WEEKLY SAFETY MEETING

FOR THE CONSTRUCTION INDUSTRY

Volume 29 **Number 14** **April 3, 2006**

 PO Box 700, Frankfort, IL 60423 815-464-0200 www.safetymeetingoutlines.com

Mid South Sign Association Job Name _____ Date _____

WORK ZONE SAFETY

A work zone is an area of a highway, street, or road where construction, maintenance, or utility work is taking place. If you are a construction worker engaged in roadway work, highway maintenance, or pavement striping, you should be well aware of the potential hazards involved in and around work zones. As a motorist, when you drive through a work zone, give construction workers the same consideration you would want them to give you.

If you know you'll be working in or near a work zone, be sure you follow your employer's personal protective equipment requirements as well as the Manual on Uniform Traffic Control Devices. Always try to put a physical barrier between yourself and the motoring public. Never stand in an open traffic lane. Plan a quick escape route for emergencies. Wear high-visibility clothing and headgear such as a vest, shirt, jacket, or hat to make yourself visible to oncoming traffic. Be on the lookout for danger at all times and check your surroundings often. Remember it takes over 300 feet for a car traveling at 70 miles per hour on a dry road to come to a complete stop, and 75 feet for a car traveling at 30 miles per hour.

Anytime you drive through a construction zone, you must drive defensively. Pay attention to the orange signs; they indicate work zones. Stay alert and give your full attention to the road and your driving. Don't make or receive phone calls. Turn on your headlights so workers and other drivers can see you. Be patient and don't tailgate. Always expect the unexpected. Keep an eye out for workers and their equipment. Slow down to the posted speed limits. Obey all signs as well as directions given by work zone flaggers. Remember that work zones are a necessary inconvenience to improve roads and make them safer. Keep in mind that stopping distances increase when you drive on wet or slippery roads. Adjust your speed according, to changing road conditions.

Additional work zone safety information can be found on websites for the American Road and Transportation Builders Association (ARTBA), American Traffic Safety Services Association (ATSSA), Federal Highway Administration (FHWA), individual State Departments of Transportation (DOT), and local highway agencies. Remember that one second of distraction when you're working or driving near a work zone could prove deadly. Protect yourself from becoming a victim of an accident or causing serious injuries to workers—think about work zone safety.

SAFETY REMINDER **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.**

Special Topics For Your Project _____

Employee Safety Recommendations _____

S.A.F.E. Cards® planned for this week _____

Reviewed MSDS # _____ Subject _____

Meeting Attended By _____ _____

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Supervisor's Signature _____

WEEKLY SAFETY MEETING

FOR THE CONSTRUCTION INDUSTRY

Volume 29 **Number 15** **April 10, 2006**

 PO Box 700, Frankfort, IL 60423 815-464-0200 www.safetymeetingoutlines.com

Mid South Sign Association Job Name _____ Date _____

OSHA TOP TEN SAFETY VIOLATIONS

The "OSHA Top Ten" is a list of the most frequently cited standards during inspections conducted in the previous year. This list includes OSHA standards repeatedly violated from October 2004 to September 2005. You might recognize many of these standards from Top Ten lists of previous years.

1.	1926.451	Scaffolding	Cited 9379 times
2.	1926.501	Fall Protection Scope/Applications/Definitions	Cited 6373 times
3.	1926.1053	Ladders	Cited 2368 times
4.	1926.651	Excavations, General Requirements	Cited 2014 times
5.	1926.503	Fall Protection Training Requirements	Cited 1747 times
6.	1926.20	General Safety & Health Provisions	Cited 1736 times
7.	1926.100	Head Protection	Cited 1688 times
8.	1910.1200	Hazard Communication	Cited 1628 times
9.	1926.453	Manually Propelled Mobile Ladder Stands & Scaffolds	Cited 1466 times
10.	1926.652	Excavations, Requirements for Protective Systems	Cited 1421 times

Many of these safety violations fall into general categories that relate to working above ground, below ground, with chemicals, and using personal protective equipment. Falls continue to be the leading cause of death in the construction industry. Learn the requirements for properly positioning ladders and for safe scaffold construction. Always wear fall protection to prevent your body from hitting the ground when you're working at heights. When working in trenches and excavations, protect yourself from hazards such as cave-ins, asphyxiation, drowning, and electrocution. Before handling hazardous chemicals, make sure you review and understand the Material Safety Data Sheet. Wear the necessary personal protective equipment, and **always** wear your hard hat.

SAFETY REMINDER

If OSHA standards are "just Greek to you"
you need to learn more—see your supervisor.
Following those standards can protect your life and your job!

