

Sicora Cares Volunteer Safety Guide



Welcome to Sicora Cares! Thank you for volunteering your time and energy to help improve our community through mobile home exterior repair and renovation. Your safety is our highest priority. This guide outlines the essential information and safety procedures you need to know before beginning work on a job site.

1. Volunteer Attitude & Hazard Awareness

A safe site begins with a positive and cautious attitude. Stay alert, ask questions, and always be aware of your surroundings. If you see something unsafe, report it immediately.

2. Site Rules & Conduct

- Follow all instructions from site supervisors.
- Never work alone on site.
- No drugs, alcohol, or horseplay.
- Keep your workspace clean and free of hazards.

3. Tool, Ladder & Equipment Safety

- Inspect tools and ladders before use.
- Only use equipment you have been trained to operate.
- Never use damaged or makeshift tools.
- Store tools properly when not in use.

4. Personal Protective Equipment (PPE) & Dress Code

- Closed-toe shoes/boots, gloves, and safety glasses are required.
- Wear a hard hat when overhead work is taking place.
- Avoid loose clothing or dangling jewelry.
- Use sunscreen and stay hydrated.

5. Fall Protection & Lifting Safety

- Use ladders safely and on level ground.
- Always maintain three points of contact.
- Use proper lifting techniques—lift with your legs, not your back.
- Do not carry heavy loads alone.

6. Heat & Environmental Safety

- Drink water regularly.
- Take breaks in shaded areas.
- Be aware of insect bites, allergens, and sun exposure.
- Report symptoms of heat exhaustion immediately.

7. Reporting Incidents & Hazards

- Report any injury or unsafe condition to the supervisor immediately.
- First aid kits are available on-site.
- Know where emergency exits and contacts are located.

8. Daily Job Hazard Talks & Checklists

- Review the day's tasks and potential hazards before starting work.
- Confirm you understand your role and tools involved.
- Check that all safety equipment is available and in good condition.

9. Legal Notice & Volunteer Agreement

- Volunteers are not employees and are not covered by workers' compensation.
- Volunteers agree to participate without expectation of compensation or employment benefits.
- Volunteers assume the inherent risks associated with construction activities.

10. Acknowledgment & Signature

I acknowledge that I have read, understood, and agree to follow the safety policies and procedures described in this guide.

Name: _____ Date: _____

Signature: _____ Emergency Contact: _____