

# Harris County Community!

## AFTER STORM CLEAN UP:

*Be alert! Don't get hurt!*

Avoid falls, cuts and other health hazards!!!

Be Smart and Stay Safe:

- Pace yourself. Do a little each day.
- Work in a pair (adults).
- **Ask for help!**



Always Dress for Safety:

- Wear: a hard hat, eye and ear protection, heavy gloves, a long sleeve shirt and long pants, safety shoes or boots.

Cutting Wood and Removing Debris:

### • **Chainsaw Safety**

- ✓ Strictly follow all product instructions and safety precautions.
- ✓ Allow **only** adults to use equipment.
- ✓ Do not run the saw indoors.
- ✓ **ALWAYS** shut off the engine before setting the chain saw down.
- ✓ Always cut with the saw to the outside of your legs.
- ✓ Do not position yourself or other people in line with the chain.
- ✓ Always cut below shoulder height and do not saw with the tip of the blade.
- Watch for shifting weight, falling limbs, vines, sharp objects, etc.
- Watch for insects, snakes, rodents and other wildlife.
- Get help with heavy loads. Bend your knees and lift with your legs.

Safe Ladder Use:

- Do not carry items while climbing the ladder. Use a tool belt or send the items up by a rope.
- Get a helper to stand by to assist you.
- Set the ladder on a firm, level surface at a proper angle.
- Do not stand on the top 2 steps of the ladder.
- Do not lean your body outside the center of the ladder rails.
- Extend the ladder 3 feet beyond the work surface area.
- Do not use metal ladders near power lines.

Harris County

**HCPHES**

Public Health & Environmental Services

[www.hcphe.org](http://www.hcphe.org)

**Protect your family.  
Protect yourself.  
Stay Safe!**

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