

SAFETY MEETING OUTLINES, INC.

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November 13, 2023

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No matter how much you may enjoy a cozy, snowy day at home, you probably don't love the extra chores that drop into your life when the snow falls.

Snowstorms can be bad for your health. Sometimes snow is light and fluffy, and you can sweep it away with a stiff broom, but other times it's heavy, slushy snow that's difficult to move. In addition, cold weather can increase your heart rate, raise your blood pressure, and cause your blood to clot more easily. Shoveling and moving heavy snow or pushing a heavy snowblower can cause sore muscles, strains, and sprains—and it can also cause a heart attack.

Before you clear that driveway, consider these safety points:

- Prepare for the work by taking a couple minutes to stretch.
- Wear the right PPE for shoveling snow: dress in layers, wear warm gloves with a good grip, and put on boots or shoes that have a good tread and will keep your feet warm.
- Choose the right tool. The perfect shovel for gardening probably isn't the best snow shovel. Get a snow shovel that has a curved handle to make lifting the snow easier on your back.
- Minimize lifting and throwing shovels of snow. Push snow the snow as much as possible, then lift small scoops, not full shovels.
- Use your leg muscles to lift shovelfuls of snow, not your back. Keep your back straight and make sure you always have a good footing.
- Stop shoveling and call 911 if you experience heart attack symptoms. Those symptoms include chest pain; discomfort in one or both arms, the back, neck, jaw, or stomach; shortness of breath; cold sweat; nausea; and light-headedness.
- Walk like a penguin when you have to walk on a slippery surface. Spread your feet out like a duck, keep your center of gravity over your front leg, take small steps, and keep your hands out of your pockets.
- Take lots of breaks to rest. Ask for help from friends and neighbors.
- Shovel snow soon after it stops snowing, while it's still soft. Icy, old snow can be harder to move.
- Follow LOTO procedures if you have to clear a jam in your snow blower or snow thrower.

Beware of overexertion. Nobody wants to think that they're so out-of-shape they can't clear snow off the driveway. But think of it this way: if you don't exercise regularly, would you expect to be able to walk into a gym and spend 90 minutes lifting weights without hurting yourself? It's important to know your limits and take care of yourself.

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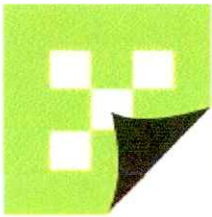
This Month's Meetings

322 - Cold Weather
002 - Slips & Trips
005 - Fall Protection
020 - Fall Protection Systems

Next Month's Meetings

291 - Housekeeping & Cleanliness
294 - Housekeeping on the Jobsite
167 - First Aid Kits
282 - Off-the-Job Safety I
283 - Safety Off the Job





Cold Weather

Winter has arrived. As a construction worker, you have to work in the elements; therefore, you have to protect yourself from the cold weather. Prolonged exposure to freezing temperatures can result in health problems such as trench foot, frostbite, and hypothermia. The effects of cold weather are not trivial; more than 700 people die of hypothermia in the United States each year.

During cold weather, about 60% of your body's fuel is used to heat the body. Because so much energy is used to keep you warm, you get tired more easily and are susceptible to cold-related, and other illnesses. Here are a few tips to remember:

- Give your body time to acclimate to the cold.
- Take regular breaks to help your body warm up—preferably in a warm location such as an office, trailer, or car.
- When possible, limit the amount of work you do outdoors in the elements.
- Try to perform your outdoor work during the warmest part of the day.
- Drink warm liquids such as coffee, cocoa, or soup. Staying hydrated can help you stay warmer.

Wearing the right clothing is extremely important when you are exposed to cold temperatures. Prevent cold-related

disorders by wearing three layers of clothing. The outer layer should protect you from the wind and moisture but still allow some ventilation. The second layer needs to absorb sweat but insulate as well. The innermost layer should insulate and draw moisture away from your skin to keep you warm and dry—silk, wool, and synthetics work well. Multiple thin layers can be very practical and convenient because you can add or remove them as you get cooler or warmer throughout the day.

