



# WORKER SAFETY CHECKLIST

## Slips, Trips and Falls

Use no-skid surfaces on floors	<input type="checkbox"/>
Use safety pads in front of workbenches	<input type="checkbox"/>
Post hazard cones or signs next to hazardous conditions	<input type="checkbox"/>

## Foot Protection

Use steel-toed shoes when doing jobs involving power tools, heavy loads or mowing	<input type="checkbox"/>
Wear safe, work-appropriate shoes at all times	<input type="checkbox"/>

## Repetitive Motion

Complete a workplace evaluation	<input type="checkbox"/>
Reduce task frequency	<input type="checkbox"/>
Alternate tasks	<input type="checkbox"/>
Rotate workers	<input type="checkbox"/>
Take breaks	<input type="checkbox"/>

## Stress

Plan workload	<input type="checkbox"/>
Pace your work	<input type="checkbox"/>
Switch roles	<input type="checkbox"/>
Encourage worker participation in decisions	<input type="checkbox"/>
Encourage relaxation techniques, exercise, good nutrition and adequate sleep	<input type="checkbox"/>
Offer counseling	<input type="checkbox"/>

## Air Quality

Ensure all work areas are well ventilated	<input type="checkbox"/>
Keep chemicals locked up in a ventilated area away from work areas	<input type="checkbox"/>

Test air if ongoing concerns are presented	<input type="checkbox"/>
Look for evidence of mold	<input type="checkbox"/>
If mold persists after cleaning, have it analyzed	<input type="checkbox"/>
<b>Lifting/Back Problems</b>	
Inspect all loads to be lifted for weight and size	<input type="checkbox"/>
Always bend at the knees and lift with your legs	<input type="checkbox"/>
Always have a firm grip	<input type="checkbox"/>
Keep feet planted when lifting	<input type="checkbox"/>
Don't twist while lifting	<input type="checkbox"/>
Ask for help	<input type="checkbox"/>
<b>Eye Protection</b>	
Use approved eyewear when grinding, sanding, using power tools, mowing, conducting general maintenance and repair, applying chemicals and fertilizer, and completing auto repair	<input type="checkbox"/>
<b>Ear Protection</b>	
Use approved ear protection when doing jobs that are loud or prolonged	<input type="checkbox"/>
<b>Hand Tools</b>	
Check all hand tools to ensure they are safe and in working order	<input type="checkbox"/>
Use the correct tools for the job you are performing	<input type="checkbox"/>
When using knives, cut away from your body	<input type="checkbox"/>
Pull wrenches instead of pushing them	<input type="checkbox"/>
Use screwdrivers with non-conductive handles	<input type="checkbox"/>
Use files with handles	<input type="checkbox"/>
Use torches carefully so they do not ignite wiring and other objects	<input type="checkbox"/>
<b>Power Tools</b>	
Check all power tools to ensure they are safe and in working order	<input type="checkbox"/>
Place all objects in vices, sawhorses or on a safe surface prior to cutting	<input type="checkbox"/>
Use protective gear when operating all power tools	<input type="checkbox"/>
Make sure there is no standing water in the area	<input type="checkbox"/>
<b>Ladders</b>	
Use only approved ladders and stepstools to reach high places (do not use chairs, buckets, shelves, etc.)	<input type="checkbox"/>
Inspect to ensure ladders are not cracked, warped or in poor condition	<input type="checkbox"/>

Do not use side ladders that are over 30' in height	<input type="checkbox"/>
The width between side rails should be no less than 11.5 inches for ladders up to 12 feet and then 1/4 inch for every additional foot in length	<input type="checkbox"/>
Secure top rung if using against a tree, pole or uneven surface	<input type="checkbox"/>
Always keep one hand on the ladder	<input type="checkbox"/>
Always face the ladder	<input type="checkbox"/>
Don't leave ladders unattended	<input type="checkbox"/>
Don't lean too far away from the ladder	<input type="checkbox"/>
Use ladders with safety feet (to adhere to the appropriate surface)	<input type="checkbox"/>
Keep ladders at a safe angle (1/4 of the total length of the ladder between the ladder and the object)	<input type="checkbox"/>
Use a rope to raise and lower materials and tools	<input type="checkbox"/>
Use a spotter	<input type="checkbox"/>
<b>Signs</b>	
Post work signs and posters in work areas promoting safety	<input type="checkbox"/>

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You are encouraged to consult with your own attorney or other expert consultants for a professional opinion specific to your situation.

