

WEEKLY SAFETY MEETING

FOR THE CONSTRUCTION INDUSTRY

SAFETY MEETING OUTLINES Box 700, Frankfort, IL 60423 815-464-0200 No. 14 Vol. 21 Week of 4/6/15

Company Name _____ Job Name _____ Date _____

FALL PROTECTION

The duty to provide fall protection rests with the employer. But the duty to use fall protection rests with you. Falls are still one of the leading causes of serious and fatal injuries on construction sites. You must make sure a fall protection system is in place anytime you are exposed to a potential fall. OSHA's Fall Protection Standard [Subpart M, 29 CFR 1926.500 - .503] requires that employees who are exposed to falling 6 feet or more from an unprotected side or edge be protected by a **guardrail system, safety net system, or personal fall arrest system**. Let's review some of the requirements for fall protection systems. For complete details refer to the standard.

Guardrail system. A guardrail system consists of 2x4 rails (or equivalent), used to protect open-sided floors 6 feet or more above a lower level. The top rail is installed 42 inches above the floor with a midrail halfway between the top rail and the floor. Guardrails must withstand a 200 pound force in any outward or downward direction. Your co-workers' lives depend on you when you install guardrails — make sure you do the job right!

Safety net system. Safety nets are the second standard fall arrest system. If you are using a safety net system, it should be installed as close as is practical to the level of the working surface. It cannot be more than 30 feet below the working surface. The safety net system has to be able to stop you if you fall. To make sure that it can, it needs to be tested. The required test consists of dropping a 30-inch diameter sand bag weighing 400 pounds into the net. The bag is dropped from 42 inches or the height of the highest working surface protected by the net, whichever is greater. All safety net systems must be inspected at least once each week.

Personal fall arrest system. A personal fall arrest system consists of an anchorage, connectors, and a body harness; and may include a lanyard, a deceleration device, a lifeline, or suitable combinations of these. Each individual component must have a minimum tensile strength of 5000 pounds. Note that effective January 1, 1998, using body belts for arresting falls is prohibited.

No one wants to become a fall statistic. Your safety and the safety of those working around you requires that you keep fall protection in mind at all times.

The 'Assured Equipment Grounding Conductor Program' color code for April, May, and June is Green. If you use this program, test and color code all electrical cords and power tools.

SAFETY REMINDER

Special Topics For Your Project _____

Employee Safety Recommendations _____


Reviewed MSDS # _____ Subject _____

Meeting Attended By _____

Supervisor's Signature _____

WEEKLY SAFETY MEETING

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 SAFETY MEETING OUTLINES Box 700, Frankfort, IL 60423 815-464-0200 No. 15 Vol. 21 Week of 4/13/15

Company Name _____ Job Name _____ Date _____

AERIAL LIFTS

Aerial lifts can make the job much easier, but we have to use them safely. Here are some tips that will help you work safely on aerial lifts:

- Know the capabilities and limitations of the lift you're using and never exceed its capacity.
- Read the operator's manual prior to use, and observe all warnings and cautions posted on the machine.
- Be aware of clearances when moving and driving.
- Maintain a safe distance from electrical lines; allow for swaying lines and platform sway, rock, and sag.
- Always keep your attention in the direction of travel; if your view is obstructed, use a lookout.
- If your lift has outriggers, retract them before driving.
- Do not travel or use the lift on soft or uneven surfaces because the lift could tip.
- You should use a full body harness and secure the harness to the proper attach bar on the platform; never attach to an adjacent object or structure.
- When riding on the lift, or working from the platform, keep both feet planted firmly on the deck.
- Never use steps, ladders, or similar items to extend your reach.
- Be familiar with the location and operation of all alternate and override controls.
- Always actuate controls with slow, even pressure.
- Never push or pull the machine or anything else with the boom.
- Always make sure the lift is stable before positioning the platform.
- Shut off (and if appropriate, lock out) all power before performing any type of maintenance work.

Using a lift improperly or recklessly can cause serious injuries and costly damage. Make sure you use aerial lifts safely and you're sure to rise above the rest.

SAFETY REMINDER

Your safety and the safety of others depends on your ability to operate the lift properly. Don't take chances!

