



Wiring a green tomorrow



Joint Safety Committee  
Oregon Pacific-Cascade Chapter, NECA  
IBEW Local 659  
Tuesday July 23<sup>rd</sup> , 2024  
Meeting MINUTES

Roll call: meeting called to order in person  
Approval of previous Meeting Minutes

### **Communications**

We discussed how May safety week went. I will get better at scheduling. It appears that some were not informed of the walks. In addition, we reviewed Heat stress and the few ways to satisfy the standard and Wildfire smoke.

[https://youtube.com/watch?v=cP\\_LBHQ9Svs&si=uQ-BY9xocLJGswB6](https://youtube.com/watch?v=cP_LBHQ9Svs&si=uQ-BY9xocLJGswB6)

Please see NECA web portal for downloads

### **OSHA Injury/Incidents (July-December)**

Recordable

- 1.1 Right side chest strain drilling up on a ladder 7.22
- 1.2 Left middle finger dislocated while reversing drill, glove got caught 7.31

First Aid/Near-miss

1.3

**Class Schedule-** Posted online

**Next Meeting** – August 27<sup>th</sup> , 2024

### **Adjournment**

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Derek Burr in for Vaughn Pugh  
Integrity Safety-Consultant

August 9, 2024



Wiring a green tomorrow



Joint Safety Committee  
Oregon Pacific-Cascade Chapter, NECA  
IBEW Local 659  
Tuesday August 27<sup>th</sup> , 2024  
Meeting AGENDA

Roll call: meeting called to order, In-Person and Zoom  
Approval of previous Meeting Minutes

**1.0 Communications**

- 1.1 Please check out NECA website for supplementary materials
- 1.2 How we doing on any needs you might have that I can help?

**2.0 New Business- (safety packets distributed)**

- 2.1 Remote and solo workers
- 2.2 Selected items from Safety Packet
- 2.3 Other items

**3.0 OSHA Injury/Incidents (July-December)**

Recordable

- 3.1 Right side chest strain drilling up on a ladder 7.22
- 3.2 Left middle finger dislocated while reversing drill, glove got caught 7.31

First Aid/Near-miss

3.3

**4.0 Class Schedule- Posted online**

*All NECA Contractors are reminded that work related accidents and incidents should be reported via the Accident/ Incident report to the NECA office for consideration by the committee. If you need a copy of the report, contact the Chapter office.*

***IMPORTANT REMINDER:** The variance granted to NECA/IBEW by OR-OSHA requires participation by both Labor and Management Representatives at the Joint Innovative Safety Committee. For the Committee to be viable and provide assistance to Contractors and IBEW Members we need to have consistent attendance of all committee members.*

