



Weekly Safety Meetings

Safety Training for the Construction Industry

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Standard
Subscription

COMPANY NAME: _____

Volume 33 Issue 18 May 3, 2010

Roofing Safety

There are many safety concerns to consider when it comes to working on roofs—many of which have to do with fall protection including skylights and floor holes, the pitch of the roof, perimeter protection, tie-off points or anchorages, ladders, inspections, leading edges, access and egress, weather conditions, power lines, and more. It is possible to do your job safely on a roof—if you follow safe work practices and you are keenly aware of the many hazards you face. Complacency is your enemy.

Your employer's written fall protection plan is an essential component of roofing safety. The plan will address the steps that are to be implemented to protect you when you are working on a roof. Take time to review it and be sure you understand it.

Before you climb up to the roof, you should consider some of the following questions:

- What type of personal protection devices do you need to wear?
- Where are approved tie-off points located?
- How will you access the roof? For instance, will you use a scaffold stair tower or an extension ladder?
- Have all the ladders been carefully inspected? Are they safe to use?
- What types of barriers will be up on the roof to prevent you from walking off the edge?
- Are there any skylights on the roof and are they protected?

- Has anyone inspected the roof for holes?
- Do you have a controlled access zone or a safety monitoring system in place?
- Do you know who the safety monitor is?
- If you are a safety monitor on the roof, people's lives are in your hands. Do you know your responsibilities?
- How will you secure tools and materials to prevent injuries to workers below?

The most obvious risk you face when you're working on a roofing job is injury or death from falling. Be prepared, however, for other hazards. For instance, if you're working on a torch-down roof you'll need to have a fire extinguisher handy. There are environmental hazards such as sunburn and dehydration, so come to work with sunscreen and extra water. Be aware of power lines that could shock you. Hot roofing means the potential for bad burns. Wear hearing protection around noisy equipment like air compressors, and always wear safety glasses.

Roofing can be hot and hazardous. Take precautions, wear all the PPE you need, and stay safe.

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SAFETY REMINDER
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What goes up must come down—be sure you wear your fall protection gear, work behind a physical barrier, and look out for one another.

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SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

JOB NAME:

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

REVIEWED MSDS #

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Call Before You Dig

Question: What do the following colors have to do with digging: white, pink, red, yellow, orange, blue, purple and green? **Answer:** The different colors represent different underground utilities, survey marks, and excavation paths. White is the color used to indicate the area of the planned excavation. Pink indicates temporary survey markings.

This system of colors was developed to help homeowners, construction workers, landscapers, utility companies, and everyone else with a shovel or backhoe to recognize underground hazards before they become digging catastrophes. There are lots of utility lines underground. Before you do any subsurface excavation at work or in your own yard, be sure to have underground lines located—call the utility locating service or the **National One-Call Number: 811**. In order to protect life and property, you may have to hand dig in sensitive areas. Yes, backhoes are quicker at excavating, but they are not very careful or selective. If you are digging in close proximity to a utility line, take precautions and dig carefully.

Following is a list of the colors and the types of underground utility lines they represent:

- **RED**—Electricity
- **YELLOW**—Gas, Oil, Steam
- **ORANGE**—Telephone and Cable TV
- **BLUE**—Drinking Water
- **PURPLE**—Reclaimed Water and Irrigation
- **GREEN**—Sewer and Drainage

Why is it important to know exactly where which utility lines are? So you can plan and act appropriately. Think about it for a moment. What would happen if you were digging a trench with an excavator and you hit an underground gas line? Well, you'll probably cause a gas leak. If that gas finds an ignition source (a lit cigarette or a spark from the bucket of the digger) you might have an explosion. You, your co-workers, and innocent bystanders could be injured or even killed. Or, what would happen if you were digging near a major telecommunication center and you damaged a critical data or fiber-optic cable? Do you want to be responsible for stopping phone, internet, and banking communications? Your employer could face a large business interruption claim; those costs could quickly mount into the millions of dollars. You don't want such disasters to occur on your shift.

Plan before you dig. Call the locating service or 811 at least 2 or 3 days before you plan to dig. The locator will mark the utilities so you can dig safely. Remember to dig the "tolerance zone" (typically 18" measured horizontally from each side of the marks) with hand tools until the marked utility is exposed. Build time for hand-digging into the plan so that no one is tempted to use equipment near the marks.

Prevent unnecessary utility strikes by remembering to STOP and CALL BEFORE YOU DIG! In many states it's the law.

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SAFETY REMINDER
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Check out the American Public Works Association and ANSI Z53.1 standard for more color codes.

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Hard Hats

Your hard hat plays an important role in keeping you safe on the job. Think of it as an outer shell that protects the most important part of your body—your head. Head protection shields your brain, nose, ears, and eyes from many hazards on a jobsite. The Occupational Safety and Health Administration requires that you wear your hard hat where there is potential for: 1) objects falling from above, 2) bumps to the head from fixed objects, or 3) accidental contact with electrical hazards. As soon as you walk onto the jobsite, you must put on your hat.

All new hard hats are manufactured to meet ANSI Z89.1-2003 standards. These standards describe 2 types and 3 classes of hard hats that can be worn on a construction site. Do you know what type of hat you need? What kinds of head hazards will you be exposed to today? What type of impact protection will you need?

- **Type I** protects against blows to the top of the head.
- **Type II** protects against blows to the top and sides of the head.
- **Class E** (Electrical): tested to provide protection up to 20,000 volts.
- **Class G** (General): tested to withstand 2,200 volts.
- **Class C** (Conductive): does not provide any protection from electricity.

