

AI Safety Checklist

One-page quick reference for practical AI use. Keep the human in command.

- Never paste passwords or secrets.
- Avoid private customer, medical, legal, or financial data in public tools.
- Verify important claims with original sources.
- Review generated code before running it.
- Use human approval before automation sends or changes anything.

Field rule: AI drafts. Humans decide. Verify anything important before using it.