

June is National Safety Month

Each year, the National Safety Council (NSC) designates the month of June as National Safety Month and raises awareness about safety at work, at home, and on the road. Each week in June is dedicated to a specific safety topic.

The topic for the first week (June 1-7) is Teen Driving. You may not know that traffic accidents are the leading cause of teen deaths. The NSC estimates that 38% of teenage fatalities occur due to crashes. Unlike more practiced drivers, young drivers are prone to risk factors that include inexperience, poor judgment, cell phone use, and driving under the influence of drugs and/or alcohol.

Talk to your teens about safe driving and create a set of family rules about car use. For example, inexperienced drivers should not have any distractions. This means no radio or cell phone use. Distractions also come in the form of other teens. Your teen's risk of being in an accident increases significantly with every passenger he or she gives a lift to.

The second week of National Safety Month (June 8-14) focuses on Fall Prevention at Work and at Home. The key to preventing falls is similar whether you're at home or at work. Wear sensible shoes. Use handrails. Keep floors clean—pick up clutter, clear away obstructions. Use step stools or ladders safely and when appropriate. At work, use fall protection when necessary. At home, use non-slip rug pads, especially in bathrooms.

The topic for the third week (June 15-21) is Overexertion. According to the NSC, overexertion injuries are the third

leading cause of emergency room visits for non-fatal, accidental injuries. Back injuries on the job, which are often caused by overexertion, are the most common workplace safety problem.

Take care of your back by lifting safely. Ask for help if you need it. Use a mechanical lifting device whenever you can. Keep fit and strong by exercising often and eating well.

The discussion topic for the last week of National Safety Month (June 22-28) is Distracted Driving. Cell phone use is now the leading cause of traffic accidents. Hands-free devices are not a cure-all. By now, most people have heard about the study that found cell phone users to have slower reaction times than drivers who had high blood alcohol levels (more than 0.08). If you need to make a call or answer your phone, pull over or wait until you get to your destination.

Can you make yourself safer during National Safety Month? Behavioral science tells us that it takes 21 repetitions to form a new habit; there are 22 work days in June. Challenge yourself to actually make a change this month. Find one task and do it the safe way every time you do it. By the end of the month you'll have a new, safe habit.

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For more information and educational materials about National Safety Month, visit:
<http://www.nsc.org/nsm/safetytips.aspx>

NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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REVIEWED MSDS #

SUBJECT:

MEETING DOCUMENTATION:

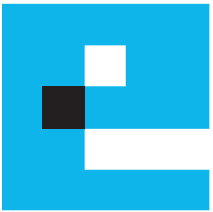
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Preventing Forklift Accidents

Each year, thousands of workplace injuries related to powered industrial trucks occur in the U.S., most commonly these are forklift accidents. There are many types of forklift accidents, but the most frequent and the deadliest involve forklift tip-overs. Workers can be crushed to death by a forklift that overturns or falls from a loading dock. In addition to tip-over accidents, there are several other types of possible forklift accidents:

- Workers or pedestrians being struck by forklifts.
- Workers or pedestrians getting caught between a forklift and another object or vehicle.
- Loads falling off of forklifts and striking someone.
- Using a forklift to elevate a person, creating a fall hazard.
- Workers injured when performing maintenance on forklifts.

You should be aware of the risks involved when operating or working near forklifts. Always do a thorough inspection before starting, and consider the following issues.

Physical Conditions: Operating surfaces must be strong enough to support the forklift, its load, and its operator. Watch out for mud, holes, ruts, soft or loose soil, and the edges of sidewalks, pads, and driveways.

Pedestrian Traffic: When pedestrians or bystanders are present, protect them from being struck by forklifts or falling loads. Be especially careful in narrow and tight locations.

Ramps and Grades: Forklift operators should follow safety rules and use extra caution when traveling on ramps and other inclines. Operating on an incline will change the stability and handling of the forklift.

Loading Docks: When operating a forklift on a loading dock, slow down, watch out for others, and be aware of the edge of the dock.

Enclosed and Hazardous Areas: Be familiar with truck designations and hazardous location classifications. Only use forklifts that have the correct designation for the location's classification. Post signs in hazardous areas.

