour."
- Allow only one person on the ladder at a time.
- Face the ladder when climbing up or down.

- Maintain a three-point contact by keeping both hands and one foot or both feet and one hand on the ladder at all times when climbing up or down.
- Do not over-reach. Keep body near the middle of the ladder. Use the belt buckle rule: do not extend it past the outside of the ladder's legs. Do not lean off the edge of a ladder. Keep one shoulder inside the frame of the ladder.
- Move the ladder frequently to avoid leaning too far.
- When performing work from a ladder, face the ladder and do not lean backward or sideways from the ladder.
- Do not place ladders on boxes, concrete blocks, steps, or other unstable bases.
- Do not try to "walk" a ladder by rocking it. Climb down the ladder, and then move it.
- Do not move a ladder while someone is on top of the ladder.
- All ladders must be placed on solid, level surface before use.
- Never allow anyone to climb on the brace side of a stepladder.
- Always inspect a ladder for damage before use. If found defective, tag the ladder "Out of Service" and do not use them. Remove them from the area and give to staff for service or disposal. Never exceed the weight limit of a ladder. See the side labels for rating information.

Stepladder Rules

- Inspect every ladder you will use before you use it.
- When using a step ladder, open all 4 feet and lock spreaders in place.
- Do not step on the top rung or top platform of a step ladder.
- Never sit on the top platform of a stepladder.

Extension Ladder Rules

- Inspect every ladder you will use before you use it.
- Use the 4:1 rule when setting up an extension ladder. The ladders feet 1' away from the building for every 4' of elevation. If the building is 12' in height, then the feet will need to be 3' away from the building.
- Top of extension ladders must extend a minimum of 3' above the supporting object when used as an access to an elevated work area.
- Ladders used to access another level by climbing up and off must be tied off (i.e., roof deck, ground level from basement, etc.).
- Before climbing extension ladders, make sure latches are properly engaged.

Tie off the base of an extension ladder if the base could slide on a slippery surface.

- Extension ladders must be overlapped a minimum of three rungs.
- Swivel feet on the extension ladder must have good rubber pads placed on hard solid surfaces, but the spikes of the swivel feet should be used on soil or gravel surfaces.
- Aluminum extension ladders are not allowed near power lines.
- Power line safety must be considered when power lines are active or live. Generally, if the voltage is 300 volts or less a worker can get within 3 feet of the line. If work requires a closer distance, then the lines must be de-energized and grounded or covered with power line insulation blanks (see power company provider for help). **When in doubt contact the power company!**

COMPETENT PERSON (TRAINED STAFF)

One who is capable of identifying existing and predictable hazards in the surroundings or working

conditions which are unsanitary, hazardous, or dangerous to employees, and who has authorization to take prompt corrective measures to immediately eliminate the hazards.

Competent person need to be present:

- When scaffolding, wall jacks, center plank brackets, ladder jacks and planks are being set- up.
- To perform a daily inspection before scaffolding, wall jacks, center plank brackets, ladder jacks and planks are used for the day.
- When anyone is using "fall protection."
- To give the "fall protection" safety talk.
- To inspect that safety harnesses are being worn correctly.
- To inspect the placement and the securing of all anchor points.
- When the "stairwell safety cover" is being installed.

FALL RESCUE PLAN

Objective:

- Preventing prolonged suspension
- Performing rescue and treatment as quickly as possible
- Get the person down safely within 5 minutes. If that is not possible, use the "leg relief strap" or "knee raise" to relieve pressure on their legs.
- Identifying orthostatic intolerance (suspension trauma) signs and symptoms

Pre- rescue plan and possible hazards identified:

Set a chain of command:

- Designate a Rescue Leader (Staff)
- Designate a Second and Third Rescue Leaders (Site leader or Crew Mentor) and people to do the jobs below.

Who does what (this may change based on where the fall happens and who has fallen)

- Who is in charge in the air
- Who is in charge on the ground Assign:
- Someone to call emergency personnel (911)
- Someone to stand at the nearest intersection to guide in emergency personnel.
- Someone to take charge of clearing a path to the injured i.e.; move equipment and cars to get the emergency vehicle as close as they can
- Someone to take charge of the site to get other workers not needed off the roof and stop all work on-site. Organize all non-essential workers to the emergency meeting area, take roll call and make sure no one leaves.

There needs to be at least one person on the ground at all times when workers are using the harnesses. Make sure that this person is capable to come to the aid of a suspended worker.

Discuss the 3 types of fall rescue

What steps will be taken by staff, volunteers and emergency personnel What are some possible scenarios?

Types of fall rescue:

Self-rescue:

- Person can get themselves back to a safe area and not hanging from the harness.
- The rescue can be completed in 5 minutes or less.

