



Wildfire Preparedness Day of Service - Safety Tips and Safety Gear

Before starting your project, it's important to review the safety tips and safety gear below. Each participant needs to be familiar with the information. Leave power equipment tasks to trained adults.

Safety Tips:

- For safety purposes, many of the projects found on the Project Ideas List are best accomplished by two or more people. It's always a good plan to work in pairs.
- **Never** accept a stranger's invitation to enter their home – unless you are with a parent or trusted adult.
- **Bending:** Keep your feet shoulder-width apart and move your whole body as one unit; bend at your hips and knees, not at your waist.
- **Lifting:** If an object is too difficult to lift, ask a friend for help. Use slow smooth movements while lifting and keep your body facing the object. Twisting can hurt your back. Keep the load close to your body between your shoulders and waist – this puts less strain on back muscles.
- **Stacking Firewood:** For tips on stacking firewood refer to this article from Popular Mechanics: <http://www.popularmechanics.com/home/improvement/outdoor-projects/how-to-stack-firewood>.
- **Moving hazardous materials:** Take special caution when moving and storing any type of hazardous items (gasoline, portable propane tanks, etc.). Many products can be dangerous if handled or stored incorrectly – and can harm your health and the environment. For more information contact the Colorado Department of Public Health and Environment at Colorado.gov.
- **Hand tools:** Always wear eye protection. Handle sharp-edged and pointed tools carefully with them close to your side and the points and heavy ends downward – never carry them in your pocket. Don't use tools that are loose, cracked or broken.

Safety Gear:

When working with hand tools, mowing, and hauling branches, always use good safety practices including wearing the proper clothing and personal protective equipment.

- Wear trim-fitting long sleeve pants and shirts and non-slip closed-toed shoes
- Always wear eye protection/safety goggles and work gloves
- Industrial style ear plugs/ear muffs need to be worn in loud work areas