

## Fall Prevention

Many construction workers have suffered a fall, gotten up, dusted off their clothes, and gone back to work telling themselves not to be so clumsy. What they really are is lucky. Far too many construction workers fall and are disabled or killed by their injuries. As an industry, we've been making progress: 1) better fall protection systems are in place, 2) fall protection devices are put through a tough approval process, 3) fall protection is more comfortable to wear than ever before, and 4) worker safety education has improved in recent years. Even so, falls are still the leading cause of death for construction workers. Each year, falls account for one of every three construction-related deaths.

Falls can be hard to control because they can happen in many different circumstances: when you're working on a scaffold, on a roof, or on a ladder; when you're hanging light fixtures or painting a ceiling; when you're installing windows, laying brick, or hanging drywall; when you're going up the stairs or just walking across the floor. Regardless of the circumstances, almost all falls are preventable and none should ever be fatal.

Although there are a few exceptions, if you're on a construction site and you work 6 feet or more above a lower surface, you have to be protected from falling. Guardrails, personal fall arrest systems, and safety nets are common fall protection solutions. Whatever solution is used, always make sure you are protected from falling.

Why do people continue to fall? Here are some common reasons or excuses. Some people don't have the training or experience to recognize the hazards. There are people who

think "It won't happen to me." Some people are just careless. Others simply decide to take chances with their lives to save time or effort. None of these is a good enough reason to risk taking a fall.

### Fall protection begins with you recognizing a fall hazard and taking the necessary steps to prevent a fall:

- Keep your eyes open. Watch for fall hazards like cords on the floor, spills, holes, excavations, skylights, and openings in the floor.
- Keep your fall protection gear in good condition. Inspect it before use.
- Make sure that there are guardrails and toeboards around every open-sided platform, floor, or runway that is 6 feet or higher above the ground or the next lower level.
- Never walk up to an unprotected edge.
- Cover and label all floor holes and openings.
- Always hold on to the railings when walking up or down stairs.
- Keep walkways and aisles free from slipping and tripping hazards.
- Watch out for unprotected skylights on roofs.
- Clean ladders when they get greasy or dirty.

### SAFETY REMINDER

**Don't stretch and overreach from a ladder. Climb down and reposition the ladder so you can reach safely.**

#### NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

---



---



---



---



---



---



---



---



---



---

S.A.F.E. CARDS® PLANNED FOR THIS WEEK:

REVIEWED MSDS #

SUBJECT:

#### MEETING DOCUMENTATION:

JOB NAME:

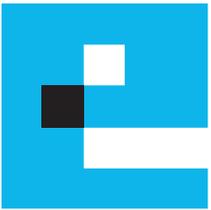
MEETING DATE:

SUPERVISOR:

ATTENDEES:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

*These instructions do not supersede local, state, or federal regulations.*



## Site Security

We often discuss how you can work safely to prevent accidents and injuries, but there is another aspect of construction that can also affect your safety and your job—the security of the jobsite. It takes everyone’s participation and cooperation to keep the jobsite safe and secure. When you think about jobsite security, there are three main areas to consider: employee safety, the safety of bystanders and the public, and protecting tools and materials.

**Employee safety:** Make sure you do your part to stay safe. Follow safe work practices. Look around and pay attention to signs that warn you about blasting or electric hazards or simply remind you to wear PPE. Don’t wander around the site; stay close to your work area. Don’t allow visitors onto the site unless they have permission and an identification badge. Report suspicious activity and co-workers who are working under the influence. Park your car or truck in a well-lit area if you’ll be working until after dark.

**Public safety:** Site security is important. You want to keep neighborhood kids off of the jobsite, and you want to keep expensive building materials safely stored on the jobsite. Usually this means that the perimeter of the jobsite is protected with fencing so that people can't just walk in. On large projects, entrances should be secure at all times. If you're working the gate, make sure that people delivering building materials know that management might do a random search of their truck to make sure it's not leaving with more materials than it came in with. Small projects might not have fencing, but should still have monitored access points.

**Protecting tools and materials:** Company tools and materials should be kept in a secure area. Don’t leave tools lying around; they can disappear overnight. Keep expensive tools under lock and key. Record serial numbers and keep them in a secure place to help recover tools if they are stolen. Never leave keys in heavy equipment overnight; remove keys from ignitions and secure them in a lockbox.

**Keep the jobsite safe and stop crime before it starts:**

- Report damaged or broken surveillance cameras, gaps in gates or fences, burned-out lights, and doors that don’t lock.
- Report unusual or suspicious activity.
- Know where your tools are at all times.
- Close and lock gates when they don’t need to be open and when you go home.
- Don’t allow unauthorized visitors to enter the site at any time. Send them to the office to check in.
- Store equipment and tools in areas that are well-lit and visible from the street so they aren’t easy targets for thieves.
- Never remove any tool or piece of equipment from the jobsite unless you have written permission from your supervisor or manager.

.....  
**SAFETY REMINDER**  
.....

**Economic conditions are making theft of materials, including aluminum, copper, and steel very common.**

**NOTES:**

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

---



---



---



---



---



---



---



---



---



---

S.A.F.E. CARDS® PLANNED FOR THIS WEEK:

---



---

REVIEWED MSDS #

SUBJECT:

---

**MEETING DOCUMENTATION:**

JOB NAME:

---

MEETING DATE:

---

SUPERVISOR:

---

ATTENDEES:

---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---

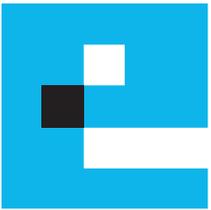


---



---

*These instructions do not supersede local, state, or federal regulations.*



# Hearing Protection

According to the National Institute for Occupational Safety and Health (NIOSH), hearing loss is the most common work-related illness in the country. Once you have noise-induced hearing loss, it cannot be cured or reversed. The good news is that noise-induced hearing loss is preventable. You just have to know when you need hearing protection and then use it correctly.

