



Weekly Safety Meetings

Safety Training for the Construction Industry

© 2010 Safety Meetings Outlines, Inc.

Standard
Subscription

COMPANY NAME: _____

Volume 33 Issue 23 June 7, 2010

June is National Safety Month

The theme of this year's National Safety Month is "Acting on Safety." Each of the five weeks in June focuses on one topic. Consider how each safety message applies to your daily life. Share the information with your family, friends, and neighbors so that everyone can be prepared to "Act on Safety."

Week 1: Prescription Drug Overdose Prevention

Overdose from over-the-counter, prescription, and illegal drugs is the second leading cause of preventable death in the U. S. Between 1993 and 2003 there was a 107 percent increase in the death rate from accidental overdoses among Americans ages 20 to 64. Store medications out of reach of children. Make sure that you understand the instructions and use all drugs only as they are intended.

Week 2: Teen Driving Safety

Motor vehicle crashes are the leading cause of death and injury for U.S. teens between the ages of 15 and 19. This means about 17 teens die every day in crashes. The National Safety Council recommends that parents establish a zero tolerance policy for alcohol or drug use—especially while teens are behind the wheel. Set a curfew for teen drivers so they don't drive after dark, and don't allow them to call or text while driving. Set a good example; don't drive while you're distracted by your phone or e-mail.

Week 3: Preventing Overexertion at Work and Home

Overexertion results from excessive physical effort. Injuries commonly include sprains and strains to the back or spine.

Pace yourself and stretch or warm up before any strenuous activity. Those few minutes could mean the difference between completing a task safely and a trip to the hospital. Lift with your legs, keep your back straight, and hold objects close to your body.

Week 4: Dangers of Cell Phone Use While Driving

At any given point during the day, 11 percent of drivers are talking on their cell phones. Even if you don't use your phone while you drive, you should be aware that many drivers do, so drive defensively. No call, text, or e-mail is more important than your life. Also, imagine how you'd feel if you killed another driver or a child because you were distracted by a phone call. Silence your phone before you start your engine.

Week 5: Summer Safety (Heat and Motorcycles)

Being exposed to hot weather for too long can result in serious health problems and even death. Dress for the weather and keep yourself hydrated. Summertime also means more of us are on the highways; watch out for motorcyclists! There are more of them on the road than ever before and the greatest hazard they face is you. When you're watching for other drivers, don't just glance, look.

SAFETY REMINDER

The good news is that overdoses, car crashes, back injuries, driver inattention, heat stroke, and motorcycle accidents are all preventable if we just focus on safety all year round.

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.



Weekly Safety Meetings

Safety Training for the Construction Industry

© 2010 Safety Meeting Outlines, Inc.

Standard
Subscription

COMPANY NAME: _____

Volume 33 Issue 24 June 14, 2010

Ladder Safety

We use ladders on a daily basis because they allow us quick, easy access to elevated work areas. They come in various shapes, sizes, and types. They can be made of aluminum, fiberglass, or wood. On a construction site, you can probably find stepladders, A-frame ladders, extension ladders, podium ladders, fixed ladders, and custom-made ladders. But the two most common types of ladders found on jobsites are stepladders and extension ladders.

No matter what kind of ladder you use, ladder safety begins with inspecting the ladder before you use it. A careful examination may reveal loose or damaged rungs, cracked side rails, damaged feet, broken extension locks, defective ropes or pulleys, or broken or missing spreader bars. If you inspect a ladder and find any defects, remove the ladder from service immediately and tag it "Do Not Use." Never repair a broken ladder.

Before you climb any ladder, think about the following:

- Are you using the right ladder for the work you need to do?
- Do you know the weight limit for the ladder?
- Is the ladder stable? Does it have the proper footing? Are you sure it won't slip, slide, or tip?
- Is the ladder tall enough to reach the work area?
- Are there any overhead power lines nearby? Do you need a non-conductive ladder? Should you be wearing an insulated hardhat and gloves?
- Are the rungs and your boots clean?

- Are you able to keep the areas around the top and bottom of the ladder clear?
- Will you be able to climb the ladder with at least one hand on the ladder at all times?

Remember that portable ladders are designed for short-term use. They are not designed to be permanent work platforms. Never use a ladder in place of scaffolding or another platform that's more suitable for long-term use. Avoid carrying tools and materials in your hands when climbing—hoist tools and materials safely, using a rope and bucket. Always face the ladder when climbing up or down. When working with electricity, use a wood or fiberglass ladder.

If you use a stepladder, be sure the spreader bars are completely extended and locked before you go up the ladder. Make sure all four legs are on solid ground. Never work from either of the top two steps of a stepladder.

Never move a ladder when someone is on it. Ask the person to climb down, and then reposition the ladder. Do not place ladders on boxes, crates, barrels, or other unstable bases. Don't exceed the ladder's maximum load limit, and be sure to consider your weight and the weight of your tools and equipment when figuring the load on the ladder.

SAFETY REMINDER

At home, never leave ladders unattended. Most children love to climb, but ladders aren't toys. Children can suffer serious or fatal injuries if they play on ladders.

NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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

REVIEWED MSDS #

SUBJECT:

MEETING DOCUMENTATION:

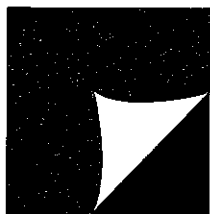
JOB NAME:

MEETING DATE:

SUPERVISOR:

ATTENDEES:

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



Weekly Safety Meetings

Safety Training for the Construction Industry

©2010 Safety Meeting Outlines, Inc.