Aided self-rescue

- Person can help with the rescue but cannot do it themselves.
- The rescue can be completed in 5 minutes or less.
- The leader will decide if staff & volunteers will rescue or we will wait for emergency personnel.

This decision will be based on:

- Site conditions
- Condition of accident victim(s)
- Safety of other individuals that would help rescue
- Do we have the proper rescue equipment?

Fully aided rescue

- Person is too injured or incapacitated.
- It is not safe for staff and volunteers to perform the rescue.
- The rescue will then be performed only by emergency personnel.
- If self-rescue or aided self-rescue is impossible, if the person is able, they should "pump" his/her legs frequently (like riding a bike) to activate the muscles and reduce the risk of venous pooling.
- If the suspended person is unable to "pump" their legs, then the rescue team needs to safely relieve pressure on the legs from the harness. This can be done by elevating the legs either by having someone hold the legs up or by attaching the "Leg Supporting Strap".
- Continually monitor the suspended person for signs and symptoms of orthostatic intolerance and suspension trauma.

Equipment available to be used:

What equipment will be used for the "Self -rescue" and "Aided self-rescue"?

- Ladder(s)
- Scaffolds & Plank(s)
- First Aid Kit

What equipment will be needed for a "Fully aided rescue"?

- Leg Supporting Strap
- First Aid Kit

Rescue procedure:

Communication with person(s) that are suspended

Assess person's condition - Assume they are more injured than what they appear.

Accident area & site conditions - is it safe for staff and volunteers to perform the rescue? Who does what (this may change based on where the fall happens and who has fallen)

- Who is in charge in the air
- Who is in charge on the ground
- Assign:

Someone to call 911

Someone to stand at the nearest intersection to guide in emergency personnel.

Someone to take charge of clearing a path to the injured i.e.; move equipment and cars to get the emergency vehicle as close as they can Someone to take charge of the site to get other workers not needed

off the roof and stop all work on-site. Organize all non-essential workers to the emergency meeting area, take roll call and make sure no one leaves.

MEDICAL CARE:

Do not allow the suspended person to lie down!

The suspended person is suffering from some level of suspension trauma (orthostatic incompetence). This caused from the pressure placed on the legs from the leg straps. Blood circulation has been cut-off or severely blocked.

The possible signs and symptoms of orthostatic intolerance can start to be seen in 5 minutes and can include:

- Faintness
- Nausea
- Breathlessness
- Dizziness
- Sweating
- Unusually low heart rate
- Paleness
- Hot flushes
- Skin tone may appear grey in color
- Loss of vision
- Increased heart rate
- Unusually low blood pressure

When brought to the ground, loosen the leg straps.

They must be placed in a "W" sitting position - knees bent and torso upright and supported for 30 minutes before moving the person to a lying down, horizontal position to control the flow of pooled blood to the major organs.

"W" Position



Professional Medical Care

In cases when a fall happens while in a harness, and the person is suspended, that person will need to go to the Emergency Room to be checked out. **No Exceptions!**

Call the emergency contact person listed on their volunteer registration form. Alert them that a fall has happened and which ER they will be transported to.

Emergency personnel called

Transport will be in the ambulance

Rescue leader will go to the ER with the person and stay with them until a family member arrives at the ER.

No call to emergency personnel

Transport will be in the Rescue leader's vehicle.

Rescue Leader will stay with the person and stay with them until a family member arrives at the ER.

Transport in the Rescue Leader's vehicle will only take place after the person has sat in the "W" position for 30 minutes. Person that has fallen and was suspended will not determine if they get medical care or not.

Prolonged Effects of Suspension Trauma

3 Brain Circulation

- Diminished Blood Flow
- Blocked Airway
- Cardiac Arrest or Brain Damage
- Death

2 Heart Circulation

- Anxiety and Onset of Shock
- Heart Rate Increases
- Cardiac Irritability*

1 Leg Circulation

- Straps Impede Blood Return
- Muscle Venous Pump Fails
- Blood Becomes Toxic & Highly Acidic*

*Even if victim is rescued before respiratory/cardiac arrest occurs, the danger of cardiac arrest still exists due to the toxic, highly acidic blood surging back to the irritated heart (Riflow Syndrome). The danger of delayed kidney failure exists if victim is not medically evaluated after prolonged suspension.

ROCO RESCUE

TRAUMA

Prolonged Effects of Suspension Trauma

For more information about Suspended Worker Rescue Training visit RocoRescue.com, or call 800-647-7626

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Incident Investigation & Reporting

Investigate all falls from a harness as you would any other accident. Refer to the Safety Manual, page 12, for instructions.

FALL PROTECTION PLAN

Inspect all the equipment prior to you using it!