**Next Meeting: September 24<sup>th</sup>, 2024**



POWERFUL TRADITION ELECTRIFYING FUTURE  
OREGON PACIFIC-CASCADE CHAPTER

# **Safety Meeting Packet**

## **August 2024**

1040 Gateway Loop, Suite A ♦ Springfield, OR 97477

541-736-1443 Office ♦ 541-736-1449 Fax

**2024 LABOR HOURS RECAP  
ALL SIGNATORY CONTRACTORS**

**Local 280**

Contract Type	Annual Total		Average Hrs/Mo	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Inside	558,853	6	93,142	74,012	101,934	100,773	87,884	98,875	95,375						
Inside Appr.	156,812	6	26,135	18,960	26,703	29,014	24,119	27,498	30,518						
MAI	0	0	#DIV/0!	0	0	0	0	0	0						
Material	36,337	6	6,056	5,609	6,660	6,323	5,321	6,074	6,350						
Residential	56,086	6	9,348	6,746	12,107	9,655	8,335	10,120	9,123						
Residential Appr.	29,209	6	4,868	3,512	5,006	5,602	4,412	5,080	5,597						
S & C	99,689	6	16,615	13,307	17,510	18,882	16,439	17,807	15,744						
S & C Appr.	29,753	6	4,959	3,633	4,927	5,131	4,877	5,833	5,352						
Support Tech/MOU	32,829	6	5,472	5,417	7,965	8,376	5,621	2,967	2,483						
<b>TOTAL 280</b>	<b>999,568</b>	<b>6</b>	<b>166,595</b>	<b>131,196</b>	<b>182,812</b>	<b>183,756</b>	<b>157,008</b>	<b>174,254</b>	<b>170,542</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Total NECA</b>	<b>884,463</b>	<b>6</b>	<b>147,411</b>	<b>114,608</b>	<b>160,181</b>	<b>163,168</b>	<b>138,068</b>	<b>156,810</b>	<b>151,628</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>% NECA</b>	<b>88.48%</b>	<b>6</b>		<b>87.36%</b>	<b>87.62%</b>	<b>88.80%</b>	<b>87.94%</b>	<b>89.99%</b>	<b>88.91%</b>	<b>#DIV/0!</b>	<b>#DIV/0!</b>	<b>#DIV/0!</b>	<b>#DIV/0!</b>	<b>#DIV/0!</b>	<b>#DIV/0!</b>

**Local 659**

Contract Type	Annual Total		Average Hrs/Mo	Jan	Feb	March	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Inside	112,424	6	18,737	14,003	19,007	21,836	18,414	21,394	17,770						
Inside Appr.	43,428	6	7,238	5,743	6,772	8,892	7,354	8,059	6,608						
Material	2,761	6	460	300	378	565	493	585	440						
Residential	2,260	6	377	381	392	57	453	516	461						
Residential Appr.	1,917	6	320	366	332	391	318	302	208						
S & C	5,173	6	862	584	861	958	998	1,026	746						
S & C Appr.	7	1	7	0	0	0	0	7	0						
<b>Total 659</b>	<b>167,970</b>	<b>6</b>	<b>27,995</b>	<b>21,377</b>	<b>27,742</b>	<b>32,699</b>	<b>28,030</b>	<b>31,889</b>	<b>26,233</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Total NECA</b>	<b>127,416</b>	<b>6</b>	<b>21,236</b>	<b>15,350</b>	<b>20,963</b>	<b>25,542</b>	<b>21,036</b>	<b>24,950</b>	<b>19,575</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>% NECA</b>	<b>76%</b>	<b>6</b>		<b>72%</b>	<b>76%</b>	<b>78%</b>	<b>75%</b>	<b>78%</b>	<b>75%</b>	<b>#DIV/0!</b>	<b>#DIV/0!</b>	<b>#DIV/0!</b>	<b>#DIV/0!</b>	<b>#DIV/0!</b>	<b>#DIV/0!</b>

**Local 932**

Contract Type	Annual Total		Average Hrs/Mo	Jan	Feb	March	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Inside	69,347	6	11,558	10,071	11,612	12,194	11,305	12,095	12,070						
Inside Appr.	26,389	6	4,398	3,824	4,504	5,168	4,253	4,472	4,168						
Residential	1,531	5	306	0	327	145	392	173	494						
Residential Appr.	3,895	6	649	378	545	580	699	762	931						
S & C	4,590	6	765	455	975	985	800	844	531						
S & C Appr.	1,250	5	250	0	184	397	235	186	248						
<b>Total 932</b>	<b>107,002</b>	<b>6</b>	<b>17,834</b>	<b>14,728</b>	<b>18,147</b>	<b>19,469</b>	<b>17,684</b>	<b>18,532</b>	<b>18,442</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Total NECA</b>	<b>85,458</b>	<b>6</b>	<b>14,243</b>	<b>11,471</b>	<b>13,943</b>	<b>16,524</b>	<b>13,713</b>	<b>14,693</b>	<b>15,114</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>% NECA</b>	<b>80%</b>	<b>6</b>		<b>78%</b>	<b>77%</b>	<b>85%</b>	<b>78%</b>	<b>79%</b>	<b>82%</b>	<b>#DIV/0!</b>	<b>#DIV/0!</b>	<b>#DIV/0!</b>	<b>#DIV/0!</b>	<b>#DIV/0!</b>	<b>#DIV/0!</b>

