WEEKLY SAFETY MEETING

FOR THE CONSTRUCTION INDUSTRY

SAFETY MEETING OUTLINES Box 700, Frankfort, IL 60423 815-464-0200 No. 44 Vol. 21 Week of 11/2/15

Company Name _____ Job Name _____ Date _____

GROUND-FAULT CIRCUIT INTERRUPTERS

Ground-fault circuit interrupters (GFCIs) protect against shock. Every year, more than 150 Americans are killed by ground faults, which are tiny short circuits in electrical wiring. Even though an old drill or circular saw still runs well, the insulation inside may be worn. If electricity leaks through that insulation it can cause your muscles to contract and you may not be able to let go of the tool. At the same time, that current, even though it's tiny, can disrupt your heart's electrical system causing it to stop beating. In minutes you're dead.

GFCIs work by detecting minute differences between the amount of current entering the tool or appliance and the amount leaving it. In a safe tool or appliance, incoming and outgoing currents are identical. If they are different, some electricity is leaking. If you're holding the tool or touching the appliance, your body can act as a conductor, and the leaking current can flow through you.

OSHA's electrical standard [29 CFR 1926.404(b)(1)] requires that employers either provide GFCIs or implement an assured equipment grounding conductor program to protect employees from ground-fault hazards at construction sites. If GFCIs are used, all 120-volt, single-phase, 15- and 20-ampere receptacles that are not part of the structure's permanent wiring must be protected.

Following are some situations which may cause GFCIs to trip.

- Ground faults
- Water seeping into a cord connection
- Operating faulty or defective equipment
- Running very long lengths of extension cord
- Using large motors or other highly inductive tools

Whenever a GFCI trips, find the reason and correct the problem before continuing with your work.

Whether your employer provides GFCIs or uses an assured equipment grounding conductor program, be sure to follow the procedures in place. When it comes to electricity, no one can afford to make a mistake.

SAFETY REMINDER **Extension cords should not be fastened with staples, hung from nails, or suspended by wires.**

Special Topics For Your Project _____

Employee Safety Recommendations _____

Reviewed MSDS # _____ Subject _____

Meeting Attended By _____

Supervisor's Signature _____

WEEKLY SAFETY MEETING

FOR THE CONSTRUCTION INDUSTRY

SAFETY MEETING OUTLINES Box 700, Frankfort, IL 60423 815-464-0200 No. 45 Vol. 21 Week of 11/9/15

Company Name _____ Job Name _____ Date _____

TRENCHING & EXCAVATION

Trenching accidents claim the lives of as many as 200 construction workers each year. Many of these tragedies are unnecessary and could be prevented if employees followed well-established safe practices. Today we'll discuss cave-ins, which are some of the most common, and most serious, excavating accidents. We will also briefly discuss some other hazards related to trenching and excavating.

Preventing cave-in accidents can be accomplished in one of three ways: 1) slope or bench the walls of the trench, 2) install shoring to stabilize and reinforce the trench walls, or 3) use a trench box or shield. Unless you are excavating entirely in stable rock or are digging less than five feet deep, OSHA regulations require the use of one of these protective systems.

A competent person must inspect the excavation and all adjacent areas on a daily basis for potential causes of cave-ins, for the failure or potential failure of protective systems and equipment, for unsafe atmospheres, or for other hazardous conditions. Employees should not be permitted to work in excavations where water has accumulated or is accumulating unless adequate precautions have been taken.

Here are some other hazards to consider whenever you work in or near excavations. Vibration from nearby traffic, trains, or construction equipment can destabilize trench walls. Those vibrations can also cause materials piled or stacked near the edge to shift, and slide into the trench. Changing weather conditions can create additional trenching hazards — be aware of rain, flash flood conditions, and freeze and thaw cycles which can loosen excavation walls. Have a competent person inspect the excavation and evaluate the soil type. Check for underground utilities, pipelines, and other structures. Make sure that your excavation work doesn't threaten nearby buildings or other structures.

Trenching and excavation work can be completed without incident but only when the entire team relentlessly focuses on safety. Make safety your number one priority or the next excavation you're in could be your grave.

SAFETY REMINDER

Additional information can be found in 29 CFR 1926.650 - .652, Subpart P, of the OSHA regulations.

Special Topics For Your Project _____

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Employee Safety Recommendations _____

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Meeting Attended By _____ _____

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Supervisor's Signature _____

WEEKLY SAFETY MEETING

FOR THE CONSTRUCTION INDUSTRY

SAFETY MEETING OUTLINES Box 700, Frankfort, IL 60423 815-464-0200 No. 46 Vol. 21 Week of 11/16/15

Company Name _____ Job Name _____ Date _____

ROOFING

The hoisting, storage, application, and removal of roofing materials and equipment are all part of roofing work. This includes handling insulation, sheet metal, and vapor barrier materials. Roofing hazards can vary depending on the type of roof, the weather conditions, and the material being applied.

Whether the roof is flat or sloped, slips and falls are an ever present danger to roofers. OSHA requires that fall protection be provided. Employees on low-slope roofs with unprotected sides and edges 6 feet or more above lower levels, must be protected by guardrails, personal fall arrest systems, safety nets, or one of these three in combination with a warning line system. Under some circumstances a safety monitoring system is permitted. On steep-slope roofs with unprotected sides and edges 6 feet or more above lower levels, protection must consist of guardrails with toeboards, safety net systems, or personal fall arrest systems. It may also be necessary to erect barriers to prevent personnel on lower levels from being struck by falling objects.

Watch the weather. Working on a roof in hot weather can lead to heat related injuries and sunburn. Drink plenty of water to avoid dehydration. Frost, ice, and snow make working surfaces very slippery in colder areas. Rain in any climate produces slipping hazards. During high wind conditions, or if a storm is approaching, secure all materials and get off the roof.