Full Body Harnesses, Retractable Lanyards and Tie-Offs

- There needs to be at least one person on the ground at all times when workers are using the harnesses. This person needs to have everyone in a harness in their line of site at all times.
- Make sure that this person is capable to come to the aid of a suspended worker.
- Only the workers that have been properly trained "Component Person" in fall protection safety as it relates to their assigned working conditions will be allowed to perform roof work activities.
- All workers must sign the "Fall Protection Daily safety sheet" for immediately after their fall protection training.
- Personally, inspect the fit of every harness, condition of lanyards and tie-offs prior to their use. Use the "Tool & Equipment Inspection Quick Cards" to help with the inspection.
- Recheck the fit of the harness throughout the day as constant movement can loosen the fit of the harness.
- One person for each tie-off.
- Synchronize your movements with others so lanyards do not cross or get tangled with someone else's.
- A "competent person" will:
 - Train everyone that will be using a full body harness.
 - Be present at all times when full body harnesses are being used.
 - Oversee the roof work safety and its related requirements (i.e., installation and inspection of fall protection equipment, overall surface strength for safe working, monitoring of worker's safety, etc.).

Foundations, Beam & Sill Plate Installation and Floor Joist Installation

Backfill around the foundation will be at 42" or greater from top of wall.

There will be one access point to an extension ladder to get into the basement from one of the egress wells.

The basement is considered a confined space until the deck has been sheathed and a stairway installed. All sites will have signage identifying the confined space until deck sheathing and stairway installation is completed.

Changes in elevation

- If there is a change in elevation of 19" or more, such as access to a porch stoop, egress cover or the houses deck, a temporary step/s or step ladder will need to be provided.

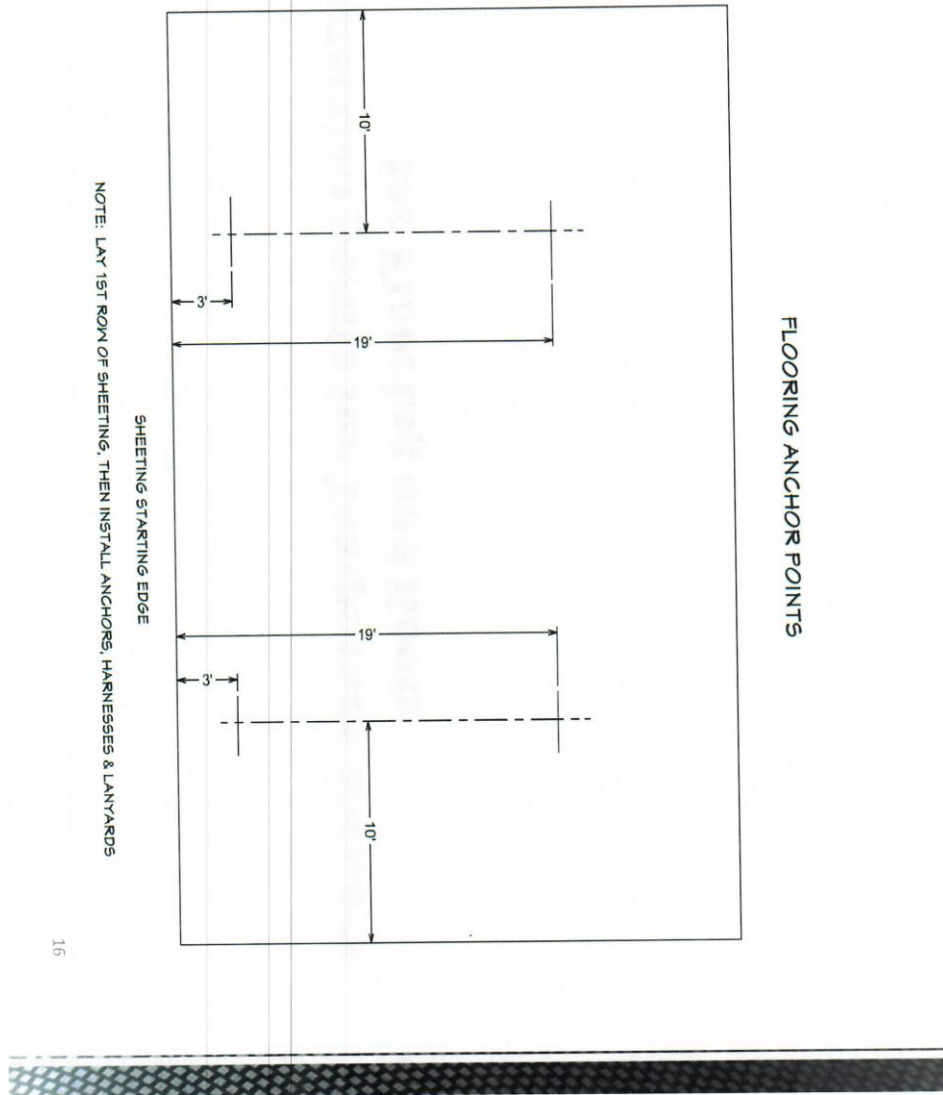
Egress safety covers

- All egress wells must have safety covers. The egress well that is used to access the basement must be covered when not being used.
- No one is to stand on the egress safety cover before all the floor sheathing is installed. Standing on the cover prior to that creates a situation of a fall greater than 6'.