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WEEKLY SAFETY MEETING

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Box 700, Frankfort, IL 60423

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No. 16

Vol. 21

Week of 4/20/15

Company Name _____ Job Name _____ Date _____

LADDERS

When you climb onto a ladder you're betting on that ladder; and the stakes may be as high as your life. Do everything you can to make sure you win the bet.

Start by thinking about what type of ladder will be best for the job. Do you need a step ladder, a straight ladder, or an extension ladder? Select a ladder that is long enough; remember that you won't be able to stand on the top few rungs or steps. Ladders are made of a variety of different materials. Some of these materials conduct electricity and others do not. The ladder must have non-conductive side rails if you or the ladder could possibly come in contact with energized electrical lines, conductors, or equipment. Consider the load that will be placed on the ladder. Choose a ladder that can support the whole load; including your weight, your tools, and any material or equipment that you may be lifting or supporting while on the ladder.

Prior to using any ladder take the time to do an inspection. Look for broken or missing rungs, cleats, or steps; broken or split rails; wood splinters; corrosion of metal ladders or metal parts; loose nails, bolts, or screws; or any other faulty or defective parts. If you find any defects, take the ladder out of service immediately by tagging it "Do Not Use", or marking it in a manner that identifies the ladder as defective.

Use the ladder safely. Always look up to check for power lines before raising a ladder. Set the ladder on solid footing and if appropriate, against a solid support. The side rails of straight and extension ladders must extend at least 36 inches beyond the top support point. Tie off, block, or otherwise secure the top of straight ladders to prevent them from being knocked over. Always face the ladder and hold on with both hands when climbing up or down. Maintain three points of contact when climbing on a ladder. This means that two hands and one foot, or one hand and two feet, should be in contact with the ladder at all times. Don't try to carry tools or material in your hands; use a tag line or rope to haul these up and lower them down. Do not shift, move, or extend the ladder while anyone is standing on it.

Don't gamble with your life when using ladders. Keep the odds in your favor by using the right ladder safely.

Never overreach when working from a ladder.

SAFETY REMINDER

**A good rule of thumb is to keep your
belt buckle between the rails of the ladder.**

Special Topics For Your Project _____

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WEEKLY SAFETY MEETING

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SAFETY MEETING OUTLINES Box 700, Frankfort, IL 60423 815-464-0200 No. 17 Vol. 21 Week of 4/27/15

Company Name _____ Job Name _____ Date _____

SCAFFOLDING

OSHA's new scaffolding standards, which began taking effect in November of 1996, include a great many revisions, additions, and clarifications. Some of the changes deal with the duties and responsibilities of individuals. Today we will discuss the roles of three people: the competent person, the qualified person, and you. When you are working on or near scaffolding, the people who fill these roles are vital to your safety and welfare.

The **competent person** is one who is capable of identifying existing and predictable hazards in the surroundings, or working conditions which are unsanitary, hazardous, or dangerous to employees; and who has authorization to take prompt corrective measures to eliminate them. This person will select and direct employees who erect, move, alter, and dismantle scaffolds. The competent person will train these employees in the hazards associated with this work, and determine the feasibility of providing fall protection for them. He or she is also responsible for formally inspecting scaffolds, determining whether it is safe to work on or from scaffolds in high winds and storms, and various other duties.

The **qualified person** is associated with the design of the scaffold and related components. OSHA says that a qualified person is "one who, by possession of a recognized degree, certificate, or professional standing, or who by extensive knowledge, training, and experience, has successfully demonstrated his/her ability to solve or resolve problems related to the subject matter, the work, or the project." Note that simply having built scaffolds is not sufficient to make you a qualified person. This person is responsible for designing the scaffold and specifying both its capacity and how it is to be loaded. He or she can design rigging for certain types of suspension scaffolds, and can also design other scaffold components for special uses or circumstances. The qualified person will train you in the proper use of scaffolds, and in how to recognize and avoid scaffolding hazards.

You are the person directly responsible for your safety when you are working on a scaffold. Since the competent person cannot watch and check all of the scaffolding each and every minute, **you** must pay attention. If you notice a hazard, report it to the right person – don't assume that the competent person will notice it just because you did! Make sure the hazard gets corrected before you or someone else gets hurt. For complete details on all aspects of scaffolding safety, check Subpart L, 29 CFR 1926.450 - .454.

SAFETY REMINDER

**If you don't know – ASK!
If you think it's a hazard – FIND OUT!**

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