SAFETY MEETING OUTLINES, INC.
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All Sealants, Inc.
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You can't control chaos, but you can prepare for it.

We talk a lot about identifying and controlling fire hazards on the jobsite, but fire is a beast that could break out in a situation that's entirely out of your control. If lightning starts a fire in the woods near your home or a roofer starts a fire on your neighbor's roof, you may have only minutes to get out of your home with no promise that you'll ever be able to return.

It's worth it to take time to think, not only about fire prevention, but also about the steps you can take to prepare for a potential community evacuation.

Prevent fires in your community. Keep brush cut around your property. If you dispose of it by burning, make sure to burn it responsibly, like in a wood stove. If you smoke, don't flick your cigarette butts. Stub them out properly and put them in a can or non-combustible container. Don't throw them in the trash. If the area around you is dry and the town has a ban on fires, respect the ban. Under hot, dry summer conditions, one hot ember could start a neighborhood fire.

Make a list of all your household belongings. Even if you have a modest home, not only is it full of items that are important to you like family photo albums, but it also has many items that don't have sentimental value, but would still cost money to replace, like a spice rack in the kitchen or the clothes hangers in closets. Some insurance companies recommend that you take a yearly video of each room in your home to help you document all of your possessions. If you have something of significant value, make a note of it, and if possible, keep the receipt in your insurance file. Keep original copies of important documents in a fireproof box. Keep the home inventory video in the cloud or on a thumb drive that you keep in the fireproof box.

Make sure you have insurance. Whether you rent your home or own it, make sure you have insurance and review the policy each year to make sure any changes to your home and the contents are covered.

Have a plan. If a police officer came to your door with evacuation orders and told you that you had 10 minutes to pack, what would you grab? Could you easily find important documents like birth certificates or passports? Do you have pet carriers for your pets? A collar and leash for the dog? Do you have photo albums or an irreplaceable photo of your grannie that you know you'll want? Do you have a go-bag prepared with a change of clothes, a toothbrush, a shaving kit, extra medications, and family contact information? You may not know what to grab in the heat of the moment, so it's a good idea to plan ahead and identify items that are irreplaceable and documents that would make recovering from a fire easier.

Safety Meeting Outlines, Inc.

This Month's Meetings
326 - First Aid for Heat-Related Illnesses
103 - Roofing Safety
108 - Tilt-Up Safety
044 - Chisels, Screwdrivers & Sharp Points
047 - Handling Sharp Tools & Objects

Next Month's Meetings
324 - Stay Cool When It's Hot
187 - Pre-Task Plans
189 - Job Safety Analysis
197 - Job Safety Analysis II

Weekly Safety Meetings Select Edition
Safety Training for the Construction Industry

All Sealants, Inc.

Week of 7/3/2023

First Aid for Heat-Related Illnesses

Summer is here; do you know basic first-aid procedures for heat injuries? As a construction worker, it's likely that you will be working outside where temperatures will reach the high 90s or even low 100s. When you work in the sun, pay particular attention to how you feel under the effects of heat, and humidity. When you work tirelessly or carelessly in the summer heat, you are setting the stage for an accident or a heat-related illness.

Heat-related illnesses are a real danger during the hot months of summer. Don't take a "don't worry, you'll get used to the temperature" attitude.

Heat Stroke, or hyperthermia, is a life-threatening medical emergency that occurs when the body overheats and internal systems begin to shut down. Some of the signs and symptoms of heat stroke include hot, dry skin, rapid pulse and breathing, weakness, dizziness, strange behavior or hallucinations, unconsciousness, or any combination of these symptoms. If a victim's normal temperature is not quickly restored, the individual will die or be permanently disabled. All heat stroke victims need immediate medical treatment. If you suspect heat stroke: call 911. While you're waiting for paramedics to arrive, cool the victim by fanning, removing heavy clothing, and/or wetting his or her clothing.

Heat Exhaustion occurs when the body's heat-control mechanism is overactive. Signs and symptoms may include heavy sweating, intense thirst, cool and moist skin, weak and rapid pulse, fatigue, loss of coordination, or any combination of these symptoms. First-aid treatment includes moving the person to the shade, loosening clothing, elevating the legs, and cooling the victim by applying cold packs wrapped in towels or wet towels as soon as possible. Watch the individual for about 30 minutes. If his or her condition does not improve, seek medical attention.

Heat Cramps are painful muscle spasms or cramps in the abdomen, arms, or legs caused by an excessive loss of body fluid through sweating. Treatment for heat cramps is similar to that for heat exhaustion: rest in the shade and cool off. While heat cramps are painful, they don't usually result in permanent damage.