Floor Sheathing

- Full body harness with tie offs (anchors) is required by floor sheathing crew. See diagram below that shows where to install tie-offs.
- Everyone that will be using a harness will need to go through "fall protection safety training

- meeting" prior to using the harness. The training will be documented.
- No harness is required if 8' or more from the "leading edge" work.



15

e" work.

Stairways, Floors, Openings and Porch Stoops

Before stairs and interior walls around the stair opening has been installed:

- Stairway safety cover must be installed during the installation of the floor sheathing. Ensure proper installation of cover materials.
- Do not work on open-sided floors, elevated walkways or elevated platforms if there are no guardrails in place when a fall of 6 feet is present.

- Stand clear of floor openings if stairway safety cover has been removed or displaced. Use barricades (such as saw horses, safety cones) when a ladder is used for descending.
- Openings must be covered when not necessary to be open.
- Try not to walk on cover!
- Covers must be able to withstand 2 times the maximum load that could be applied upon it.
- Covers must be secured (screws or nails) from accidental movement including uplift from wind.
- Covers must have the word "hole/ cover" painted on it.

Stair stringers, treads installed and interior walls have been installed around the stair opening.

- Stairway openings must have a guardrail (top at 42" +- 3") and mid-rail system installed around the 3 sides where walls are installed. ----
- Stairways need to have toe-boards (3 ½" in height) installed on sides where materials could be accidentally kicked to a lower level.

Truss Installation & Roof Sheathing

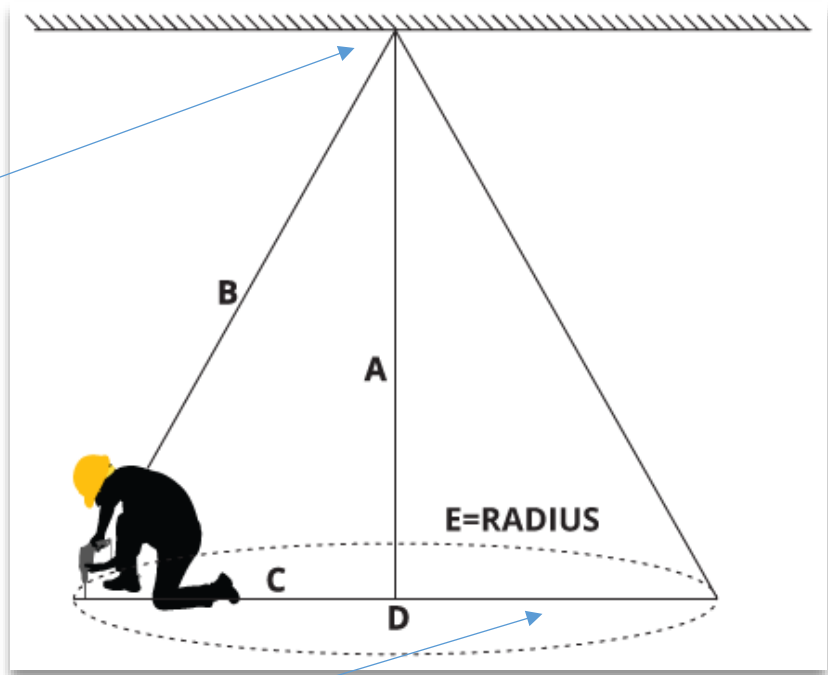
- Full body harness with tie offs required by roof sheathing crews.
- Everyone that will be using a harness will need to go through "fall protection safety training meeting" prior to using the harness. The training will be documented.
- Everyone in harnesses will tie-off to the trusses with a cross arm strap loop around the trusses until enough rows of sheathing are installed to install tie-off anchors.
- For each row after that, tie-offs (anchors) will be installed on the roof and everyone is to tie-off to those.
- Competent person on-site will determine where on the roof the anchors will be installed.
- No one is allowed on the roof sheathing if the sheathing is wet, icy or has snow on it.
- If there are high winds, 20 mph or more, no one is allowed on the roof until winds die down.

