Volunteer Safety Brief

1. **DRESS APPROPRIATELY.**
   ALL volunteers and employees, for safety, modesty, and professionalism, must follow the dress code (it is the same for men and women).
   a. **Traditional short or long sleeved shirts are required at all times.** *Long sleeve T-shirts are recommended for optimal health and safety. No tank tops, crop tops, tube tops, bikini tops, or shirtlessness will be tolerated.*
   b. **Legs must be completely covered with pants or a long skirt.** *Shorts and leggings are not appropriate. This is to prevent risk of cuts, scrapes, sunburn, skin irritants or contaminants.*
   c. **Feet must be completely covered.** *No sandals, sling-backs, clogs, or other shoes that may expose any part of your foot. This is not only to protect you from injury or irritation, but also to ensure we meet and/or exceed FDA regulations regarding produce safety.*
   d. **Gloves (as needed).** *Gloves must be worn by all persons handling post-harvest food, tools, bins, and while driving.*
   e. **Hats are recommended but not required.** *Wide brimmed hats keep the sun from your eyes and may reduce eye irritation.*
   f. **MASK UP!** *We are legally required to follow all health guidelines and restrictions related to COVID-19. This includes wearing a mask at all times inside all buildings, including greenhouses, while on Ahavah Farm property. It also includes wearing a mask outside if within 5 feet of others.*
   g. *IF you choose to use bug repellent and/or sunblock: PLEASE apply before arriving on the property and wash your hands so you do not transfer the chemicals onto anything.*

2. **SELF CARE, LISTEN TO YOUR BODY!**
   a. **Bring a water bottle!** *You will need to stay hydrated. We also recommend that you bring snacks as well.*
   b. **Take breaks!** *Long periods of repetitive motion are not good for your body. Take a break. Maybe do some stretching or switching your position.*
   c. **Lift well.** *Bend at the knees when lifting.*

3. **TOOL SAFETY,** Know where and when to use what.
   a. **If you are unsure ASK!**
   b. **Return tools to the appropriate tool storage area.**