Standard
Subscription

COMPANY NAME: _____

Volume 33 Issue 25 June 21, 2010

Training New and Young Workers

We all remember our first days on the job. No matter where you came from or what your background or training was, the first time you set foot on a construction site you were probably eager, and most likely you thought you knew everything.

You probably woke up early on that first day to get to the site on time. You had your work boots on, your lunch pail in hand, and you believed you were ready for anything. How long did it take for you to realize that you had a lot to learn? Maybe a superintendent gave you instructions or a foreman told you to complete a task, and all of a sudden you felt like you didn't know where to start. What happened then? Did someone take you under their wing and show you the ropes? Did anyone teach you how to do your best work—while working safely?

Those of you who have been in the construction industry for several years should go out of your way to reach out to a newbie and share some of your knowledge. Consider how you felt in your early days. Back then, someone helped you out; now it's your turn to do the same for someone else. If no one did help you out back then, and you wished they had, then you know how lonely and difficult it was to manage on your own; you can and should prevent others from having to struggle in the same way today.

Make time to tell young workers about the construction industry and how far safety has come. Tell them about the importance of wearing personal protective equipment. Share a story or two about some of the work you have done over the years and maybe a close call you've had that you

learned a lesson from. Teach them about the importance of following the rules and regulations. Remind them to take all the safety training they can get because it will help them work safely and get home to loved ones at the end of every day. Talk to them about not being a hero and caution them against taking shortcuts. Show them how to operate a tool or piece of equipment instead of just telling them. Introduce them to the idea of reading the manufacturer's instructions before operating the tool or equipment.

Remember that even if you're not trying to be a role model, young workers look up to you. It's great to share your experience and knowledge, **but the example that you set is even more important.** Don't skip steps or take shortcuts. Demonstrate that working safely is the only way we work here. Show them that you care and are interested in seeing them succeed in the trade just as you have. Reach out to young workers even if they don't approach you first.

The new guy might also have something to teach you. Maybe he's more familiar with a new tool than you are or learned a different technique from someone else. Don't be offended if he can teach you a thing or two.

SAFETY REMINDER

While it's normal for new workers to have to "pay their dues" by having to do some of the tougher tasks on the jobsite, it is NEVER appropriate to engage in hazing. Always treat your co-workers with respect.

NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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

REVIEWED MSDS #

SUBJECT:

MEETING DOCUMENTATION:

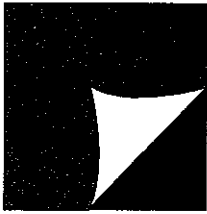
JOB NAME:

MEETING DATE:

SUPERVISOR:

ATTENDEES:

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



Weekly Safety Meetings

Safety Training for the Construction Industry

© 2010 Safety Meeting Outlines, Inc.

Standard
Subscription

COMPANY NAME: _____

Volume 33 Issue 26 June 28, 2010

The Hazards of Hot Weather

Hot weather is here once again, with temperatures pushing into the high 80s, 90s, and in some parts of the country, even the 100s. Hot weather presents construction workers with several safety concerns. These include heat-related illnesses, ultra-violet radiation, and severe weather. If you prepare for the hot weather and work safely, you can definitely beat the heat.

Heat-Related illnesses: Hot weather, high temperatures, high humidity, and strenuous work are just the right ingredients to result in heat-related illness. To prevent heat cramps, heat exhaustion, and heat stroke: drink plenty of fluids, take frequent breaks, eat well-balanced meals, avoid alcohol and caffeine, build up your tolerance to the heat, and try to work during the cooler parts of the day. Wear loose clothing and cover up to prevent damage from the sun's rays. Seek prompt medical attention if you begin to feel dizzy; sweat excessively; have hot, dry skin; or stop sweating altogether. Remember that any heat-related illness can become a medical emergency.

Ultra-violet Radiation: In the short term, working in the sun can make you feel great and look tan and healthy; however, too much sun will result in a painful sunburn. Over time, exposure to ultra-violet radiation can set you up for developing skin cancer. Protect your skin. Use sunscreen with a high SPF (30 or higher) to prevent sunburns. Don't forget to protect your eyes. The sun's rays can damage them too—a sunburned cornea is extremely painful. Make sure that your safety glasses provide total UV protection, but don't just wear sunglasses instead of safety glasses.

Severe Weather: Summer is also a time for severe weather. The hot weather creates the right conditions for severe thunderstorms that can produce high winds and hail. Tornadoes can happen all year round, but are most common during spring and summer. A tornado can destroy just about anything in its path with winds in excess of 200 miles per hour. Generally, weather watches and warnings will alert you with enough notice to take the necessary precautions. A tornado or severe thunderstorm **watch** means that conditions are favorable for severe weather to occur. A **warning** means that a tornado or severe thunderstorm has been spotted. If a warning is issued in your area and you have enough time, check roofs for potential flying objects, and secure items on open floors such as plywood, HVAC duct, and PVC pipe that could be picked up by high winds. If you find yourself facing a tornado, seek shelter immediately. Take shelter in a basement, bathroom, hall, or closet and stay away from windows.

Remember that hot weather can also be a risk when you are out enjoying your favorite hobby or sport like golf, baseball, sailing, or sun bathing at the beach. When you see lightning or think a thunderstorm is on the way, get off the baseball field, leave the golf course, or get to shore if you are swimming or boating. Don't take any chances.

.....
SAFETY REMINDER
.....

To keep your cool, follow the safety rules, and you can have a safe and healthy summer!

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.