

## How to Be an Artist and Not Kill Yourself in the Process

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### **Risk Assessment:** Do you always

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|--|--------|--------|
| > Know which of your materials and processes are potentially hazardous?      | yes[ ] | no [ ] |
| > Read labels of all materials?  | yes[ ] | no [ ] |
| > Take warnings seriously?   | yes[ ] | no [ ] |
| > Take a moment to ask yourself "What can go wrong?" with any process?       | yes[ ] | no [ ] |
| > Know where to go for information on health hazards?                        | yes[ ] | no [ ] |
| > Tell your doctor which chemicals and processes you use?                    | yes[ ] | no [ ] |
| > Maintain a health hazards information file relevant to your own situation? | yes[ ] | no [ ] |
| > Know how to find, and interpret, a Material Safety Data Sheet?             | yes[ ] | no [ ] |

### **Risk management:** Do you always

- |   |        |        |
|---|--------|--------|
| > Avoid the use of solvents to clean your hands?                            | yes[ ] | no [ ] |
| > Avoid the use of solvents in the palm of your hand to clean brushes?      | yes[ ] | no [ ] |
| > Avoid using flammable solvents in a room with a possible ignition source? | yes[ ] | no [ ] |
| > Keep a fire extinguisher and first aid box in the studio?                 | yes[ ] | no [ ] |
| > Actually know how to use a fire extinguisher?                             | yes[ ] | no [ ] |
| > Have a smoke detector in the studio?                                      | yes[ ] | no [ ] |
| > Avoid drinking alcohol before and after exposure to solvents?             | yes[ ] | no [ ] |
| > Store dangerous chemicals away from your work and living areas?           | yes[ ] | no [ ] |
| > Store liquids in tightly-capped containers?                               | yes[ ] | no [ ] |

Please turn over/.....