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

Volume 29 **Number 16** **April 17, 2006**

 PO Box 700, Frankfort, IL 60423 815-464-0200 www.safetymeetingoutlines.com

Mid South Sign Association Job Name _____ Date _____

READING MATERIAL SAFETY DATA SHEETS

Reading a Material Safety Data Sheet (MSDS) is critical to your well-being because it provides information you need in order to work safely with hazardous substances on a construction site.

Review the MSDS when you work with a hazardous chemical. Always consider the specific circumstances of each use. For instance, if there are ignition sources in your work area, you'll want to check whether the material is flammable or requires additional ventilation. You should also check that you're wearing all the necessary personal protective equipment and that you know what to do in case of a spill. You may be surprised to find that you've been overlooking a safety precaution.

Anytime you use a chemical for the first time, you must read the MSDS carefully and completely. Understanding the information on an MSDS is very important. An MSDS is split into the following sections:

Section I–Supplier's Information: gives you the name, address, and phone number of the company that makes the chemical, and the date the MSDS was prepared.

Section II–Hazardous Ingredients/Identity Information: identifies hazardous components and safe exposure limits.

Section III–Physical/Chemical Characteristics: tells you specific properties of the chemical, such as boiling point, melting point, vapor density, and specific gravity.

Section IV–Fire and Explosion Hazard Data: indicates the chemical's flash point and its flammable and explosion limits. This section also tells you what to use to put out a fire caused by the chemical, and provides firefighting procedures.

Section V–Reactivity Data: lets you know if the chemical will react when mixed with air, water, or other chemicals. It also lists conditions to avoid when using it.

Section VI–Health Hazard Data: provides information on whether the chemical can get into your body through inhalation, ingestion, or absorption. This section also provides first aid information.

Section VII–Precautions for Safe Handling and Use: suggests ways to handle the chemical safely, and tells you how to store it, dispose of it, and safely clean up spills.

Section VIII–Control Measures: discusses personal protective equipment, ventilation, and hygienic practices.

After reading an MSDS, practice chemical safety!

SAFETY REMINDER

An MSDS is useless if you don't understand what you've read.
If you are confused about anything in an MSDS,
talk to your supervisor before using the chemical.

Special Topics For Your Project _____

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Employee Safety Recommendations _____

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S.A.F.E. Cards® planned for this week _____

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Meeting Attended By _____ _____

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Supervisor's Signature _____

WEEKLY SAFETY MEETING

FOR THE CONSTRUCTION INDUSTRY

Volume 29 **Number 17** **April 24, 2006**

 PO Box 700, Frankfort, IL 60423 815-464-0200 www.safetymeetingoutlines.com

Mid South Sign Association Job Name _____ Date _____

EXCAVATIONS AND TRENCHES

If your work involves digging ditches, excavations, or working in trenches, familiarize yourself with the protective systems and equipment designed to keep you safe. **You** are the person most invested in preventing cave-ins and other dangers, so recognize the hazards involved and take steps to help your employer ensure your safety.

The Occupational Safety & Health Administration (OSHA) defines an **excavation** as any man-made cut, cavity, trench, or depression in an earth surface, formed by earth removal. A **trench** is defined as a narrow excavation made below the surface of the ground. Generally, a trench is deeper than it is wide, and is no wider than 15 feet.

Cave-ins pose the greatest risk to construction workers and are more likely to result in worker fatality than any other excavation-related accident. OSHA requires that all excavations in which employees could potentially be exposed to cave-ins be protected by one of these methods:

- **Sloping or benching**: forming an incline or horizontal levels on the sides of an excavation.
- **Shoring**: using site-built structures (often timbers and planks or plywood) to support the sides of an excavation.
- **Shielding**: using permanent or portable structures called trench boxes or trench shields to prevent the walls of the excavation from collapsing on workers.

Other potential hazards include falls, falling loads, hazardous atmospheres, drowning, and contact with underground power lines. A competent person will inspect excavations and nearby areas daily for possible cave-in hazards, failures of protective systems or equipment, and other hazardous conditions. But you should take an active role in ensuring your own safety. Be aware of your surroundings and remain attentive for signs of danger.

Although it's your employer's responsibility to ensure that there is safe access and egress for excavations 4 feet or deeper, you'll be the one working in the trench. Know the rules and requirements and make sure you have a safe way of getting in and out using ladders, steps, or ramps. Your life may depend on how quickly you can climb out of the excavation should the walls begin to collapse.

When you're working in a trench, always be alert for signs or sounds that may indicate a possible collapse. Before a bank gives way, there are some warning signs including flaking, when small bits of earth or rock fall from the wall. If you notice this happening, **get out right away!**

SAFETY REMINDER

Never enter an unprotected trench!
For more information on trenches and excavations, see Subpart P of 29 CFR 1926 at www.osha.gov.

Special Topics For Your Project _____

Employee Safety Recommendations _____

S.A.F.E. Cards® planned for this week _____

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Supervisor's Signature _____