



Beginner's Welding Safety Checklist

Visual self check guide for students starting hands on welding training

Use this checklist before, during, and after welding practice to review basic safety habits. Tick the boxes manually as you check each point. This resource supports student awareness and does not replace instructor direction or shop safety rules.

How to use this checklist

Mark the blank boxes in the Done or Need Review columns as you complete your safety self check.

START	Before You Start		
Checklist Item	Done	Need Review	
I am wearing the required PPE before entering the welding area.			
My welding helmet, gloves, jacket, and boots are in proper condition.			
My hair, clothing, and accessories are secured and safe for welding work.			
My work area is clean, dry, and free from trip hazards.			
Ventilation or fume extraction is available and working.			
I have checked equipment, cables, leads, and connections before use.			

PPE	Personal Protective Equipment		
Checklist Item	Done	Need Review	
I am using a welding helmet with the correct shade lens for the task.			
I am wearing safety glasses when required.			
My clothing is flame resistant and covers my arms and legs.			
My welding gloves match the work I am performing.			
I am wearing closed toe, sturdy work boots.			
I am using any extra hearing or respiratory protection when instructed.			

WELD	Safe Work Habits During Welding		
Checklist Item	Done	Need Review	
I keep my hands, body, and clothing away from hot metal and sparks.			
I stay aware of nearby students, equipment, and active work areas.			
I use stable body positioning and safe posture while welding.			
I do not touch recently welded metal until it has cooled.			
I do not leave active equipment unattended unless instructed.			
I report unsafe conditions or damaged equipment right away.			

FIRE	Fire, Fumes, and Ventilation		
Checklist Item	Done	Need Review	
I understand that sparks and hot work can start fires.			
Combustible materials are kept away from the welding area when required.			
I know where the fire extinguisher and emergency equipment are located.			
I avoid breathing welding fumes directly.			
I use local exhaust or ventilation systems as directed.			

END	After Welding		
Checklist Item	Done	Need Review	
I follow the proper shutdown procedure for equipment.			
Hot metal is allowed to cool and is placed safely when required.			
My work area is cleaned and scrap or tools are put away properly.			
My PPE and tools are stored in the correct place after use.			
I report any injury, burn, equipment issue, or safety concern before leaving.			

Important: Safety requirements may vary based on process, equipment, material, work environment, and location specific rules. Always follow instructor guidance and facility safety procedures.