A one-time exposure to a loud and sudden noise, such as the blast of an explosion, can immediately and permanently damage your hearing. Hearing loss can also occur gradually, over months and years, from exposure to noise from heavy equipment, rock drills, circular saws, air compressors, jackhammers, abrasive blasting, and other noisy operations. Hearing loss can happen so gradually that you might not realize it's occurring until it's too late.

### You may already have some hearing loss if:

- You have a difficult time hearing people when you are in groups or when there is background noise.
- You often have to ask people to repeat themselves.
- You have trouble understanding people on the telephone.
- You have ringing noises in your ears.
- You have trouble hearing back-up alarms.

The OSHA rules are very clear. If, over the course of an 8-hour shift, you're exposed to noise levels above 90 decibels (dBA), you are required by OSHA to wear hearing protection.

The louder the noise, the higher the decibel level, and the shorter the time you can be exposed before you need hearing protection. For reference, here are noise levels for a few common situations: running a jackhammer: 130 dBA, listening to music at a rock concert: 120 dBA, using a chainsaw: 118 dBA, having a normal conversation: 60 dBA.

There are several ways to protect your hearing on the job. You may be able to use sound barriers to protect yourself from loud operations. You may have the option of using quieter tools and equipment. Your supervisor may be able to schedule loud operations when there are fewer people on the jobsite. Your supervisor may be able to limit the time that you work in high-noise areas. If these controls don't work, select the right type of hearing protection for the noise conditions you're exposed to. Hearing protection can include earmuffs, foam earplugs, canal caps, or customized earplugs. Wear hearing protection properly, and make sure it's comfortable so that you won't be tempted to take it off. Follow the manufacturer's recommendations for maintaining, cleaning, and storing your hearing protection.

Here's a rule of thumb for estimating the noise level: if you need to shout to be heard by someone an arm's length away, the noise level is probably above 85 dBA. Wear hearing protection anytime noise levels are at or above 85 dBA.

.....  
**SAFETY REMINDER**  
.....

**Earbuds do not provide hearing protection.**

### NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

---



---



---



---



---



---



---



---



---



---

S.A.F.E. CARDS® PLANNED FOR THIS WEEK:

---



---

REVIEWED MSDS #

SUBJECT:

---

### MEETING DOCUMENTATION:

JOB NAME:

---

MEETING DATE:

SUPERVISOR:

ATTENDEES:

---



---



---



---



---



---



---



---

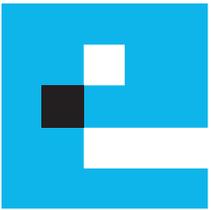


---



---

*These instructions do not supersede local, state, or federal regulations.*



## Crane Safety

Cranes are important tools on many jobsites. They lift heavy objects, fly up plumbing fixtures, help us place concrete, move steel beams and columns, and unload delivery trucks. Yet, while cranes provide great help, they also create many hazards.

### Consider the following factors before operating a crane:

- Don't operate the crane unless you are trained, certified, competent, and both physically and mentally capable.
- Plan the lift carefully. Make sure everyone involved understands the lift plan.
- Understand whether the lift is a critical lift and whether there are any special conditions.
- Be sure the crane is the right size for the job.
- Make sure you understand the load limits for length, size, and angle of the boom.
- Inspect your crane daily: check the brakes, clutches, controls, boom stops, load-moment indicators (LMIs), and anti-two-block devices.
- Check aviation lights to be sure they are lit.
- Check the ground; don't locate the crane on soft or unstable soil, or over a buried structure.
- Check for and be aware of nearby power lines.
- Establish and enforce an exclusion zone.
- Check the weather forecast and closely monitor wind, rain, and snow. Stop the lift if you need to.

- Know the load, its weight, how it's configured, and how it's rigged.
- Ensure the rigging is the right size and type for the job. Make sure your riggers are well trained.
- Verify that you have enough counterweight to prevent tipping over.
- Never side load the crane.
- Stop the lift if you lose contact with your signal person.

### When you work with or near cranes, remember the following safe work practices:

- Never stand under a suspended or moving load.
- Respect the swing radius of the crane—stay out of the exclusion zone.
- Stay out of pinch points and crush zones.
- Observe all crane warning signals such as air horns, whistles, and back-up alarms.
- Designate one person to communicate with the operator using the proper hand signals, or two-way radios.
- Always be aware of your surroundings.

Crane safety requires planning, vigilance, and construction know-how. Speak up anytime you see something wrong.

### SAFETY REMINDER

**Work to avoid accidents involving energized power lines.**

#### NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

---

---

---

---

---

---

---

---

---

---

S.A.F.E. CARDS® PLANNED FOR THIS WEEK:

---

REVIEWED MSDS #

SUBJECT:

---

#### MEETING DOCUMENTATION:

JOB NAME:

---

MEETING DATE:

---

SUPERVISOR:

---

ATTENDEES:

---

---

---

---

---

---

---

---

---

---

*These instructions do not supersede local, state, or federal regulations.*