General Safety Precautions

☐ Tell your supervisor about any health conditions you may have (diabetes, allergies, heart problems, asthma, etc.). This may save your life if you are unable to speak.

☐ Do not smoke while on the job and never work under the influence of alcohol or drugs.

☐ Wear appropriate personal protective equipment (PPE) for every job performed.

☐ Protect yourself from harmful effects of the sun and heat. Wear a hat and use sunscreen. Drink plenty of water and take a break as needed.

☐ Use proper lifting techniques. Bend at the knees, place your hands under the object and straighten your knees to lift. Get help from co-workers with heavy objects.
Learn to identify dangerous plants and animals.

Be aware of your surroundings and always look where you put your hands.

Do not attempt to kill dangerous animals.

Stop, drop and roll if your clothes catch on fire.