Working with hot tar presents the danger of burns. Fire is also a possibility and once started, will spread quickly. Be sure that adequate portable fire protection equipment is available. Fire prevention is also important when installing rubberized, torch-down roofing material.

Another safety concern is back injury. Carrying and moving rolls of felt paper, bundles of shingles, and other heavy, bulky roofing materials requires that you use proper lifting techniques to prevent back injuries. Be alert for roof hatch openings, skylights, and openings for mechanical equipment. Overhead electrical lines are yet another hazard.

Roofing work is dangerous. A slip or stumble on the ground is bad. On a roof, that same slip could result in a long, deadly fall. Stay alert, use caution, and keep safety first and foremost in your mind.

SAFETY REMINDER

**No matter what type of roof you're on,
watch out for tripping hazards
such as vent pipes, curbs, and roof vents.**

Special Topics For Your Project _____

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Employee Safety Recommendations _____

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Reviewed MSDS # _____ Subject _____

Meeting Attended By _____ _____

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Supervisor's Signature _____

WEEKLY SAFETY MEETING

FOR THE CONSTRUCTION INDUSTRY

SAFETY MEETING OUTLINES Box 700, Frankfort, IL 60423 815-464-0200 No. 47 Vol. 21 Week of 11/23/15

Company Name _____ Job Name _____ Date _____

BLOODBORNE PATHOGENS

Working in construction provides you with many different challenges and exposes you to many different hazards. Today's safety meeting addresses some hidden threats you may face if you need to administer first aid. We will also address some steps you can take to protect yourself. Contact with blood or other body fluids may expose you to the human immunodeficiency virus (HIV) or the hepatitis B virus (HBV). Both of these viruses can lead to your death. You can protect yourself from infection by following a set of guidelines commonly referred to as universal precautions. These universal precautions include:

- Treating blood and all body fluids as potentially infectious.
- Wearing appropriate personal protective equipment, such as gloves, face masks, and eye protection.
- Using resuscitation bags or one-way masks.
- Washing your hands and other skin surfaces after contact with blood and body fluids.
- Being careful with sharp edges that may be contaminated with blood and body fluids.
- Cleaning up blood and all body fluids promptly and properly.

HIV is transmitted primarily through sexual contact, but may also be transmitted through contact with blood and certain body fluids. HIV attacks your immune system, weakening your body's defenses to the point that even a simple cold can be fatal. HBV is a virus which causes liver disease. It may lead to life-threatening diseases such as cirrhosis and cancer. There are over 55,000 people infected with HIV and as many as 320,000 people infected with HBV annually.

What does this have to do with you as a construction worker? If a co-worker or friend has an accident, it's human nature to stop what you're doing and go to see if you can help. That's good, but remember that helping the victim may expose you to HIV or HBV, so be sure to follow universal precautions. You need to be prepared if an accident occurs. All first aid kits on site should be stocked with latex gloves and one-way masks. Check to make sure that these items are available. You may also wish to keep them in the first aid kits you have at home and carry in your car or truck.

SAFETY REMINDER **Never wash and re-use disposable gloves. Dispose of them and other contaminated items properly.**

Special Topics For Your Project _____

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Employee Safety Recommendations _____

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Meeting Attended By _____ _____

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Supervisor's Signature _____

WEEKLY SAFETY MEETING

FOR THE CONSTRUCTION INDUSTRY

SAFETY MEETING OUTLINES Box 700, Frankfort, IL 60423 815-464-0200 No. 48 Vol. 21 Week of 11/30/15

Company Name _____ Job Name _____ Date _____

FORKLIFTS

Forklifts sure make life easier on the construction site. These powered industrial trucks move materials like form lumber, concrete blocks, mortar, pipe, scaffold frames, trash boxes, gas cylinders, and much more. Forklifts come in a variety of sizes, and may be powered by gasoline, diesel fuel, propane, or electric batteries.

Only qualified and properly trained personnel should be permitted to operate forklifts. Operators must be familiar with the lifting and maneuvering capabilities of the equipment. If your forklift has removable or adjustable counterweights, you must take the current configuration into account when determining its capability. Make sure that the forklift is in good, safe operating condition — check all controls, the tires, the forks (especially if they are adjustable); look for hydraulic leaks; and always make sure that the backup alarm is working properly.

Always be alert when you are actually moving a load. Watch for powerlines — if there are any around, keep your distance. If you drive into or out of buildings pay special attention to the heights of overhead doors, beams, ductwork, cables and pipes. Running into one of these structures can cause very expensive damage to the building and can also knock the load off the forklift.

Stay alert whenever you're working around a forklift. When you hear a backup alarm at least look up to see where it's coming from and make sure that you're out of the way. You hear those beeps all day long as equipment moves around the jobsite; and it's easy to just tune them out. Those backup alarms are making that irritating noise to alert you to danger. Pay attention to them! The operator's view may be partially blocked by the load. Take responsibility for your own safety — stay out of the way so that the forklift **cannot** hit you. Never walk or stand under a suspended load even if the forklift is parked. Try to stay far enough away so that even if part of the load falls, you won't be hurt. If you are spotting for the driver make sure that your feet are clear of the load when it is lowered.

Operating a forklift is a serious matter; it's not just a cart that can lift things. Make sure that you know what you're doing before you get in the driver's seat. For more information see OSHA Standard 29 CFR 1926.602.

SAFETY REMINDER **When operating a forklift avoid jerking the load, and always raise and lower loads slowly.**

Special Topics For Your Project _____

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Employee Safety Recommendations _____

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Supervisor's Signature _____