

What Should I Bring to the EHM Work Camp?

For the individual:

Work Clothes

Long pants, t-shirts and sturdy shoes would be worn at the work site; (long pants give better protection from sunburn, bee stings & poison ivy). Shorts are allowed but they are not to be short shorts. Do not wear halter tops, swim suit tops, spaghetti strap tops, sports bras or other revealing tops. Do not wear any type of sandals. Old clothes are advisable since you may be painting or working with roofing tar and will get very dirty. Bring one long sleeved shirt in case you are working with insulation. Please bring enough work clothes for the entire week. Remember to bring a pair of gloves and a hat.

Leisure Clothes

You will need comfortable clothes to wear at the center and to any outside activities. We ask that you use discretion, no short shorts or revealing tops.

Personal Items:

Underclothes, (enough for the entire week including socks), towels and wash clothes, toilet items, (soap, toothbrush, shampoo & deodorant PLEASE!). If you don't bring a sleeping bag you will need to bring linens for the twin bunks and a pillow.

Personal Tools:

We recommend that every team member bring his or her own basic tools. This should include at least; a nail apron, hammer, tape measurer and utility knife all should be labeled with the individual's name.

Optional Items:

Additional tools, camera and film, recreational equipment, Volleyball, Frisbee, football, softball & bat, board games, and cards. (**Please put your name on them**). We have a TV, DVD player, and projector for the group to use.

Do not bring valuables. You may bring cd players and Ipods. You will not need a lot of money, but you may want to budget for any outside activities, snacks or other needs during the week.

When packing, think about the week ahead, hard work, sweat and dirt. Don't pack your favorite shirt or best jeans to work in. Pack as light as possible but be sure to have enough clothes for the whole week.

For the Adult Team Leaders:

Each Work Camp Team Should Have:

- A fully equipped first aid kit.
- A good size cooler to carry ice, lunches, cold drink, etc.
- Water jugs or a water cooler to carry water to the work site.
- A camera & film, be sure to take pictures before, during and after the work is completed.
- Medical Release forms for each member.
- Sun screen, wasp, bee and hornet spray.

Tools to bring:

Circular saw with extra blades, extension cords, 2 prong electrical adapters, hand saw, hack saw, batter operated drill/driver, electric drill, miter saw, hammers, crowbar, measuring tapes, levels, squares, screw drivers, chalk lines, staple gun and staples, pencils, nail aprons, safety goggles, paint brushes, rollers, scrapers, drop clothes, putty knives, utility knives & blades, sandpaper, shovels, brooms, and ladders both extension & step.

This is not intended to be a complete listing... just a reminder of some of the commonly used items. Give some thought to packing your tools, if in doubt, take it with you and remember that you will need multiples for each work camp team.

Safety Tips and Guidelines for All Volunteers

Power Tools:

- **BE SAFE FIRST!**
- Always cut on a firm flat surface.
- Keep the cord out of the saws path.
- Use proper extension cords when required and make sure the cords are in good condition.
- Do not allow cord to lie in water and keep electric tools out of the rain.
- Unplug power tools when not in use (small children could be around the site).
- Never allow an inexperienced person to operate power tools unless under close supervision.
- Wear safety glasses or goggles when using power tools.
- Watch for loose clothing that might get caught in a saw.
- Keep bystanders clear of cutting area and keep hands clear of cutting path.
- Keep power tools clean and inspect them for proper operation at the beginning of each day.

Hand Tools:

- Never toss or throw tools, nails, pencils or anything else around the construction site.
- Never run with tools in your hands, pockets or in your apron.
- Take special precautions when working with sharp or cutting tools; make sure that you are not cutting toward yourself and that your free hand is not in the cutting path, should you slip with the tool.
- Always handle tools with respect and in a safe and responsible way.
- Keep tools clean and organized and return tools to their proper place at the end of each day.

Ladders:

- Always set ladders on a solid level spot.
- Always have someone to steady the ladder when a person is on the ladder.
- Never stand on the top step of the ladder.
- Remove the ladder from the immediate work area when not in use.

Flooring, Steps & Decking:

- Inspect the area carefully, taking care not to step on rotten boards or boards that are loose.
- Watch for nails that are sticking out remove them before you proceed.
- When prying up on boards with a crowbar, be sure others are at a safe distance.

Roofing:

- Use extreme caution, make sure the individuals are comfortable with heights and are capable of working on the sloping surface of a roof.
- Wear tennis shoes with a good sole especially on a tin roof.
- Keep the number of people on the roof to a minimum no more than 3 or 4 at a time and these people should be spread out and not on the same spot at the same time.
- Use ropes for support and safety, especially on steep high-pitched roofs or tin roofs. If the roof is very steep, scaffolding should be used.
- Never walk straight up or down on a steeply pitched roof, walk at an angle to the roof using a side stepping motion and never run or walk fast on a roof.
- Be very cautious when nearing the edge of the roof and avoid walking on overhangs they could be weak or rotten.
- Set all ladders on solid level ground; make sure the ladder is extended well above the roof and at a safe angle.
- Always wear gloves when handling tin roofing. Be careful when starting nails in tin roofing they don't start easily. When working on roofs during the heat of the day switch workers often and drink plenty of fluids. It is also a good idea to start your day extra early, so as to work in the cooler morning hours.
- Don't drop or throw anything from the roof without first looking to see what or who might be under you and loudly announcing that you are preparing to drop something.

Glass

- Always wear gloves when handling glass.
- Handle glass slowly and carefully.
- Never carry glass above your head or tight next to your body, hold it out to your side.
- Take care when working with windows not to break the glass and be sure that no one is under you when working with windows or glass.

Electrical:

- Don't work with electrical wiring unless you know what you are doing and have experience.
- Examine the work site carefully, looking for bare wires or loose or hanging LIVE wires.
- Be extremely careful with ladders, (especially aluminum) when working around electrical wiring.

Heavy Materials and Equipment

- Ask for help when carrying or unloading heavy loads, you are not "Superman" and you are not here to hurt yourself.
- When picking up something heavy bend your knees and keep your back straight.
- Watch for others when loading or unloading materials and long or large items, don't rush, be safe.

Miscellaneous:

- IF you are not sure about something ask for help. If you are unsure about your ability to perform the work correctly, change with another team or team member that has the ability to do so.
- Keep work sites clean and free of debris. Keep the tools together in one area and the scrap in another.
- If there are children at the work site keep track of them and keep them away from the work. Perhaps members of the group could take turns entertaining them if their parents cant keep them at a safe distance.
- This is a rural area and snakes, ticks, bees, wasps and animals are normally found here. Be cautious when working around wood piles, foundations, dark or damp areas. Make noise to scare away any varmints that may be hiding before working in these areas. When lifting boards off the ground, pull the boards up toward you so that the board is between you and anything that might be hiding under it, (such as a snake). Check yourself and others for ticks, in your hair, around your waist, etc... Look for wasp and beehives and keep wasp spray handy. If you are allergic to stings keep your medication close to you at all times.
- No "Horsing Around" It's dangerous so DON'T DO IT. Not only is it dangerous but it wastes resources and is disrespectful of the family whose home you are working on.

Remember that we are working on someone's HOME, not just a house,
Do the best job you can, and be courteous to the family living in the home.

**WORK HARD, BE CAREFULL, MEET NEW
FRIENDS, LEARN AND HAVE FUN!**