Battery Charging Areas: Electric forklifts produce zero emissions, virtually eliminate the hazard of carbon monoxide poisoning, and reduce noise hazards. However, they present other serious hazards that must be addressed.

Maintenance: If you perform any maintenance on a forklift make sure that you follow all lockout/tagout procedures—even if you are the only person who will be near the lift. Most importantly, ensure that all sources of stored energy are released or blocked.

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It is a violation of federal law for anyone under 18 years of age, or anyone over 18 without proper training and certification, to operate a forklift.

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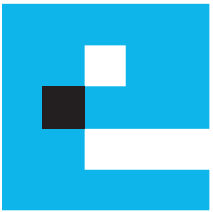
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Weekly Safety Meetings

Safety Training for the Construction Industry

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Premium Membership

The Campbell Agency

Volume 32 Issue 24 June 15, 2009

Don't Play the Fool

Unfortunately, every jobsite has at least one joker. He's the guy who is always trying to get a laugh out of you, or at your expense. Maybe he's telling dirty jokes, or maybe he's pulling pranks to get a chuckle. Don't encourage him; then—just like the big kid he is—he'll stop trying to get your attention. Tell him to save it for open mic night at the local bar instead. Construction sites are dangerous enough without the added distractions and hazards of jokes, pranks, hazing, and horseplay.

Jokers always hope their antics will end with laughter, but too often they end in disaster.

Surprises: Sneaking up on someone to startle them is a great way to get your co-worker to cut off a finger, drop a tool on someone's foot, fall off a ladder, or worse.

Tampering with PPE: If you damage or vandalize a co-worker's safety glasses by smearing them with grease, or put caulking in the fingers of someone's gloves, you're making their safety equipment useless. You might think it looks funny to see them trying to work with compromised equipment, but will you think it's funny if they're seriously injured because their PPE fails?

Tripping or pushing: Falls are one of the leading causes of injuries on the jobsite. Why would you want to contribute to the problem by causing someone to stumble or fall?

Feats of strength: If you feel the need to impress your co-workers by showing them how much weight you can

press, join them at the gym after work. Likewise, don't encourage others to carry more than they can safely handle. If your co-worker suffers an overexertion injury because he was bullied into lifting too much material at once, it's likely that you'll have to pick up some of the slack when he's out recovering.

Wrestling, boxing, and play fighting: Save it for after hours and off the premises. Keep horseplay away from the hazards of the jobsite.

Hazing: The new guy on the job is there so he can pay the rent, just like you. He shouldn't have to prove himself by keeping his cool while others are humiliating him. Forget about hazing. It's juvenile and can get someone hurt.

On a construction site, jokes can go horribly wrong. They can lead to injuries, to the dismissal of the joker, or even jail time and legal battles. Most companies will resist paying worker's comp to someone who was injured while fooling around. Remember, you aren't being paid to entertain your co-workers. And you certainly don't want to be the cause of anyone's injuries or death. Make safety a priority. You can always joke around after work.

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If you want to stand out at work, instead of being the joker, be the one who sets a good example. Follow all safety rules, encourage others, and remind them to work safely.

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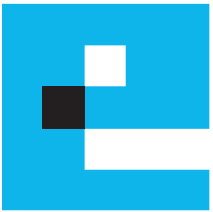
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Is There Danger in the Air?

All human beings require oxygen to sustain life. The air we breathe usually has about 21% oxygen. If you work in an atmosphere with less than 19% oxygen, it is considered an atmosphere that is Immediately Dangerous to Life or Health (IDLH). In such an atmosphere, you can lose consciousness and find yourself in a deadly situation.

An atmosphere that is Immediately Dangerous to Life or Health is one that:

- poses an immediate threat to your life,
- would cause irreversible adverse health effects, or
- would impair your ability to escape from the dangerous atmosphere.