Consider the following guidelines to help you prevent heat-related emergencies. Keep out of direct sunlight during the hottest hours of the day (11am to 4pm). Wear lightweight cotton and light-colored clothing. Stay hydrated by drinking lots of water. Avoid alcohol, caffeinated drinks, and heavy meals during hot days. Pace yourself—take regular breaks to cool down. Seek prompt medical attention if you begin to feel ill.

Watch your co-workers for signs of heat-related illnesses. Remind them to stay hydrated and take frequent breaks.

SAFETY REMINDER

Summer also means protecting yourself against harmful sunlight. The sun's ultraviolet radiation can damage your skin and cause skin cancer. Wear sunscreen and cover up with protective clothing.

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SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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Weekly Safety Meetings Select Edition
Safety Training for the Construction Industry

All Sealants, Inc.

Week of 7/10/2023

Roofing Safety

Roofing work involves multiple hazards, so you have some pre-planning to do before you begin your roofing task. Whether you'll be installing plywood sheathing, tar, and gravel; rolling out felt; setting roofing tiles; or nailing shingles, you will need to make sure you follow safe work practices to eliminate roofing hazards.

Access: Ladders are the primary means to reach a roof. Make sure your ladder extends 36 inches above the landing and that it is secured to prevent it from falling over or sliding.

Power Lines: Always conduct a pre-hazard review of the roof that you are going to work on. If your work requires you to be in close proximity to power lines, keep all metal equipment (including ladders, cranes, and conveyors) away from them. When it's practical, contact the power company to see if the power can be temporarily shut off or if the lines can be insulated or relocated.

Fall Protection: Wear it, use it, and be sure to tie off when working on roofs. Identify anchorage points before you start your task. Install slide guards and catch platforms when you are working on low- or high-pitched roofs. Flat roofs will require a controlled work zone and a barrier six feet back from the edge. Make sure you can hear your roof monitor.

Respiratory Protection: If your work requires you to cut terracotta or concrete tiles, be sure to wear the right kind of respirator to limit your exposure to silica dust. Wet cutting is also a good practice to reduce the dust cloud so that other workers in the area aren't exposed to silica dust.

Fire Protection: When working with tar kettles, propane tanks, and flame heat torches, remember to have the correct size and type of fire extinguisher available nearby. Make sure you have a way (such as a cell phone) to contact the fire department should you have a fire. Never smoke around propane cylinders.

Personal Protective Equipment: Safety glasses, gloves, hearing protection, and fall protection will be necessary at some point during your roofing work. Do you have yours with you? Are you wearing it properly?

Holes and Skylights: Cover or barricade all holes, skylights, and other openings. Make sure the cover is secure and that it can withstand the weight of a worker.

SAFETY REMINDER

Don't forget about potential dangers to workers below.

When roofing is being removed, make sure roofing materials are dropped onto a designated and barricaded area.

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Week of 7/17/2023

Tilt-Up Safety

Tilt-up construction began in Southern California in the late 1950s as an economical and fast way to construct concrete walls for warehouses. Today it has become a multi-billion dollar industry, accounting for over 10,000 buildings a year. If you work on a site using tilt-up construction, make sure you recognize and understand the hazards involved.

Tilt-up is a method of construction in which wall panels are fabricated horizontally and then "tilted up" to form vertical walls. The wall panels are tilted onto footings, and wedges are used for alignment. Tilt-up walls are temporarily secured by bracing. The bracing can be removed **only after** a pour-back strip is installed, panels are grouted, and steel trusses are welded, connecting the wall panels to the roof. Otherwise, panels may be unstable and could collapse onto workers and equipment.

OSHA requirements for precast concrete in tilt-up construction state:

- **1926.704(a):** Precast concrete wall units, structural framing, and tilt-up wall panels shall be adequately supported to prevent overturning and to prevent collapse until permanent connections are completed.
- **1926.704(b):** Lifting inserts which are embedded or otherwise attached to tilt-up precast concrete members shall be capable of supporting at least two times the maximum intended load applied or transmitted to them.
- **1926.704(c):** Lifting inserts which are embedded or otherwise attached to precast concrete members, other than the tilt-up members, shall be capable of supporting at least four times the maximum intended load applied or transmitted to them.
- **1926.704(d):** Lifting hardware shall be capable of supporting at least five times the maximum intended load applied or transmitted to the lifting hardware.
- **1926.704(e):** No employee shall be permitted under precast concrete members being lifted or tilted into position except those employees required for the erection of those members.