Remember to protect your hands, feet, face, and head. Wear waterproof boots with two pairs of socks. The inner pair should be silk or synthetic liners and the outer pair wool. Wear gloves anytime the air temperature drops below 40° Fahrenheit. Be aware that wearing gloves can reduce your grip and tools can slip out of your hands more easily. You lose a lot of body heat when your head is exposed. Wear a liner under your hard hat to preserve your body heat.

Replace or remove any clothing that becomes wet. Learn to recognize the symptoms of hypothermia and frostbite.

SAFETY REMINDER

Frost, snow, or ice on your car or pickup?

Clean *all* the windows and mirrors, not just the windshield, and don't forget the headlights and taillights.

NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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

REVIEWED SDS #

SUBJECT:

MEETING DOCUMENTATION:

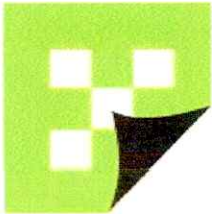
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MEETING DATE:

SUPERVISOR:

ATTENDEES:

These instructions do not supersede local, state, or federal regulations.



Slips and Trips

Falls remain the leading cause of death in the construction industry. Workers continue to die as a result of slips, trips, and falls, and too many others suffer disabling injuries. It's important to be aware of the factors that contribute to these slips, trips, and falls, so we can all work to prevent these accidents and injuries on the jobsite.

There are two general types of falls: *same-level falls* and *elevated falls*. Same-level falls include slips and trips; while elevated falls involve falls from ladders, an upper level, scaffolds, falls on stairs, etc. Same-level falls are more frequent on a construction site, though elevated falls are potentially more severe. Today, our safety meeting will focus on samelevel falls and how to prevent them. So let's look at slips and trips.

Slips are caused by slippery surfaces and/or wearing the wrong footwear. They occur when there is not enough traction between a person's foot and a walking surface. Slips usually result in a backward fall. Clean, dry walking surfaces provide the best traction. Wet, icy, muddy, or oily surfaces have low traction and can cause slips. Small items that can roll under your foot, like screws, nails, and short pieces of conduit also cause slips. To prevent slips, avoid walking on slippery surfaces and promptly clean up all spills. Make sure your work boots have slip-resistant soles.

Trips occur when one foot strikes an object and stops suddenly, causing the upper body to be thrown forward. Two

of the most common contributing factors are poor house-keeping and inadequate lighting. Make sure all passageways and walkways are well lit. Keep all walking and working surfaces clear of obstructions. Put trash in trash bins. Place extension cords, power cables, and air hoses away from walkways and doorways. Pick up unused materials or tools. Dispose of scrap and packing materials, especially banding, strapping, and wrap that can entangle your feet.

Although our goal is to prevent falls, knowing *how to fall* may help reduce injuries: Keep your elbows, knees, and wrists bent. Don't try to break your fall with your hands or elbows. Tuck in your chin and protect your head with your arm. It's better to fall on your arm than on your head. If you can, land on your side instead of on your back.

Preventing slips and trips isn't rocket science; it takes a little attention and a little effort. Stay alert as you walk and work on the jobsite. Practice good housekeeping all the time. Watch where you're going and notice what's around you. Ask a co-worker for help when you carry an oversized object that can obstruct your view.

SAFETY REMINDER

Report all slips, trips, and falls to your supervisor, even if you don't think you suffered any injuries.

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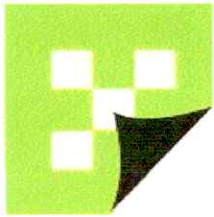
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Fall Protection

Construction workers are exposed to all kinds of potential falls on a daily basis. Despite continued education and training, falls continue to be a major cause of construction fatalities. Fall protection is required any time work is performed more than six feet above the ground. It is important for every construction worker to understand the basics of fall protection and to practice good fall prevention. Several different systems can be used to provide fall protection. Three of the most common are guardrails, safety net systems, and personal fall arrest systems.

