WEEKLY SAFETY MEETING

FOR THE CONSTRUCTION INDUSTRY

SAFETY MEETING OUTLINES Box 700, Frankfort, IL 60423 815-464-0200 No. 9 Vol. 21 Week of 3/2/15

Company Name _____ Job Name _____ Date _____

CHEMICAL LABELS

OSHA's Hazard Communication Standards (1926.59 for construction and 1910.1200 for general industry) require that all hazardous chemicals be labeled properly. Seeing the label should be like seeing a newspaper headline that says "Hazardous Chemical Inside". If you need to use that chemical, make sure that you read the rest of the story by studying the label and the material safety data sheet.

The label gives you the following information: the **Identity** of the chemical;
the **Manufacturer's** name and address;
the **Flammability** hazards;
the **Health** hazards;
the **Reactivity** hazards; and
the **Personal Protective Equipment** requirements.

There are two different label systems that are commonly used today. One is the **NFPA Diamond** system and the other is the **Color Bar** system. Both systems use colors and numbers to describe the types and severities of the hazards presented by chemicals. The following colors indicate the same hazards in both systems: Red indicates Flammability; Blue indicates Health; and Yellow indicates Reactivity. Each colored region should also have a number written in it. The numbers zero (0) to four (4) describe the severity of the hazard. Zero means a minimal hazard and four means a severe hazard. For example, if you see a red region with a four in it, you know that the chemical poses a severe flammability hazard.

The information provided in the white region differs between the two systems. In the NFPA Diamond system the white region may contain another symbol or number. This symbol identifies a specific hazard such as radioactivity or corrosiveness. The information in the white region in the Color Bar system describes the types of PPE needed when working with the chemical.

Remember that the labels themselves will not protect you. Read the labels and the appropriate material safety data sheets so that you have all the information that you need to use chemicals safely.

SAFETY REMINDER

**Labels are like blueprints —
read them and then follow their instructions.**

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

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SAFETY MEETING OUTLINES Box 700, Frankfort, IL 60423 815-464-0200 No. 10 Vol. 21 Week of 3/9/15

Company Name _____ Job Name _____ Date _____

WORK ZONE SAFETY

In this safety meeting we're going to discuss some of the hazards of work zones and how to prevent them from causing accidents. For our purposes today, a work zone is the section of roadway and its immediate surroundings in which you are or will be performing work. That work could be anything from tearing out the existing road to landscaping after the construction work is complete. We'll focus on the following three items: drivers, preparedness, and signs.

Drivers. Think about the drivers on the road who will be passing through your work zone. They are thinking about their destinations and how long your work is going to delay them. If delays are long, some drivers may become angry; others may start reading, doing work, or making phone calls. The point is that they may be paying less attention to the road and their driving. Working near moving vehicles is dangerous. It's much more dangerous when those vehicles are operated by inattentive or irate drivers. Pay close attention to the traffic around you — make sure you watch out for that car because its driver may not be watching out for you.

Preparedness. Be physically and mentally prepared before you enter a work zone. Being physically prepared means wearing proper clothing and protective equipment, especially some type of warning garment like a reflective vest. You also need to be mentally prepared. You have to stay alert at all times. Make sure that you always know where you are and where the traffic is so that you don't accidentally end up in an active lane. Of course, you must also watch out for construction traffic, equipment, and material. Working safely in a work zone requires a lot of concentration.

Signs. Set up and maintain good signage in your work zone. Signs generally fall into one of three categories: regulatory, guide, and warning. Regulatory signs impose legal restrictions like speed limits and fines. Guide signs commonly show destinations, directions, and distances. Warning signs warn drivers of potentially hazardous conditions or areas. The purpose of all of these signs is to help get the traffic through the work zone as quickly and safely as possible. Make sure that signs are clean and properly positioned so the drivers can see them clearly.

Working near traffic is a dangerous job. Understand the hazards so you know how to avoid them.

SAFETY REMINDER **When <u>you</u> drive through a work zone make sure you pay attention to all signs and flaggers.**

Special Topics For Your Project _____

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Supervisor's Signature _____

WEEKLY SAFETY MEETING

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SAFETY MEETING OUTLINES Box 700, Frankfort, IL 60423 815-464-0200 No. 11 Vol. 21 Week of 3/16/15

Company Name _____ Job Name _____ Date _____

FIRST RESPONSE AND CPR

If you come across someone you believe may be injured, stay calm and don't panic. The most helpful thing you can do is to initiate a first aid response by following these steps. First, check the area before you approach to ensure that you won't be in any danger. Second, check for responsiveness by asking in a loud voice if the victim is all right, using the person's name if you know it. Third, call for professional assistance according to the procedure for your jobsite.

Know your ABC's. In general you will check to see if the Airway is obstructed, check for Breathing, and check to see if there is Circulation. If the victim is not lying face up, and you do not suspect a back injury, gently roll the victim over. Clear the mouth with two fingers using a sweeping motion. If you cannot remove the obstruction in this fashion, use the Heimlich maneuver.

If the victim is not breathing and the airway is not obstructed, begin **Artificial Respiration**. Open the airway by lifting the chin with one hand and pressing down with the other on the forehead to roll the head back. **Look, listen and feel.** Place your ear next to the victim's mouth; listen and feel for breathing while watching to see whether the chest rises and falls. If the victim is not breathing, pinch the nose and give two full breaths, covering the victim's mouth entirely. Repeat one breath every five seconds until breathing resumes or professional help takes over.

