



# Weekly Safety Meetings **Select Edition**

Safety Training for the Construction Industry

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All Sealants, Inc.

Week of 2/6/2023

## Preventing Deadly Falls

Every year, hundreds of workers die as a result of falls. These deadly falls involve workers falling from roofs, ladders, stairs, steps, moving vehicles, and even falling on the same level. Consider what these statistics reveal about fatal falls. You're exposed to fall hazards whether you're climbing a ladder, working on a roof, or even walking down the stairs.

Falls continue to be the leading cause of death in the construction industry. In the last 10 years, the percentage of fatalities has remained nearly the same. Subpart M (starting at 29 CFR 1926.500) of the Occupational Safety & Health Administration Standards addresses fall protection requirements for the construction industry. Take time to familiarize yourself with these regulations and how to put them into practice; then make fall protection a priority during all construction activities.

Keep in mind that anytime you are exposed to a fall of 6 feet or more to any walking or working surface below (whether it's the ground, a floor, or some other surface), you must use fall protection. The most common fall protection systems are: guardrail systems, personal fall-arrest systems, and safety net systems.

### Consider some fatal fall headlines:

- 5 fall, 2 hurt in construction site collapse.
- 24-year-old plumber died when he fell through an unguarded skylight.

- 18-year-old sheet metal helper falls to his death.
- Son sees father fall to his death while jacking a tower crane.
- 23-year-old ironworker falls 85 feet off a steel beam to his death.
- 39-year-old electrician's helper falls through a domed skylight to a concrete floor 16 feet below.
- 21-year-old laborer died after falling 27 feet.
- Son watches as 51-year-old father falls to his death.

This is just a tiny sampling of deadly falls in construction during the past decade. Many—and perhaps all—of these deaths could have been prevented. Stop for a minute and consider how many times you've seen someone fall on a jobsite. That person may have been hurt or killed. You've probably witnessed the dangers of falls first-hand.

When you select or set up a fall protection system, make certain that it is set up, connected, and working properly. Don't become a "Deadly Falls" headline or statistic.

### SAFETY REMINDER

**A fall protection system will protect you only if you use it correctly. Learn how to use each system properly. If you're unsure, ask questions.**

#### NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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

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SUBJECT:

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JOB NAME:

MEETING DATE:

SUPERVISOR:

ATTENDEES:

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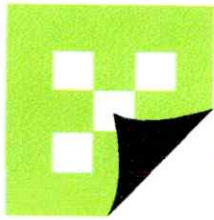
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Week of 2/13/2023

## Crushing Hazards

As a construction worker, you probably feel comfortable around a jobsite. You're familiar with the sights and sounds of construction work. Often, you can become so focused on your tasks that you may forget what's going on around you. But you **NEVER** want to be too comfortable or unaware of your surroundings on the job. You must remain alert and observant at all times to avoid the various crushing hazards surrounding you.

Lots of construction activities can create crushing hazards. A crushing hazard is present when any part of your body can get caught between two objects. Crushing hazards can include anything from getting your fingers or toes smashed when you're carrying or moving materials, to having your entire body fatally crushed by a tilt-up wall that comes crashing down because it was improperly braced.

You can protect yourself from crushing hazards by keeping a sharp eye out and making sure you're always in a safe zone. Position yourself in the right place at the right time to avoid being crushed by moving machinery or equipment, construction materials, or by loads swinging overhead.

Follow these safe work practices to protect yourself from accidents and injuries caused by crushing hazards:

- ✓ Always pay attention to back-up alarms.
- ✓ Never position yourself between a fixed object and moving equipment.
- ✓ Don't stand or work in an operator's blind spot.

- ✓ Don't work or stand within the swing radius of a crane.
- ✓ Maintain a safe distance from any moving equipment.
- ✓ Avoid working under suspended or elevated loads.
- ✓ Don't work between two pieces of equipment.
- ✓ When unloading materials, protect yourself in case they shift or roll unexpectedly.
- ✓ When storing materials, stack heavy materials on bottom shelves and lighter materials on upper shelves.
- ✓ When using pallets, secure the materials to the pallet before attempting to move it.
- ✓ Keep feet, hands, and fingers out of pinch points.
- ✓ Never remove, alter, or reach beyond guards or barriers.
- ✓ Lock out moving parts before adjusting or repairing them.
- ✓ Don't wear loose clothing when working near moving parts.
- ✓ If you can, use a tool instead of your finger or hand.
- ✓ Never enter a trench that is not protected by sloping, shoring, or shielding.

