



Work Zone Safety

Work zone safety is critical for workers, the motoring public, and pedestrians. Across America, local, state, and federal roads seem to constantly be under expansion or repair. With all of this construction being done on our streets, roads, bridges, and highways, it's important to make safety a top priority whether you're working in the construction zone or driving through it.

A comprehensive plan is necessary for safe work zones. The plan should follow the guidelines in the Manual on Uniform Traffic Control Devices (MUTCD). You need to understand the plan and make sure that you follow it. You should also be on the lookout for any situation or action that doesn't follow the plan. When traffic is zipping by right next to you, there is no room for error.

Consider what types of traffic control devices you will use. The options include:

- Truck-mounted attenuators
- Concrete "Jersey" barriers
- Water barrels
- Crash cushions
- Cones
- Delineator devices
- Message boards
- Signage

Once everything is set up, take the time to drive through the work zone and see it from the perspective of a driver. If it's a small zone, at least walk to the beginning and look at the signs, flagger locations, etc. What do you see? Is there enough time and distance for drivers to react and slow down or stop? Are signs easy to see? Is there glare that could potentially blind a motorist? Correct every

issue and questionable situation; don't put yourself, your co-workers, or motorists at risk.

Flaggers often play a key role in work zone safety. They have the ability—and responsibility—to control and guide the traveling public. Flaggers must be properly trained. Many state and local highway departments, as well as trade associations, offer certified flagger training. This training provides a foundation of work practices that the flagger will use every day. Flaggers have to wear high-visibility clothing with a fluorescent background made of retroreflective material. This will make flaggers visible for at least 1,000 feet in any direction.

Heavy equipment poses crushed-by and caught-in-between dangers for workers, pedestrians, bicyclists, and motorists. Nobody wants to be run over. Obey all safety rules regarding the use of heavy equipment and make sure that all equipment has working back-up alarms.

Even if you don't work in a work zone, you undoubtedly drive through them. Most of the people who die in work zones are not construction workers; they are motorists. Slow down, read the signs, and watch for flaggers. Drive safely!

SAFETY REMINDER

When you drive through a work zone, slow down. Some states double speeding fines in work zones; more importantly, you can prevent accidents and deaths.

NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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

REVIEWED MSDS #

SUBJECT:

MEETING DOCUMENTATION:

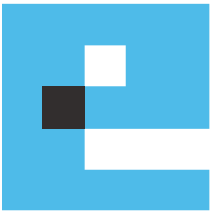
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Watch Your Back

Lower back pain and other more serious musculoskeletal injuries to the back can be caused by a single improper movement or can develop over a period of time. For instance, a sudden, fast movement (especially while handling heavy objects) may immediately lead to painful muscle strains. These strains may then develop into more serious injuries if the muscles are not allowed to heal before they're exposed to additional or repeated stress.

The muscles, tendons, ligaments, and discs in your back move, stretch and flex whenever you lift objects, bend, or stretch. The discs that sit between the vertebrae in your back act as shock absorbers, and keep the vertebrae from grinding against each other. When you bend your back, the discs get squeezed. If you're holding a heavy load, the discs get squeezed a lot harder. Twisting while lifting or holding a load puts even more stress on discs. Sudden, severe squeezing or twisting can cause discs to rupture or herniate.

There are actions you can take to prevent muscle strains, damage to your discs, and other back injuries.

Plan the Lift:

- Wear appropriate shoes to avoid slips and trips.
- Check the load for nails, splinters, and sharp edges.
- Test the load for stability and weight.
- Repack or reorganize containers to improve stability.
- Never lift more than you can safely handle yourself.
- Check your route and look for tripping hazards.

When Lifting:

- Get a secure grip using both hands.
- Always keep your back straight; bend your knees, and reach down to grab the load.
- Keep the load in your power zone as much as possible: above the knees, below the shoulders, and close to the body.
- Avoid jerking the load; use smooth, even motions.
- Don't twist your body; step to one side or the other to turn.
- Use extra caution when lifting loads that may become unstable.
- Reduce repetitive trauma to your back and other joints by alternating heavy lifting and other forceful exertions with less physically demanding tasks.
- Remember to take rest breaks.

Have you ever seen a professional pitcher go to the mound cold, without warming up in the bull pen first? Of course not, because the muscles and joints in his arm are very valuable. Isn't your back valuable too? Warming up isn't for wimps, it's smart. Don't lift with cold, stiff muscles. Stretch your back some, and warm up before you start lifting.

SAFETY REMINDER

When you wear gloves, you'll need to use more force to grasp and hold loads. For instance, wearing heat-resistant gloves can reduce your grip by up to 40%.

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Housekeeping on the Jobsite

Good housekeeping begins with individual pride and proper work planning. Take a look around your work area today. Are materials stacked up and out of the way? Are your tools in the right places? Do you have cords placed overhead or positioned where they do not create tripping hazards? No matter what task you're involved in, take some extra time to clean up as you work to prevent accidents and injuries.

If you do any electrical work, be sure to pick up after yourself. Don't allow thread cutoff stubs to fall onto the floor where they can become a skating hazard for your co-workers who may step on them. When you cut pieces of electrical conduit, put cutoffs directly into a container and then dispose of all those small pieces at the end of your shift. Keeping the small stuff off of the floor can prevent slips, trips, and falls. It's worth the extra time to avoid possible injuries.

If you work as a sprinkler fitter or pipefitter, you have an obligation to keep pipe nipples and cutoffs in a safe place, and off the floor. Clean up any spilled water that may be the result of testing a sprinkler line. Make it a practice to wipe up, even after small spills. Put a tray or bucket under your threading machine to collect shavings and threading fluid, but don't let it become a tripping hazard itself.

