

Safety and Volunteer Guidelines

Building with Highland Rim Habitat for Humanity

What you can Expect?

You will be working alongside other volunteers assisting Habitat for Humanity in building a home for the selected family. A professional construction supervisor will oversee the construction site on your selected work day. The specific job you are assigned will vary depending on where the team is in the construction process. You will be shown and given explicit instructions on how to do a job properly before asked to perform the job. If you are ever asked to do something that you are uncomfortable doing, please let the site supervisor know immediately. Our goal is for each volunteer to be safe and enjoy their experience with Highland Rim Habitat for Humanity.

Proper Attire:

- ❖ Wear clothing that is appropriate for the time of year and weather forecast.
- ❖ Refrain from wearing loose clothes.
- ❖ Personal protective gear such as gloves, goggles, and hard hats will be available and provided to you at the construction site.
- ❖ Wear dust masks when installing insulation, sanding or when instructed by a supervisor.
- ❖ You must wear all protective gear given to you by the construction site supervisor or his/her designee unless there is a medical reason that prevents you from doing so.

What to Bring on Scheduled Build Day:

- ❖ Bring snacks if you wish, however lunch and water will be provided.
- ❖ Bring sunglasses if appropriate.
- ❖ All other tools and supplies (including first-aid kits) will be provided by Highland Rim Habitat for Humanity.

Build Day Schedule:

- ❖ The Build Day schedule will be confirmed by the Construction Site Supervisor, but usually begins at 7:30 a.m. on weekdays and concludes at 3:30p.m.
- ❖ Saturday Build Days usually begin at 9:00a.m. and conclude at 1p.m.
- ❖ We take an hour lunch break on site, and snacks and lunch are provided by Highland Rim Habitat for Humanity. If you have allergies or special dietary needs, feel free to bring your lunch.

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Teamwork:

- ❖ **Follow instructions below when lifting and moving heavy objects:**
 1. Do not lift heavy objects by yourself, ask for assistance.
 2. Clear the pathway of any possible trip hazards (debris, cords, power tools, cups etc...)
 3. Grip loads firmly and keep load close to you as you lift with your legs, not your back.

Accident Prevention:

- ❖ Keep work areas clean and organized as accidents are more likely when loose objects are lying around.
- ❖ Allow for adequate aisles and walkways by organizing building materials and supplies in piles.
- ❖ Pick up any trash that is lying around work site.
- ❖ Put all tools away when not in use as directed by site supervisor.
- ❖ Never operate a tool you have not been properly trained to operate.
- ❖ When in doubt about anything you have been asked to do, ask, and ask again if necessary.
- ❖ Be aware of where the first aid kit is kept before you begin working.