

## Safety Talk Checklist

- Has everyone signed the NMVFO Volunteer Release Form?
- Performing work **safely** is the most important aspect of our activities here. Using and transporting tools properly and working in a safe manner cannot be overemphasized. This takes precedence over quantity and quality of work.
- Keep a safe distance from each other while working and while hiking to and from the work site.
- Do not carry tools over your shoulder...you can inadvertently hit someone when you turn.
- Carry your tool on the downhill side while hiking on a hillside. (If you lose your balance and start to fall, throw your tool downhill first.)
- Keep your grubbing tool (Pulaski or pick mattock) below waist level while using it; do not make overhead swings, if at all possible.
- Let the business end of the lopper cut through branches; do not attempt to twist branches off...this can misalign the cutting heads.
- Avoid leaning on a McLeod handle with the business end of the tool at an angle with the ground...this can loosen the head permanently. (It is O.K. to use the McLeod as a tamping tool, as long as the head is kept parallel to the earth being tamped.)
- Be careful when lifting objects from the ground...there's a danger of critters such as snakes or scorpions lying under them. You may wish to use a tool to move them first.
- Drink plenty of water. When you feel thirsty, it's a sign that you're already dehydrated. Your urine should be clear, and not yellow. Everyone should be carrying at least two quarts of water with them.
- Use plenty of sunscreen, even on hazy days.
- \_\_\_\_\_ has a First Aid kit.
- \_\_\_\_\_ has VFO walkie-talkies and we'll maintain contact with each other and, if possible, with base camp.