### SAFETY REMINDER

**If you want to stay alive and keep all your limbs safe, pay attention and protect yourself from the crushing hazards that are present on every jobsite.**

#### NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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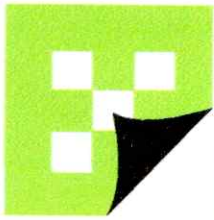
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## With Silica Dust, Safety is a Must!

Crystalline silica is a hard, glassy mineral that makes up much of the earth's crust. Silica is also found in construction materials including concrete, masonry, and rock. When construction workers chip, blast, hammer, cut, or drill these building materials, airborne silica dust is created. If you are exposed to these activities and you breathe in silica dust particles, you can develop a lung disease called silicosis and suffer serious lung damage.

Silicosis is a lung disease caused by the inhalation of silica dust. When silica particles enter the lungs, they become trapped, and areas of swelling (or nodules) form around them. As the condition worsens, the nodules become progressively larger and breathing becomes more difficult. Once silicosis is diagnosed, the damage has been done and there is no hope for recovery because no cure has been found. The good news is that silicosis can be **prevented**.

Construction workers can avoid silicosis by using engineering controls to prevent dust from entering the air, by using respirators, and by wearing protective clothing. The most effective way to control airborne silica dust is to avoid creating it in the first place. Water should be used to wet the area where dust might be created. Wet cutting and drilling processes should be used whenever possible. Dust control or dust collection systems will help reduce the amount of dust in the air. When engineering controls cannot be used

effectively or do not provide sufficient protection, workers should wear respirators.

OSHA has established a Permissible Exposure Limit (PEL), which is the maximum amount of crystalline silica to which workers may be exposed during an eight-hour work shift (1926.55 and 1910.1000). Respirators should be used when engineering controls cannot keep dust levels below the PEL. Before you use a respirator in a hazardous environment, make sure you have been trained to use the specific respirator. Never alter a respirator in any way. Be sure to use a respirator approved to provide protection against silica dust.

You should also wear protective clothing and practice good personal hygiene to avoid unnecessary exposure. Wear disposable or washable clothing at your worksite. Wash up and change into clean clothes before leaving the worksite to avoid contaminating your home and vehicle. Never eat, drink, use tobacco, or apply cosmetics in dusty areas. Always wash your hands and face after you have left the exposure area.

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**SAFETY REMINDER**  
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**Like asbestos, silica dust causes severe lung problems, but you won't know about them for years. Prevent silicosis by avoiding silica dust!**

**NOTES:**

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:  
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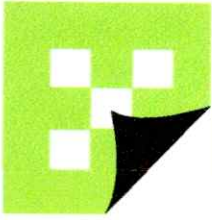
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## Cell Phones

Cell phone use increases by the millions each year. People of all ages use them for business, pleasure, entertainment, and for emergencies. Many cell phones now offer features that let you take pictures, play games, watch videos, and even listen to music. Although cell phones often make our lives easier and more practical, they can become a serious safety concern.

When you're at work, consider that your employer or supervisor may have a cell phone policy that restricts where and when you can use cell phones. Be aware of your surroundings while you use cell phones. Concentrate on where you're going to avoid slips, trips, falls, and collisions due to inattention caused by cell phone conversations. If you don't think you can avoid being distracted by your phone at work, leave it in your car and check for messages during breaks.

Having a cell phone in your car while you drive may give you peace of mind—you can report accidents, unsafe drivers, and call for help in case of an emergency. But with this convenience also comes a large responsibility. If you are talking on a cell phone and operating a motor vehicle, your mind is not on your driving. You may think that you're driving as well as you always do, but studies show that cell phone users have slower reaction times and are mentally distracted even when their eyes are on the road.

Follow these safety tips anytime you drive with your cell phone in the car:

- Make driving your priority.

- Turn your phone off to keep from being distracted. You can always check your voicemail and return calls when you've reached your destination.
- Avoid unnecessary calls.
- If you must use your phone, pull over to make the call. Never dial your phone while driving.
- Familiarize yourself with your phone's features before you try to operate it while driving.
- Use your phone's speed dialing or one-touch dialing features so you don't have to look away from the road.
- To help you keep both hands on the wheel, use the hands-free mode.
- Don't attempt to take notes or look up phone numbers.

Due to the increase in cell-phone-related accidents on roadways, many states and municipalities have enacted legislation prohibiting the use of cell phones in vehicles. In some cases, you may be ticketed or fined. Sometimes it's best to hang up!

### SAFETY REMINDER

**There are enough dangers on the road to keep you busy while you drive. Don't put your life at risk for the sake of a phone call!**

#### NOTES:

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