A typical **guardrail** is usually constructed out of lumber and consists of a top rail, a mid rail, and a toeboard. These are attached to vertical posts that are spaced no more than 8' apart. The height of the top rail is 42" (plus or minus 3") and the mid rail is installed at 21". The toeboard is placed at floor level to prevent tools and materials from falling over the edge. The top rail must withstand a 200 lb. impact and the mid rail must withstand a 150 lb. impact.

The second type of fall protection is a **safety net system**. Nets must be installed as close as possible below the surface where people are working, but never more than 30' below that work surface. Mesh openings cannot be larger than 36 square inches. The openings cannot be longer than 6" on any side and the distance between the centers

of adjacent openings cannot be greater than 6". A safety net system must be able to catch a 400 lb. sand bag. Every net system must be inspected once a week. Additional requirements can be found in 29 CFR 1926.502(c).

The third type of fall protection is the **personal fall arrest system**. A personal fall arrest system consists of some combination of an anchorage, connectors, a lanyard, a deceleration device, a lifeline, and a full body harness. Each of the components must have a tensile strength of at least 5000 lbs. to meet OSHA regulations. Remember to inspect your personal fall arrest system components before and after each use. Personal fall arrest systems are becoming more and more prevalent in construction.

Most construction work can be accomplished safely using guardrail systems; however, there are times when safety net systems, personal fall arrest systems, or other fall protection systems are required or are more appropriate. If you have any fall protection questions check with your supervisor or review subpart M of the OSHA regulations starting at 29 CFR 1926.500.

SAFETY REMINDER

Body belts cannot be used to arrest falls!

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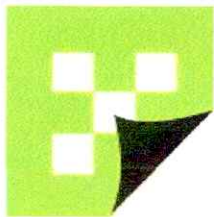
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Fall Protection Systems

If you've ever considered not using a fall protection system when you work at heights, consider this—it takes half a second for your body to fall 8 feet, and only 2 seconds to fall 128 feet. So if you think you're going to be fast enough to grab onto something before you fall too far, think again! Fatal falls in the construction industry most often occur from buildings, structures, scaffolds, and ladders. You should always be aware of the potential fall hazards in your work environment. When you can't avoid being exposed to fall hazards, you can prevent injuries and death by using one of the fall protection systems available for your safety.

Anytime you are exposed to a fall of 6 feet or more, you must be protected by at least one of these fall protection systems:

Guardrail Systems: Guardrails protect you by keeping you away from edges where you could fall to a lower level. According to OSHA regulations, a guardrail must be capable of withstanding at least 200 pounds of force applied within 2 inches of the top edge. Make sure guardrails are properly constructed and placed where they're needed.

Safety Net Systems: Safety nets protect you after you fall. They are designed to stop the fall before you hit the surface below. OSHA requires that safety nets be installed as close

as is practical under the surface on which you are working, but no more than 30 feet below. Safety nets should be inspected once a week for damage, wear, and deterioration.

Personal Fall-Arrest Systems: A personal fall-arrest system also stops you during a fall. It consists of an anchorage, connectors, and a body harness, and may also include a lanyard, a deceleration device, lifeline, or a combination of these. Personal fall-arrest systems only work if they're worn and used properly. Don't take any chances.

It's important that you follow your employer's and the manufacturer's instructions and recommendations for using all fall protection systems. Fall protection equipment must be inspected before each use. System components should be compatible with each other to be effective. Make sure you are fully trained to use all the equipment and that you know the intended use of each part of the fall protection system. Always follow safe work practices. If you have any questions about fall protection, ask your supervisor. Don't let lack of knowledge be your downfall.

SAFETY REMINDER

Become familiar with the fall protection plan at your jobsite. You'll need to know the rescue plan in case a co-worker falls and is hanging suspended in a harness.

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