

# Health and safety rules for rocket launches

Rockets are super fun – but only when you use them safely.

Here are the top rules to keep yourself and others safe.



## Prepare for launch

1. An adult has to be with you whenever you use rocket equipment.
2. Everyone in your crew must wear eye protection and a high vis vest.
3. Check your equipment regularly. Use only new 1.5 litre PET soda bottles. Make sure nothing is loose, damaged, or worn on launcher.
4. Set up your launch pad safely on level ground, and point it away from people, animals, buildings, and trees.
5. Is it windy or rainy? Hold off until another day.

## Launch time

1. Always follow launch instructions carefully.
2. Create a safety zone for launches. Keep observers at a safe distance and count down to the launch.
3. Don't stand over your rocket or get too close when you're about to launch.
4. Never push air pressure above 60 psi.
5. Wait till your rocket has landed safely before going to retrieve it.



**Rocket  
Challenge**

