



Volunteer Safety Checklist

Use this checklist to recognize limits, avoid unnecessary hazards, and choose safe ways to help.

Before You Volunteer

- ☐ I understand the task and know what is expected.
- ☐ I have permission to be at the location and perform the activity.
- ☐ The task is appropriate for my age, ability, experience, and physical condition.
- ☐ I have the right clothing, footwear, gloves, sun protection, water, or other ordinary supplies.
- ☐ Someone knows where I will be when appropriate.
- ☐ I checked the weather and surrounding conditions.

Avoid Tasks That Require Professionals

- ☐ Electrical repair or work near exposed wiring.
- ☐ Construction, structural repair, roofing, or demolition.
- ☐ Use of heavy equipment, power saws, or specialized machinery.
- ☐ Hazardous-material cleanup.
- ☐ Medical treatment or handling bodily fluids.
- ☐ Climbing at dangerous heights.
- ☐ Entering traffic lanes or other high-risk areas.

While Volunteering

- ☐ Stop if conditions become unsafe.
- ☐ Do not trespass or enter restricted areas.
- ☐ Do not handle needles, chemicals, unknown substances, weapons, or dangerous debris.
- ☐ Do not place yourself between people who are arguing or behaving dangerously.
- ☐ Use safe lifting techniques and ask for help with heavy objects.
- ☐ Protect the privacy and dignity of people you assist.

If Something Goes Wrong

For an immediate emergency, contact local emergency services. For non-emergency hazards, report the issue to the property owner, organization, or appropriate public agency rather than attempting a dangerous repair yourself.



Improve Your State

SEE SOMETHING, DO SOMETHING

Project Safety Notes