Swing Fall Hazards

The swing fall hazard is created by the pendulum effect, which can swing a fallen worker into a nearby surface, such as a wall or surface below. It is important to evaluate the swing fall hazard at any edges where a worker might fall. A worker who falls while connected to an anchor (unless it is directly overhead) will swing back and forth like a pendulum. Workers can be seriously injured if they strike objects during a swing fall.

- To lessen the effects of a pendulum, fall the amount of travel (left or right horizontally) from the center point is no more than 30 degrees.
- The illustration and table below will aid the competent person to establish the maximum amount travel a harnessed person on the roof can travel horizontally based on the distance the anchor point is from the leading edge of the roof.

Anchor connection point



Leading edge of roof

A – is the distance the anchor connection is from the roof edge (leading edge).

B – how far the SLR (self-retracting lifeline) is extended out from the anchor when you move to right or left or the center point the maximum allowed. Letter C

C – distance you can travel horizontally from the center point to the left or to the right.

D – leading edge of the roof.

E – N/A

A	B	C
96"	110"	55"
102"	118"	59"
108"	124"	62"
120"	138"	69"
132"	152"	76"
144"	166"	83"
156"	180"	90"
168"	194"	97"

Lateral & X (truss) Bracing

- Installed only from an approved ladder, standing on the center plank and/or in a full body harness with lanyard and tied-off to the trusses.

Installing Siding, Fascia & Soffit from the Roof

- Installed only in a full body harness with lanyard and tied-off to a properly secured tie off (anchor).

Other openings in the floor

- Openings or holes are anything 2" x 2". Items of that size could fall to the lower level so covering them is required.
- These openings will need to be covered with a secure cover.
- The covers must be painted with highly visible paint.

SCAFFOLDING

All types - guidelines for set-up and inspection

- A competent person (staff) must oversee the building, set-up and usage of all scaffolds.
- The competent person must perform daily inspections and re-inspect after bad weather conditions.
- The working platform height must be fully decked.
- Never use a scaffold that has ice or snow buildup on the decking.
- Follow the manufacturer's instructions when erecting the scaffold.
- Do not work on scaffolds outside during stormy or windy weather.
- Do not climb on scaffolds that wobble or lean to one side.
- Initially inspect the scaffold prior to mounting it. Do not use a scaffold if any pulley, block, hook or fitting is visibly worn, cracked, rusted or otherwise damaged.
- Do not use any scaffold tagged "Out of Service."
- Do not use unstable objects such as barrels, boxes, loose brick or concrete blocks to support scaffolds or planks.
- Do not walk or work beneath a scaffold unless a screen mesh has been installed between the mid-rail and the toe-board or planking.
- Do not climb the cross braces for access to the scaffold. Use the ladder.
- Do not jump from, to, or between scaffolding.
- Keep both feet on the decking. Do not sit or climb on the guardrails.
- Do not lean out from the scaffold. Do not rock the scaffold.
- Keep the scaffold free of scraps, loose tools, tangled lines and other obstructions.
- Do not throw anything "overboard" unless a spotter is available.
- The first step on a scaffold cannot exceed 24".

Wall Jacks (Carpenters Bracket Scaffold) with scaffold planks

- Must be secured to the house:
- At the top (one 16D duplex nail)
- At the bottom by the t-brace (two 16D duplex nails)
- At the mid-point diagonal brace (one 16D duplex nail)
- Must be fully planked (two rows of planks) when installed on the exterior of the house.
- Edge of plank can be no more than 14" from wall.
- Must have a continuous guardrail, mid-rail on the outside perimeters for exterior installations.

- Must have a toe-board installed (front and rear) if plank is over 10' from the ground.
- All planks must be bolted down to each wall jack it is resting on.

Center Plank Brackets with scaffold plank

- Center Plank Brackets will be used with a single scaffold plank in the center of the house to set trusses.
- Center scaffold plank will be installed having 3 equally spaced supports under it at all times.
- Secure to the house framing with 4" timber screws.
- The top of the plank must be less than 10' from the floor.
- Scaffold plank must overlap the end center plank bracket by at least 6" but no more than 12".
- Secure the scaffold plank at the end so it cannot slide.

Ladder Jacks

- The extension ladder must be secured at the base of the ladder so it cannot slide backwards.
- The extension ladder must be secured at the top of the ladder to prevent tipping.
- Ladder jacks are to be installed on the ladder so the jack is in between the ladder and the building. Installing them on the outside of the ladder could cause the ladders to tip away from the house.
- When plank is greater than 10', full body harnesses, lanyards and tie-offs are required.
- The top of the platform cannot exceed a height of 20'.