Even if you enter an area that, at first, is safe, you have to consider the possibility that the atmosphere might change. Let's say you are working in a tank doing some welding. You've filled out a confined space permit, you have an entrance attendant at the tank entry, and you've tested the air prior to climbing into the tank. All the readings are good. As you start your work, a leak occurs in an incoming line. The line is filled with nitrogen. While nitrogen begins to fill the tank, the oxygen is rapidly displaced from the atmosphere. You suddenly find yourself in an atmosphere that is immediately dangerous to your well-being.

Are you prepared for this type of situation? Could you recognize the hazards before they became too dangerous? Would you know how to work safely in such an environment?

Your employer's respiratory protection program is designed to protect you against such respiratory hazards. A large part of the program involves providing you adequate training. Your training will help you recognize IDLH atmospheres and will teach you how to protect yourself in such atmospheres with the proper equipment. IDLH atmospheres can form quickly in confined spaces; confined space entry procedures will help you identify the dangers and protect yourself.

There are many hazardous situations on construction projects. Trenches, pits, tanks, vessels, and boilers are just a few areas that can have IDLH atmospheres. Fail to follow safety procedures, and you're taking an unnecessary risk with your life. If, for instance, you choose not to test an atmosphere and just jump into a tank—even to save a fallen co-worker—this misstep could end in your death.

Never trust your senses to determine if the air in a confined space is safe. Many toxic gases and vapors are odorless, tasteless, and invisible. Remember that some gases or vapors are heavier than air and will settle to the bottom of a confined space. Have an emergency plan and follow it to the letter in case a co-worker is overcome by an atmosphere in a confined space.

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Use only NIOSH-approved pressure-demand SCBAs or pressure-demand airline respirators with escape provisions in oxygen-deficient atmospheres.

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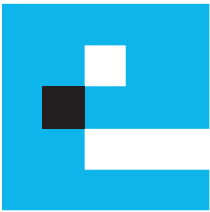
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How Noisy is a Construction Site?

Take a moment to listen to the sounds around you. Could you carry on a conversation without having to raise your voice? Do your ears hurt from the sounds of heavy equipment operating around you? Can you even hear yourself think? At the end of the day, do you feel a sense of relief and reduced tension when all the construction equipment is turned off and tools are unplugged? If some of these situations sound familiar, then you likely work on a typical, noisy construction site. And you probably need hearing protection.

Noise is measured by taking readings with a sound meter (sometimes called a noise dosimeter). Individual noise levels are measured in decibels, also known as dBA. Some tools and equipment used on a construction site emit less noise than others. Following is a list of some common construction tools and equipment and their noise levels:

- Air Compressor: 90
- Air Gun: 108
- Air Hammer: 110
- Air Track Drill: 110
- Backhoe: 85
- Brick Saw: 84
- Man Lift: 84
- Chop Saw: 92
- Circular Saw: 104
- Concrete Saw: 98
- Drill: 87
- Dump Truck: 78
- Jackhammer: 102
- Stud Welder: 101

So what does that mean for you? First, noise levels depend heavily on how far you are from the source of the noise, so those numbers should serve only as guides. Second, if the noise level is above 85 dBA, you need hearing protection. As

a general rule, if you need to raise your voice to be heard a few feet away, you need hearing protection. Check 29 CFR 1926.52, Table D-2 for more details.

While it may be impossible for you to completely avoid noisy surroundings on a construction site, there are a number of ways to protect your hearing. You can reduce noise on the job by fitting mufflers or silencers to combustion engines and by moving especially noisy machines away from main areas of construction activities. Avoid using loud tools and equipment in enclosed areas. Keep machinery covers and panels closed. Switch off idling engines when they are not in use.

Even when your exposure to noise is below OSHA's permissible levels, make it a habit to wear hearing protection. Keep in mind that once you've damaged your hearing, the damage is irreversible. Know when and where hearing protection is required. Comfortable hearing protection is easy to find, but you have to wear it, and wear it properly.

So how noisy is a construction site? It's noisy enough to permanently damage your ability to hear, unless you protect your hearing. Noise and its effects on your health and hearing can be reduced on construction sites.

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Protect your hearing at home. When you do yard work or take on a do-it-yourself project, wear hearing protection. Remind your children to keep the volume low on their portable listening devices.

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