When you work with this method of construction, make sure you don't stand where a precast tilt-up panel could come falling down on you. A falling panel can kill you instantly!

SAFETY REMINDER

If you see something that just doesn't look right, trust your instincts—stop and report it. Your action might prevent a fatality!

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All Sealants, Inc.

Week of 7/24/2023

Chisels, Screwdrivers & Sharp Points

Everyday you use tools that have sharp points and edges. It's a fair bet that most of us have been stabbed, nicked, or cut more than once. You can avoid most or all of these injuries by thinking before you use the tools.

Let's start with chisels. Before doing any kind of chiseling, put on safety glasses or goggles and make sure that the workpiece is securely braced or clamped. Check the condition of the chisel. It should have a sharp, properly ground cutting edge; sharp tools make cutting safer, faster, and easier. Check the head of the striking surface. If the head is mushroomed, chipped, or badly battered, the chisel should not be used until it is dressed.

Make sure you are using the proper chisel for the job. Cold chisels are used for cutting and chipping metal, and they should never be used on stone or concrete. Brick chisels are designed for scoring and cutting brick; they should never be used on metal. Wood chisels and gouges are for wood. Don't use a hammer or mallet on a push gouge; the impact will damage the handle. Never use a common nail hammer to strike a cold chisel—the hammer or chisel could chip causing eye, hand or face injuries. Instead, use a ball peen hammer of the proper size or a hand sledge. The face of the hammer should be larger than the head of the chisel.

How about screwdrivers? A screwdriver is just that: a screw-driver. It is not a "screw-chisel" or a "pry-driver". Screwdrivers are designed to drive and extract screws, so use them for those jobs and those jobs only! Use the right size and type of screwdriver. Do not hold the workpiece in the palm of your hand—the screwdriver may slip and injure you. For many of us, this would not be the first time! Do not use excessive force or pressure on any hand tool. Before you use a screw-driver, check it out. Inspect the blade and shaft for chips, cracks, or bends. Check the handle for cracks, missing chunks, splinters, and looseness. If the screwdriver is damaged or defective, fix it **before** you use it or get a new one.

People get stabbed, scratched, and cut by objects with sharp edges and points every day. Most of these injuries are minor, but if you fall and land on the business end of a center-punch, it won't have any trouble punching a hole in you. Pay attention to how you use, carry, and store tools with sharp points and edges like chisels, screwdrivers, punches, knives, ice picks, tin snips, needle-nose pliers, and even pens and pencils.

SAFETY REMINDER

Safety has no quitting time.
Practice safety on the job, on the road, and at home.

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Week of 7/31/2023

Handling Sharp Tools and Objects

Tools and materials with sharp edges are a necessary part of construction work. How many buildings would get built without saws, drills, knives, and nails? Keep in mind that those valuable sharp edges are also dangerous. When any of these sharp items aren't handled properly, they can cause serious cuts, punctures, and sometimes even life-threatening injuries.

Learn how to use, carry, and maintain sharp tools safely!

1. Use the right tool for the job. In other words, use tools in the way they were designed to be used.
2. Wear PPE like gloves, gauntlets, and chaps to prevent cuts.
3. When using a sharp tool, always cut away from your body.
4. Don't carry sharp tools in your pockets. Keep them in a tool belt, a leather sheath, or a tool holder.
5. Never run while carrying sharp tools.
6. Keep cutting edges sharp. Dull blades require more force and are more likely to slip and cause an injury.
7. Disconnect the power source before changing blades and cutters on power tools.
8. Blade holders make changing large cutters easier and much safer—use them whenever possible.

There are many other sharp edges and points on a construction site. There may be nails and screws lying on the ground or protruding from scrap lumber. There are sharp edges on rebar, the ends of pipe and conduit, HVAC ductwork, and metal studs. Whenever possible, guard or at least mark exposed sharp edges, especially when they are near walkways or work areas.

Storing sharp tools safely is very important. The alternative can be quite painful. What if someone left a bit in a drill and just dropped it into the gang box? Later you reach in to grab a pry bar and ram an 1/8th inch drill bit up under your fingernail. That would put a hole in your plans! Remove cutters, bits, and blades from tools before putting them away. Store the tools properly and put the cutters in boxes or cases. Store screwdrivers, chisels, punches, and awls with the points down. Keep the box neat. Use a box that's big enough that you can look in and see what you're reaching for and what's next to it.

SAFETY REMINDER

A sharp object is no match for a sharp mind.

Think while you're using sharp tools and you'll avoid injuries.

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