<b>Grand Total</b>	<b>1,274,540</b>	<b>6</b>	<b>212,423</b>	<b>167,301</b>	<b>228,701</b>	<b>235,924</b>	<b>202,722</b>	<b>224,675</b>	<b>215,217</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Total NECA</b>	<b>1,097,337</b>	<b>6</b>	<b>182,889</b>	<b>141,429</b>	<b>195,087</b>	<b>205,234</b>	<b>172,817</b>	<b>196,453</b>	<b>186,317</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Total % NECA</b>	<b>86%</b>			<b>85%</b>	<b>85%</b>	<b>87%</b>	<b>85%</b>	<b>87%</b>	<b>87%</b>	<b>#DIV/0!</b>	<b>#DIV/0!</b>	<b>#DIV/0!</b>	<b>#DIV/0!</b>	<b>#DIV/0!</b>	<b>#DIV/0!</b>

**2024 LABOR HOURS RECAP  
NECA MEMBERS  
Local 280**

Contract Type	Annual Total		Average Hrs/Mo	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Inside	493,911	6	82,319	64,139	91,106	89,245	76,790	87,341	85,290						
Inside Appr.	137,688	6	22,948	15,966	23,445	25,431	20,953	24,348	27,545						
MAI	0	0	#DIV/0!	0	0	0	0	0	0						
Material	32,368	6	5,395	5,160	6,095	5,686	4,578	5,365	5,484						
Residential	34,830	6	5,805	3,854	5,927	6,615	5,602	6,559	6,273						
Residential Appr.	23,661	6	3,944	2,462	4,171	4,728	3,450	4,126	4,724						
S & C	100,331	6	16,722	13,048	17,217	18,487	16,209	20,289	15,081						
S & C Appr.	30,713	6	5,119	4,932	4,871	5,030	4,865	5,815	5,200						
Support Tech/MOU	30,961	6	5,160	5,047	7,349	7,946	5,621	2,967	2,031						
<b>Total 280</b>	<b>884,463</b>	<b>6</b>	<b>147,411</b>	<b>114,608</b>	<b>160,181</b>	<b>163,168</b>	<b>138,068</b>	<b>156,810</b>	<b>151,628</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

**Local 659**

Contract Type	Annual Total		Average Hrs/Mo	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Inside	86,513	6	14,419	10,417	14,765	17,052	13,696	17,004	13,579						
Inside Appr.	31,809	6	5,302	3,956	4,798	6,718	5,576	6,085	4,676						
Material	1,733	6	289	112	208	407	315	408	283						
Residential	1,542	6	257	181	219	309	301	305	227						
Residential Appr.	639	6	107	100	112	98	150	115	64						
S & C	5,173	6	862	584	861	958	998	1,026	746						
S & C Appr.	7	1	7	0	0	0	0	7	0						
<b>Total 659</b>	<b>127,416</b>	<b>6</b>	<b>21,236</b>	<b>15,350</b>	<b>20,963</b>	<b>25,542</b>	<b>21,036</b>	<b>24,950</b>	<b>19,575</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

**Local 932**

Contract Type	Annual Total		Average Hrs/Mo	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Inside	55,976	6	9,329	7,733	9,157	10,537	8,931	9,643	9,975						
Inside Appr.	21,998	6	3,666	3,173	3,714	4,392	3,547	3,684	3,488						
Residential	318	2	159	0	0	0	40	0	278						
Residential Appr.	1,573	6	262	110	160	213	160	336	594						
S & C	4,311	6	719	455	696	985	800	844	531						
S & C Appr.	1,282	5	256	0	216	397	235	186	248						
<b>Total 932</b>	<b>85,458</b>	<b>6</b>	<b>14,243</b>	<b>11,471</b>	<b>13,943</b>	<b>16,524</b>	<b>13,713</b>	<b>14,693</b>	<b>15,114</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

<b>Grand Total</b>	<b>1,097,337</b>	<b>6</b>	<b>182,889</b>	<b>141,429</b>	<b>195,087</b>	<b>205,234</b>	<b>172,817</b>	<b>196,453</b>	<b>186,317</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
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**IBEW LABOR HOUR RECAP, LAST 5 YEARS  
NECA MEMBERS**