Frame Scaffolding

- Do not work on platforms or scaffolds unless they are fully planked.
- Do not use a scaffold unless guardrails and all flooring are in place.
- Level the scaffold after each move.
- Do not extend adjusting leg screws more than 12 inches.
- Frame scaffold 3 levels high must be secured to the house or structure.

Mobile Scaffolds (wheels installed)

- Remove all loose materials from the scaffold before moving it.
- Do not move a mobile scaffold with anyone on the scaffold.
- Get assistance to move the scaffold.
- Chock the wheels of the rolling scaffold, using the wheel blocks, and lock the wheels by using your foot to depress the wheel lock, before using the scaffold.
- Mobile scaffolds must be protected from falling into a hole or drop off an edge.

LIFTING PROCEDURES

- Plan the move before lifting; remove obstructions from your chosen pathway.
- Test the weight of the load before lifting by pushing the load along its resting surface.
- If the load is too heavy or bulky, use lifting and carrying aids such as hand trucks, dollies, pallet jacks and carts, or get assistance from a co-worker.
- If assistance is required to perform a lift, coordinate and communicate your movements with those of your co-worker.
- Position your feet 6 to 12 inches apart with one foot slightly in front of the other.
- Face the load.
- Bend at the knees, not at the back.
- Keep your back straight.
- Get a firm grip on the object with your hands and fingers. Use handles when present.
- Never lift anything if your hands are greasy or wet.

- Wear protective gloves when lifting objects with sharp comers or jagged edges.
- Hold objects as close to your body as possible.
- Perform lifting movements smoothly and gradually; do not jerk the load.
- If you must change direction while lifting or carrying the load, pivot your feet and tum your entire body. Do not twist at the waist.
- Set down objects in the same manner as you picked them up, except in reverse.
- Do not lift an object from the floor to a level above your waist in one motion. Set the load down on a table or bench and then adjust your grip before lifting it higher.
- Slide materials to the end of the tailgate before attempting to lift them off a pick-up truck. Do not lift over the walls or tailgate of the truck bed.

VEHICLE & DRIVING SAFETY

- Only employer-authorized personnel may operate any company vehicle.
- All drivers (staff & volunteer) must have completed the Lockton's "Defensive Driving-Noncommercial Vehicles" on-line training. Some driver may also need to complete "Defensive Driving --Commercial Vehicles" training.
- All drivers (staff & volunteer) must provide a copy of their driver's license. It will be kept on file at the Habitat (main or Restore) office.
- Do not operate a vehicle if you are ill or fatigued.
- Do not operate a vehicle if you are taking medication whose container label indicates that the medication may cause drowsiness or other impairment side effects.
- Shut all doors and fasten seat belt before moving the vehicle.
- Inspect vehicle for damage/faulty lights daily.
- Notify a manager immediately if the company vehicle your driving is in an accident.
- All vehicle repair/maintenance must be performed by a qualified technician who is approved by management.
- Obey all traffic patterns and signs at all times.
- Do not drive on the road shoulder.
- Use side and rearview mirrors before making lane changes, turns and sudden stops.
- Tum the vehicle off before fueling.
- Do not smoke while fueling a vehicle.
- Wash hands with soap and water if you spill gasoline on your hands.
- Always stay in attendance when vehicle is being refueled.
- Follow all of the manufacturer's safety requirements.

Cell phone use policy:

We ask that if you are using a cell phone while you are working that you comply with all local, state and federal laws. Whenever possible, please try not to make or receive telephone calls while driving. If a situation occurs that you must take a call, we ask that you only do so using a hands-free device. If that is not possible, please let the incoming calls go to your voicemail and then find a safe place to pull over and park before initiating a call.

We also ask that you follow these additional safety guidelines:

- Always stop driving before dialing.
- Under no circumstances should team members use cell phones while driving during adverse weather or difficult traffic conditions.
- Never look up phone numbers while driving.
- Under no circumstances should you text, email or go to the internet while you are driving
- Never have stressful conversations while driving.

- Keep your eyes on the road if you must use your hands-free device.

TRAILERING SAFETY

- Only trained and authorized employees may pull a trailer.
- Read and follow the manufacturer's speed recommendations.
- Inspect tire pressure, lights, and overall condition prior to pulling a trailer.
- Secure tie downs by hooking them to each side of the trailer and tightening the strap as necessary on open trailers.
- Set the parking brake in the towing vehicle and use wheel blocks to chock the wheels of the trailer before connecting the trailer.
- Secure equipment to vehicle with chains or straps to eliminate or minimize load shifting.
- No one is permitted to ride in the trailer.
- Take slow, wide turns when towing trailers.
- Using cruise control while pulling a trailer is not permitted.
- Do not exceed the load capacity as posted on the trailer door of the trailer.
- Do not place all the heavy equipment on one side of the trailer.
- Use ramps to load and unload objects from the trailer.
- Follow all of the manufacturer's safety requirements.

