



# SAFETY TIPS

Personal safety is **very** important. You cannot help others if you become injured yourself! This sheet gives personal safety information which will help you stay safe during your volunteer experience.

- **Always remember safety first:** Make sure you are wearing the appropriate clothing, using the proper equipment, and understand the directions for your assignment.
- **Be alert:** Many safety problems can be avoided by being alert. Pay attention to your surroundings. If you spot a problem, inform your supervisor immediately.
- **Don't attempt a job you are not qualified for:** Working beyond your abilities can lead to stress and possible injury. Do not be afraid to say "No" to your supervisor if you feel uncomfortable with a task.
- **Ask for questions:** Asking questions helps avoid injuries, improves quality of work, and makes the project more enjoyable. Do not be afraid to ask for help, it shows maturity and responsibility.
- **Tell someone when and where you are volunteering:** Provide parents or caretakers with the name and number of your supervisor. Additionally, provide your supervisor with an emergency contact.
- **For any emergency, call 9-1-1**

**Emergency Contacts**

Name	Phone Number	Relationship

**List any allergies here:**

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