

SAFE ON THE WORK SITE

During a disaster be part of the solution, not the problem. The following common sense suggestions help keep you and your neighbors safe and not over taxing a potentially over burdened emergency system.^{*1}

- Follow public announcements and obey official orders:
 - Never go around a police barricade.
 - Do not ride, drive, or walk through flooded areas.
- If you must work in or near floodwater, wear a life jacket
- Wear protective clothing
- A hard hat, goggles, heavy work gloves, and watertight boots with steel toes and insoles (not just steel shanks)
- Avoid unstable buildings and structures
- Beware of electrical and fire hazards:
 - Never touch any building, car, or other item that is touching a fallen power line.
 - Never touch an overhead power line.
 - Call an electrician or power company to report a downed power line or power outage.
- Do not burn candles near flammable items or leave candles unattended. If possible, use flashlights or other battery-operated lights instead of candles.
- Prevent carbon monoxide poisoning:
 - Do not use a portable generator, charcoal grill, camp Stove, or Other gasoline- or charcoal-burning device in any enclosed or partially enclosed area
- Store and transport gasoline safely:
 - Always use an approved red safety container
 - Do not use a glass container
 - Fill the container to only 95 percent capacity to allow for heat expansion.
 - Before transporting gasoline container make sure that the cap and air vent cap are tight.
 - Secure the container so it doesn't tip in transit.
- Beware of wild or stray animals
 - Call local authorities to handle them
 - Beware of snakes: Wear snake-proof boots that are at least 10 inches high, or wear snake leggings
 - If you are bitten by a poisonous snake go to the nearest hospital or clinic immediately.
 - Note the appearance of the snake so you can describe it to a doctor.
- Avoid mosquitoes and other insects:
 - Wear long pants, socks, and long-sleeved shirts. Use insect repellents that contain DEET or Picaridin.
- Pace yourself and get support. Try not to work alone. prevent injuries
 - Use teams of people to move bulky objects.
 - Do not lift anything weighing more than 50 pounds (per person).
 - When lifting heavy debris, bend your knees and lift with your legs, not your back.
- Wear Sunscreen
- Treat wounds:
 - Clean scratches, burns or Cuts with soap and clean water
 - Apply an antibiotic ointment
 - Seek medical attention immediately if a wound swells or drains and if you have not had a tetanus booster in the past few years.

Recommended Personal Safety Equipment^{*1}

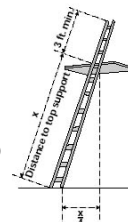
- Hard Hat
- Leather or rubber gloves
- Safety shoes or sneakers for roof work
- Rubber boots for muck-out
- Eye protection (safety glasses)
- Ear protection
- Breathing protection (N95 Masks)
- First Aid Kit

Basic First Aid^{*1}

- Broken bones and lacerations
While waiting for medical help, stop any bleeding by applying pressure to the wound with a clean cloth, immobilize the injured area, apply ice packs to limit swelling, and neat for shock, if necessary, by having the person lie down with his or her head slightly lower than trunk and, if possible, the legs elevated.
- Cuts, scrapes, and punctures
Wash the wound with soap and water. Apply a bandage to the wound. If the bleeding doesn't stop, put pressure on the wound with the palm of your hand and a clean cloth. Put on a clean bandage after the bleeding has stopped.
- Heat Exposure
Exposure to excessive heat can cause heat exhaustion, cramps, and, most serious, heat stroke. Symptoms of heat stroke are hot, dry skin, often with red spots; a body temperature of 105 degrees F or higher; confusion and irritability; and chills. Without medical attention the victim may become delirious, unconscious, or even die. Until medical help arrives, move the person to a cool area, soak his or her clothes with water, and fan the person vigorously to cool the body.
- Heat Exhaustion
Symptoms of heat exhaustion are weakness, fatigue, giddiness, nausea, or headache. The skin is clammy and moist. The body temperature may be only slightly higher than normal. Have the victim rest in a cool place and drink plenty of lightly salted liquids.
- Stings and bites
Wash the wound with soap and water. If possible, identify the animal or insect involved. If the wound is severe or the animal has escaped, take the person to a doctor. Treat minor wounds with over-the-counter medications for stings and bites. Home remedies include ammonia, meat tenderizer, tea tree oil, camphor, and a 50:50 solution of bleach and water.

Ladder Safety^{*2}

- Inspect before use
 - Check the label for weight
 - Check for damage
 - Free of slippery material
- Always maintain a 3-point contact on the ladder when climbing (two hands & a foot or two feet & a hand). Keep your body near the middle of the step and always face the ladder while climbing.
- Do not use the top step/rung of a ladder as a step/rung.
- Do not place a ladder on boxes, barrels or other unstable bases to obtain additional height.
- Do not move or shift a ladder while a person or equipment is on the ladder.
- An extension ladder used to access an elevated surface must extend at least 3 feet above the point of support. Do not stand on the three top rungs of a straight, single or extension ladder.
- The proper angle for setting up a ladder is to place its base a quarter of the working length of the ladder from the wall or other vertical surface.
- Do not exceed the maximum load rating of a ladder. Be aware of the ladder's load rating and of the weight it is supporting, including the weight of any tools or equipment.



Portions of this document were adapted from the following sources:

1. "How to Recover After a Disaster" Colorado State University
2. "Portable Ladder Safety" Occupational Safety and Health Administration