FORKLIFT SAFETY

- Only a certified forklift operator will be allowed to operate the forklift.
- Operators of forklifts must complete and pass the Lockton Insurance "Forklift Operator Safety" online course and be approved by management.
- Daily inspection forms for the forklift must be completed by the first person operating the forklift each day. Inspection form must be posted on the forklift.
- Forklift must pass an OSHA safety inspection before operation.
- Follow all of the manufacturer's safety requirements.

FORKLIFT MOUNTED WORK PLATFORM

- Only one fully harnessed and tied off person in the work platform at any time.
- Only the workers that have been properly trained by a "Competent Person" in fall protection safety as it relates to their assigned working conditions will be allowed to perform work activities in the work platform.
- All workers must sign the "Daily Safety Sheet" for fall protection immediately after their training.
- Only a certified forklift operator will be allowed to operate the forklift with the work platform.
- The operator needs to be in the seat of the forklift at all times when someone is in the work platform.
- Operators of forklifts must complete and pass the Lockton Insurance "Forklift Operator Safety" online course and be approved by management.
- The work platform must be securely chained to the mast of the forklift.
- Follow all of the manufacturer's safety requirements.
- The Forklift Mounted Work Platform Safety Checklist must be completed before loading the work platform.
 - This includes inspection of the following:
 - Tine Locks

- Nylon Safety Strap
- Gate Latch
- Handrails
- Lanyard Attachment Points
- Fork Pocket
- Welds
- Casters
- Mast Guard
- Person in platform secure in harness?
- Complete fall-rescue checklist

CRANE & RIGGING SAFETY

- All crane activities will be performed by professional, certified contractors. Crane operator will provide safety training and orientation for those who will be rigging loads, accepting loads from the crane and the designated person that signals the crane operator.
- No employees or volunteers are to operate cranes.
- When a crane is to be used on a work site, instructions (provided by the crane operator/contractor) on working around the crane will be provided. Perimeters will be established for others not working with the crane.
- Pinch/crush points and struck-by hazard areas around the crane will be marked. Do not cross into these hazard areas. The crane operator/contractor must include information on how to identify the markings for the pinch/crush points and struck-by hazard areas.
- In the event that that access into a pinch/crush point and/or struck-by hazard area is necessary, there must be continuous communication between a spotter and the crane operator to ensure that the crane will not be operated while workers are within the area. This communication must be constant until the all clear is given by the spotter to the crane operator.
- Do not stand within the fall zone of a hoisted load.

GAS GENERATORS

- Inspect every generator you will use before you use it.
- Always follow the manufacturer's operating instructions.
- Generators must have a built Ground Fault Circuit Interrupter (GFCI) system or an external GFCI must be used. Follow the generator manufacturer's instructions to determine if an additional ground rod must be installed.
- Whichever system you are using, all GFCI's must be tested before further use to see if they are working properly (trip and reset).
- Keep generators downwind to help eliminate carbon monoxide poisoning or sickness.
- Keep generators 50' away from flammable/combustible materials.
- Only fuel a generator in the morning when it is cool and before it is started for the day.
- Never fuel a generator after it has been running for that day.
- When fueling, a generator keeps an ABC fire extinguisher nearby, not to exceed 50 feet. Even though we have a "we do not fight the fire" policy we are still required to have an extinguisher within 50'.
- Before pouring, dispensing or transferring any liquid (gasoline) from a bulk container labeled "Flammable," observe the following safety procedure:
- Only use red color, DOT approved containers for transferring the liquid (gasoline).
- Bond the containers as follows:

- You must make contact between the two surfaces (fuel can / fuel tank) or 3 surfaces (fuel can/metal funnel/fuel tank). This contact between the surfaces is known as "bonding" which will eliminate static charge build-up as the pouring process continues.
- Report any fuel spills of over a gallon to staff immediately.
- Do not place a hot generator into storage. Allow cool down time.
- NEVER use a generator in a closed location. All generators must be used outdoors and away from windows and doors, etc.
- Always point the exhaust away from openings and workers.
- Follow all of the manufacturer's safety requirements.

SAFETY DATA SHEETS (SDS)

Safety data sheets (SDS) can be found:

- Construction and Deconstruction - in a binder in each tool trailer.
- Warehouse - in a binder by the tool closet.
- Restores - at the volunteer manager's desk.

CHEMICAL STORAGE (FLAMMABLE/ COMBUSTIBLE)

- Follow the safe handling instructions listed on the label of the container or listed on the corresponding SDS when handling chemicals
- Do not store chemicals labeled "Flammable" near sources of ignition such as space heaters and sparking tools.
- Do not handle or load any containers of chemicals if the containers are cracked or leaking.
- Do not store these products near exits, exit paths including stairways, or electrical equipment.
- Follow all of the manufacturer's safety requirements.