Check the victim for a pulse after the initial two breaths. If there is no pulse, the victim needs **cardiopulmonary resuscitation (CPR)**. CPR should be administered by a trained individual. Take time now to find out who in your crew is trained in CPR. The person administering CPR locates the correct position on the breastbone, places one hand on the other, interlaces the fingers, and uses the heel of the lower hand to give compressions. For an average adult, it is customary to give 15 compressions followed by two breaths. The procedure must be modified for children, pregnant women and overweight individuals, and thus is best performed by a trained individual.

CPR can save lives if administered properly and immediately. Be sure you know how to perform CPR! You can get training from the American Red Cross, the National Safety Council, the American Heart Association, a local rescue squad or fire station, or at a local school.

SAFETY REMINDER **Remember, CPR training should be repeated annually.**

Special Topics For Your Project _____

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Supervisor's Signature _____

WEEKLY SAFETY MEETING

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SAFETY MEETING OUTLINES Box 700, Frankfort, IL 60423 815-464-0200 No. 12 Vol. 21 Week of 3/23/15

Company Name _____ Job Name _____ Date _____

STEEL ERECTION

Many buildings and structures today are built of steel. This week's safety meeting addresses steel erection. It is a fairly dangerous business because of the size of the members and the heights at which iron workers often do their jobs. Safety is paramount.

Let's consider some of the hazards associated with rigging and moving loads. When rigging a load, avoid pinch points. If the load shifts or the crane operator takes up the slack unexpectedly, you could lose a finger or a hand. Keep clear of suspended or moving loads. When hanging iron make sure you secure each end with two bolts before unhooking the load.

Fall protection is another hazard of great concern to erectors. OSHA standards require that a floor be maintained below, and directly under the portion of each tier of beams on which work is being performed. The floor must be within two stories or 30 feet (whichever is less) and tightly planked [1926.750(b)(2)(i)]. If the potential fall distance is greater than two stories or 25 feet, you are not using scaffolding, and using temporary flooring is not practical, you should install and maintain safety nets during skeleton steel erection [1926.750(b)(1)(ii)]. During structural steel assembly, install and maintain a safety railing of 1/2 - inch wire rope or equivalent around the perimeter of all building levels with temporary flooring. This railing should be approximately 42 inches high. Observe your employer's fall protection requirements at all times.

If you're up on the iron, secure spud wrenches, bull pins, and all other tools in your belt so they will not fall out. Keep bolts, nuts, washers, and other loose articles in containers so that vibration will not cause them to fall through the deck or off of the building. Be alert when working near or below the erectors as well. Always wear your hard hat, and pay attention to crane and load movements so you can stay in the clear. (For more information, see 29 CFR 1926.750 - .753.)

Iron workers come from a proud line of craftsmen. Be careful to keep that pride from turning into arrogance. Neither your ego nor your past accomplishments will catch you if you fall off the iron.

SAFETY REMINDER **Riding suspended loads is for the birds!**
Unless you can fly, DON'T DO IT!

Special Topics For Your Project _____

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Employee Safety Recommendations _____

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Supervisor's Signature _____

WEEKLY SAFETY MEETING

FOR THE CONSTRUCTION INDUSTRY

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Company Name _____ Job Name _____ Date _____

BACKS AND LIFTING

Each year thousands of work days are lost due to back pain and back injuries. Lifting improperly or lifting objects that are too heavy can result in life-long pain and permanent disability. By lifting carefully and correctly you are much less likely to be injured. Do you know how to lift safely? Listen carefully as we discuss some techniques that will help you lift safely.

Know your limitations. Even if you lift the object properly, you can still get hurt if you lift more than your body can handle. The weight of the load is not the only factor. The size, shape, and bulk of a fairly light object can make it more difficult to lift than a more compact heavy one. Assess the load and the distance it is to be carried. If the load exceeds your limitations, get some help. Ask a co-worker for assistance or use a machine such as a cart, a hand truck, a dolly, or a forklift. Get help...not hurt.

When you are ready to lift, start by facing the object squarely with your feet about shoulder width apart. Be sure you have a solid footing. Keep the object as close as possible to your center of balance. It is safer to use bigger, stronger muscles and joints to do the lifting; that means using your legs instead of your back. Keep your back straight; squat down by bending your knees. Grasp the object. Make sure that you have a good grip that won't begin to slip or become painful while you are holding the object. Lift the object by straightening your legs gradually and smoothly and keeping your back straight. To put the object down, simply reverse the procedure: lower it by bending your knees and squatting down, again keeping your back straight; let go of the object; stand up.

If you already lift properly, keep up the good work. If you have bad lifting habits, start breaking them today. Now is the time to learn how to lift carefully and correctly. If you wait until after you injure your back, you'll still have to learn, it will just be more painful. Remember that knowing **how** to lift correctly is not enough; to prevent back injuries you must put your knowledge into practice.

SAFETY REMINDER

Twisting and reaching during a lift increases the likelihood of an injury.

Special Topics For Your Project _____

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Employee Safety Recommendations _____

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