Hard hats don't last forever. They should be replaced when the shell shows cracks, chips, holes, dents, discoloration, or

brittleness. Replace your hard hat after a heavy blow or an electrical shock. To protect your nose and face from being struck by a falling object, wear your hard hat with the bill to the front, and centered on your head.

Never store your hard hat on the front dashboard or back window ledge of your vehicle. Excessive sunlight can make the suspension deteriorate quickly. Don't drill holes in your hard hat thinking the ventilation will keep your head cooler; the reality is your hard hat will not be as strong as it was, and will provide far less protection. Keep your hard hat clean and free of oils, grease, and sweat. Give it a wash every now and then in warm water and mild detergent. Do not use harsh solvents to clean your hard hat.

Remember that hard hats only provide limited protection to your head. They reduce the effects of impact, but they don't provide complete safety. Even when you're wearing your hard hat, it's important that you follow safe work practices and stay alert to avoid injuries to the head, face, and neck.

One of the most important features of a hard hat is its comfort. When hard hats are uncomfortable, people are less likely to wear them. There are many styles and colors of hard hats available today. Choose one that is a good fit for you.

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SAFETY REMINDER
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The hard hat is a symbol of the construction industry. Wear yours proudly.

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Risk Takers

Do you love an adrenaline rush? Do you like to take chances and play the odds? If you answer yes to these two questions, you may be a risk taker. If you are a risk taker, that's fine, as long as your gambling is confined either within the walls of the casino or to your weekly poker game. **When you take risks at work you are gambling with people's lives.**

Who takes risks and why? Young people are stereotyped as thinking they're indestructible. A recent study suggests that the part of the brain that inhibits risky behavior isn't fully formed until age 25. But brain development isn't the only reason. People may take risks to look cool, to impress others, and to show off. Some end up taking risks because they're lazy, they believe that rules don't apply to them, they don't care, or they don't bother to think about the consequences.

On this jobsite, **there is no excuse for risk-taking behavior.** We don't care whether you are young or old, new or experienced, cool or shy, conservative or a little crazy—risky behavior is unacceptable. If you gamble with your safety at work, not only are you risking your own life and well being, but you're also putting the lives of your co-workers at risk.

Following are some words that might be used to describe risk takers, and some excuses they might use to cover their behavior. Do any of these describe you?

- **Lazy:** "I left my safety glasses in the truck and didn't want to go all the way back to get them. I didn't think I would really get a metal shard in my eye from this small grinding job."

- **Irresponsible:** "We thought the dirt was compacted enough that we didn't have to shore up the walls of the trench. Who would have thought that the walls would collapse?"
- **Negligent:** "We never use fall protection when we're roofing, so we didn't tell the new kid that he should wear a harness."
- **Thoughtless:** "I just assumed that the wires weren't live. The electricians have hardly been on the site so I didn't bother to check."
- **Reckless:** "I know that the guardrails are supposed to support a couple of hundred pounds. But is anyone really going to fall against them?"
- **Careless:** "How was I supposed to know that the nail gun could actually shoot a nail through the drywall and hit someone?"

Don't be a risk taker. Don't make excuses because you're not following safety rules. Discipline yourself to follow all of your employers' safety rules. Wear the PPE you need when you need it. Read and heed all jobsite signage. Finally, always set a good example both on and off the job.

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SAFETY REMINDER
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Don't drive after you've had a few drinks. Don't drive while texting or chatting on your cell phone. And don't drunk dial your ex-girlfriend.

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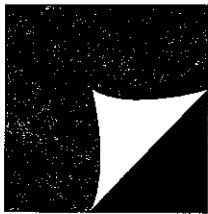
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Electrical Safety

Electricity is essential on every construction site. It is sometimes called **the silent partner** on the job. It supplies the power needed to run tools and machines, it provides both indoor and outdoor lighting, and it powers heaters and air conditioning. When used safely and properly, it makes our day-to-day work and personal lives easier. Without electricity, we would live in a very different world.

But electricity is also called **the silent killer** because you don't hear it, see it, taste it, or smell it. If you use electricity carelessly or recklessly, or if you overlook the many hazards it presents, you may be setting yourself up for injury or death from burns, falls, shocks, or electrocution.

To protect yourself from the hazards of electricity, keep the following safe work practices in mind:

- Visually inspect electrical hand tools and extension cords before each use.
- Immediately remove defective tools and cords from use.
- Always wear the necessary PPE and use grounded or double-insulated tools.
- Never handle an electrical tool by its power cord.
- Only use extension cords that are rated for hard or extra hard use. Codes like S, ST, SO, STO, SJ, SJT, SJO & SJTO should be printed on the cords.
- Take care of extension cords. Keep them out of the way to prevent damage.

- Never yank cords to disconnect them. Reach down and pull the plug from the receptacle.
- Don't try to repair electrical cords or tools unless you are qualified and authorized to do so. Repairs should only be made by qualified electricians.
- If you are authorized to make repairs, make sure you follow lockout/tagout procedures.
- When working in damp or wet areas, only use tools protected by a ground-fault circuit interrupter (GFCI).
- Never operate electrical tools or equipment while standing in water.
- Never use makeshift wiring.
- Use 3-prong receptacles. Never break off the ground prong to fit an ungrounded outlet.
- Keep equipment and activities at a safe distance (at least 10 feet) when working around power lines.
- Don't store materials under power lines.
- When working around power lines, make sure all tools, PPE, and ladders are non-conductive.
- Never touch a fallen overhead power line.

Electricity pretty much runs the jobsite. You can't avoid it, so be vigilant and careful when you are working with it.

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SAFETY REMINDER
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Water and electricity are a deadly combination. Use electricity with great caution in wet areas.

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