HANDLING FLAMMABLE, CORROSIVE, CAUSTIC or POISONOUS CHEMICALS

Flammable chemicals

- Do not use gasoline for cleaning parts.
- Follow the instructions on the label and in the corresponding Safety Data Sheet (SDS) for each chemical product used in your workplace.
- Before pouring, dispensing or transferring any liquid (gasoline) from a bulk container labeled "Flammable," observe the following safety procedure:
- Only use red color, DOT approved containers for transferring the liquid (gasoline).
- Bond the containers as follows:

You must make contact between the two surfaces (fuel can / fuel tank) or 3 surfaces (fuel can/metal funnel/fuel tank). This contact between the surfaces is known as "bonding" which will eliminate static charge build-up as the pouring process continues.

- Do not perform "hot work," such as welding, metal grinding or other spark-producing operations, within 50 feet of containers labeled "Flammable" or "Combustible."
- Do not drag containers labeled "Flammable."

Other chemicals

- Do not use chemicals from unlabeled containers and unmarked cylinders.
- Do not use flammable liquids such as gasoline, acetone or paint thinner for cleaning floors.
- Use only metal receptacles labeled "Oily Rags Only" for disposal of oily rags, including linseed

oils.

- Use personal protective clothing or equipment such as neoprene gloves, rubber boots, shoe covers, rubber aprons, and protective eyewear, when using chemicals labeled Corrosive, Caustic or Poisonous.
- Do not use protective clothing or equipment that has split seams, pinholes, cuts, tears, or other visible damage.
- Each time you use your gloves, wash your gloves before removing them using cold tap water and normal hand-washing motion. Always wash your hands after removing the gloves.
- Follow all of the manufacturer's safety requirements.

DECONSTRUCTION OF WALLS & FLOORS

- First verify with staff that the materials are certified asbestos and lead free.
- Verify electrical power is turned off and or disconnected. Test this before proceeding.
- Do not work under area where walls or floors are being removed unless a safety net is in place to catch falling objects.
- Begin demolition of walls and floors at the top of the structure and continue downward.
- Do not enter under an area where floor arches or walls are being removed.
- Do not start demolition on floor arches until at least 20 feet surrounding the floor area has been cleared of debris.
- Remove structural or load support members after the entire floor has been demolished and removed.
- Do not drop debris through floor openings unless the area below has been barricaded at least 6 feet out from all edges of the opening.
- Do not throw debris outside the barricaded area.
- Do not begin working on the next lower level of the structure until all debris has been removed from the level you are currently working on.

HOME REPAIR, RE-HAB & DECONSTRUCTION JOBS

ASBESTOS

- Always assume materials used prior to 1976, such as plaster, ceiling tile, CVT tile, and blown insulation, contain asbestos.
- Asbestos abatement will need to be performed by a certified asbestos remediation company before construction/deconstruction can begin.
- If you are unsure if a product or material contains asbestos, don't touch or disturb it.
- Do not perform asbestos-removal operations. Habitat uses a private company that has been trained, qualified and certified in asbestos removal procedures.

LEAD PAINT

- If the house was built before 1978 assume it has lead paint present.
- Only someone that is lead safe certified can test, remove and dispose of materials containing lead paint.
- If you are unsure if lead is present, don't touch or disturb it.

PAINTING

- When mixing paint and thinner, wear your face shield and eyewear- both are required.
- Read and follow the Safety Data Sheet (SDS) sheet for the paint that you are using, as well as read and follow the label on the paint can, before mixing any paint.

- Always wash your hands with soap and water after using paints. Do not use mineral spirits, paint thinner, acetone or any other toxic solvents to remove paint from your skin.
- Store rags that have oil or paint on them in closed metal containers labeled "oily rags."
- Close the lids of containers of paint and primer tightly after each use or when not being used.
- Do not operate spark-inducing tools such as grinders, drills or saws near containers of oil based paints and stains labeled "Flammable."

FERTILIZERS

- Do not transfer fertilizers in an unmarked or unlabeled container.
- Do not transport a fertilizer container in the cab of a service vehicle.
- Wear PPE when handling fertilizers (i.e., safety glasses, gloves, etc.).
- Visually inspect the area to be sprayed for trip hazards, low branches, and clotheslines before beginning the job. Avoid these hazards as you spray.
- Keep containers of fertilizers tightly closed when you have finished using them.
- Have fresh water available when you are spreading fertilizers.
- Always spray downwind; do not stand downwind when others are spraying.