

# Safety Checklist for Senior Woodworkers

## Before You Start

- ☐ Wear safety glasses or goggles
- ☐ Use hearing protection (earmuffs or plugs)
- ☐ Put on non-slip, closed-toe shoes
- ☐ Avoid loose clothing and tie back long hair
- ☐ Make sure your workspace is clean and clutter-free

## Tool Safety

- ☐ Use tools with ergonomic grips
- ☐ Keep tools sharp and in good condition
- ☐ Use push sticks or jigs to keep hands away from blades
- ☐ Always unplug tools before adjusting or cleaning them
- ☐ Never bypass safety features or guards on power tools

## Electrical & Workspace Safety

- ☐ Check cords and plugs for damage
- ☐ Keep cords away from cutting areas
- ☐ Ensure good lighting in the workspace
- ☐ Use anti-fatigue mats if standing for long periods

## Personal Wellness

- ☐ Take regular breaks to stretch and rest
- ☐ Stay hydrated and avoid working when tired
- ☐ Ask for help with lifting or moving heavy materials
- ☐ Sit or use a workbench at comfortable height to reduce strain