If your tasks require you to work in a stairway, consider that other workers will need to walk up or down around you. Keep drop cords and power tool cords out of the path

of travel. Pick up your tools when they're not in use, or use a tool belt to keep them out of the way.

If you have a lunch tent or another designated eating area on your project, do your part to keep it clean. Put lunch wrappers, bottles, and cans in the closest waste or recycling receptacle. Don't throw trash on the ground because that can create rodent problems in the area.

When you arrive at the jobsite in the morning, watch your step when heading to your work area. Look out for vehicle curb bumpers or trailer hitches sticking out from the rear of trucks. Use trash barrels provided in parking lots to clean trash out of your car.

Take a moment to think about the whole jobsite. Are there any areas where housekeeping could be improved? Are there tripping hazards that could be corrected? What can you do today to reduce the potential for accidents? Good housekeeping isn't just about preventing slips, trips, and falls. Keeping tools and materials where they belong means you can find the right tool and the right part when you need them to get the job done quickly and safely.

Today on the jobsite, practice the housekeeping skills you learned from your mother—pick it up and put it away.

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SAFETY REMINDER
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When you participate in or conduct a job safety analysis (JSA), be sure to address housekeeping.

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Safety Punch List

Near the end of a job it's common for the owner and the contractor to create a punch list of items that must be completed before the job is considered done. You can also create a safety punch list—safety-related items that must be done or in place throughout the job. This is a good starting point for your safety punch list.

- First Aid and Emergencies: fully-stocked first-aid kit, on-site first aider, emergency phone numbers posted.
- Fire extinguishers: proper number, appropriate locations, checked recently.
- HazCom: easily available Material Safety Data Sheets, up-to-date hazardous chemical inventory.
- Power Tools: guards in place, cords in good condition, double-insulated or grounded.
- Electrical: terminal boxes covered and labeled, cords grounded, GFCIs in use.
- Stairways and Ladders: inspected, properly secured, extending 36 inches above landing.
- Scaffolding: plumb, mudsills, properly erected, supervised by a competent person.
- Cranes: inspected, logs maintained, qualified operators, proper hand signals known and used, swing radius protected.
- Motor Vehicles: qualified operators, working horns, seat belts, back-up alarms, lights, wipers.
- Heavy equipment: working seat belts, fire extinguisher nearby, back-up alarms, horns.

- Welding and Cutting: qualified workers, screens and shields in place, fire extinguisher nearby, gas cylinders secured, necessary PPE.
- Excavations: soil classification; sloping, shoring, or protective system; access and egress; underground utilities located; supervised by a competent person.
- Personal Protective Equipment: hard hats, hearing protection, safety glasses, respiratory protection, gloves, protective footwear, high-visibility clothing.
- Concrete and Masonry: protection from silica dust, adequate formwork and supports, masonry walls properly braced, all rebar properly protected.
- Fall Prevention/Protection: guardrails, holes and openings covered properly, body harnesses, designated anchor points, lanyards, double-locking snap hooks.
- Sanitation: toilets, hand washing facilities, eating areas, drinking water, trash removal, recycling.
- Training: new hire, OSHA required, pre-task plans, site specific, Weekly Safety Meetings, company safety rules, S.A.F.E Cards ®.

SAFETY REMINDER

If you see someone working in an unsafe manner, remind him or her that those actions endanger everyone in the area. Speak up and save a life!

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Chemical and Thermal Burns

Chemical and thermal burns can occur at home as well as on construction sites. Wherever they occur, you should know what to do. Your best bet, however, is preventing all types of burns from occurring in the first place. Remember that prevention is the best form of protection.

Chemical burns occur when skin tissue is exposed to or comes into contact with chemicals. Many of the chemicals found on construction sites or at home can produce chemical burns. Chemical burns can occur through direct contact with skin tissue (including the eyes and skin), through inhalation, and through ingestion.

Symptoms of chemical burns may vary depending on the chemical, the concentration, the area affected, and the duration of the exposure. Typically, symptoms can include: redness, irritation, burning, pain, or numbness at the site of contact; formation of blisters or dead, black skin; vision changes if the chemical gets in the eyes; cough or difficulty breathing; dizziness; headache; seizures; cardiac arrest or irregular heartbeat; or a combination of these.

If you or a co-worker suffers a chemical burn, the first thing to do is stop the exposure. Gently brush or shake any dry or solid chemical substances off skin or clothing, but not with your bare hand. Remove all contaminated clothing or jewelry. For most chemical burns, flush the site of contact with water for at least 15 minutes. Seek immediate medical attention for all chemical burns, even if you feel better after flushing with water.

Thermal burns are caused by contact with hot objects or liquids, steam, fire, or exposure to radiant heat. If you've ever cut rebar with a cutting torch and then went to pick it up but grabbed too close to the end, you've received a thermal burn. If you've touched an iron when it was hot, you've received a thermal burn. Depending on the severity of the burn, a victim may suffer symptoms including: redness; swelling; pain; blistering, peeling, or charring of the skin; numbness; headache; fever; shock; or death.

To treat minor thermal burns, cool the area with water that is cool but not too cold. Do not use ice. Clean minor burns with soap and water. Cover broken skin with antibacterial ointment and a bandage to prevent infection.

Severe thermal burns extend deep into skin tissue and require immediate medical attention. Do not remove clothing. Call 911. Try to keep the victim calm and treat him or her for symptoms of shock until the paramedics arrive.

Prevent chemical burns by following the manufacturer's handling instructions. Protect yourself from all burns by diligently wearing the necessary personal protective equipment. Store chemicals safely in their original containers, in locations where they cannot be knocked over. Be cautious when working with or near hot objects.

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SAFETY REMINDER
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Make sure you know the corrosive hazards of the chemicals you work with. Read the associated MSDSs.

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