



Energy Express



Hazards and conditions that can/ may be present during your time at Energy Express. For your safety and awareness to protect the attendees, yourself, workers and volunteers:

- **Allergies/ Biologicals**
 - When outside or in wooded areas, there is a chance of exposure to biologicals, such as bees, mosquitos and poison ivy.
 - Notify your supervisor of your allergy immediately, so that precautions and changes can be made to prevent exposure to the allergen.
 - Anyone who may be allergic or are highly susceptible to allergens/ biologicals are advised to wear protective clothing (long sleeve shirts, long pants, etc.) and have their medication (EpiPen, protective creams, etc.) on them at all times.
- **Electrical Hazards**
 - Be aware of all electrical hazards in your area (i.e. exposed wiring, disfigured sockets, etc.) and stay aware from energized equipment that are wet or lying in water.
 - Keep away and never touch overhead wires and keep wires and electrical cords out of walkways.
 - Notify your supervisor and building maintenance staff of the hazard so that it can be corrected and prevent any injuries and shocks.
- **First-Aid**
 - Have first-aid kits stocked and available throughout the facility.
 - Seek medical assistance for allergic reactions, unconsciousness, wounds from metal objects and beyond Band-Aid use, etc.
- **Ladders & Elevated Surfaces**
 - Before using a ladder or step ladder, inspect the side rails, rungs, spreaders and connections for any deformities and bends that could affect the integrity of the ladder.
 - If a ladder or step ladder is deformed, report it to your supervisor so that the ladder can be tagged and taken out of service to be repaired and discarded.
 - Use ladders for accessing out of reach items (never use chairs, stools, etc.)
 - Always maintain three points of contact (both hands, one foot/ one hand, both feet) when ascending and descending the ladder.
- **Sharp Objects**
 - Use caution and be aware of what you're doing when using or working near sharp objects and tools.
 - Always cut away from your body to avoid injuries.
 - Be sure to keep sharp objects and tools out of reach of the attendees to prevent serious cuts and injuries.
- **Slips, Trips, Falls Hazards**
 - Take caution and wear slip-resistant shoes where water, paint, slippery substances or obstacles may or are present and alert others of the hazards present in the area.
 - Control the hazard by containing the spill with a mop or picking up and removing obstacles that could lead to a slip or trip.
- **Lifting Objects**
 - When lifting objects that are over 20-lbs, seek assistance from a fellow worker to reduce the chance of overexerting yourself and getting injured
 - When lifting, square up to the object and use the strength from your legs and not your back to refrain from incurring a back injury.