Body Check

Did you…

- ✅ put on safety glasses?
- ✅ tie back long hair and bangs?
- ✅ remove necklaces, bracelets, metal rings and large earrings?
- ✅ roll up long sleeves?
- ✅ remove or secure loose clothing?
- ✅ change into closed-toed and closed-heeled shoes?
- ✅ attach your Orange Clip to your sleeve?
- ✅ calm your body?