Year	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
2020	224,793	255,228	246,899	167,739	169,124	172,186	203,008	209,747	162,195	231,451	191,467	211,496	2,445,333
2021	155,621	179,811	191,728	222,543	209,809	200,925	230,497	220,284	207,617	257,240	211,910	267,914	2,555,899
2022	200,781	258,477	283,378	281,632	262,988	265,819	299,942	291,978	313,319	307,499	260,351	297,345	3,323,509
2023	215,802	239,551	272,356	246,545	224,536	267,655	201,078	235,387	221,981	208,090	193,061	220,445	2,746,487
2024	141,429	195,087	205,234	172,817	196,453	186,317	0	0	0	0	0	0	1,097,337
<b>Grand Total</b>	<b>938,426</b>	<b>1,128,154</b>	<b>1,199,595</b>	<b>1,091,276</b>	<b>1,062,910</b>	<b>1,092,902</b>	<b>934,525</b>	<b>957,396</b>	<b>905,112</b>	<b>1,004,280</b>	<b>856,789</b>	<b>997,200</b>	<b>12,168,564</b>



# **Safety Training Topics**

September 2024

Slipping Hazards

Ladder Safety

Distractions on the Job

Fall Protection

Sun Exposure

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# SAFETY TRAINING TOPIC

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## Slipping Hazards

### **OIL, WATER, AND OTHER LIQUIDS**

Don't ignore floor puddles in the belief they will evaporate. If you came across a puddle before it evaporated, so can someone else. That person might not be as lucky as you.

Don't ignore spills. If you see a spill, clean it up. If it is too large to clean up, call for help or report it to the person in charge of the area.

If you clean up oil, surfactant, soap, or some other substance that tends to stick to surfaces, don't just wipe up what's visible and walk off. Make sure the floor is no longer slippery. A technique that often works is to grind oil absorbent or cat litter into the place where the substance was. Dispose of oil into approved containers only.

When cleaning up a spill, avoid stepping in it. That way, you don't track the mess to other areas or slip while attempting to clean up.

After a wire pull, ensure you have wiped up the lubricant.

### **GRIME, DUST, GRAVEL, OIL-DRY AND OTHER SOLIDS**

General housekeeping will remove these hazards from floors. For example, lean up wire scraps after wire pulls and terminations.

Outdoors, loosely-packed gravel is always a hazard-be extra cautious.

### **MUD, GRASS, ICE, AND OTHER SLIPPERY SURFACES**

If you work outside, you may work on mud, grass, or ice. Each of these surfaces is slippery enough for you to fall and suffer serious injury. Take extra precautions such as carrying smaller loads, taking smaller and more deliberate steps, and being especially aware of your center of gravity.

A big danger from mud is mud caked on your shoes after you leave the muddy area. It can act like grease under your shoes as soon as you step from rough outdoor terrain onto a cement or tile floor. Clean your shoe bottoms before going inside.

### **CARRYING THINGS**

Nobody will give you a medal for playing Superman. How much you can carry is not as important as how much you can carry safely. If you are working around slippery surfaces, reduce how much you carry. Using a cart or other such device will help.

Don't carry loads that force you to lean back and thereby raise your center of gravity.



The amount of time on a slippery surface is less of a slipping issue than the degree to which you are off balance. You are better off crossing the surface many times while balanced than just once while unbalanced.

## **YOUR SHOES**

If the bottoms are worn smooth or cracked, or if the heels show excessive wear on one side, replace your shoes.

Your feet should not move inside your shoes. If they do, you will be more prone to falling.

## **HOW YOU WALK**

Most people do not really walk. They fall forward onto the foot that is out in front. This is why people fall when walking on ice. If you pay close attention to how you walk, you can overcome this type of walking and make yourself more slip-proof. The idea is to get your center of gravity in a neutral position, rather than out in front of you.

Walking with your head up, chest out, back straight-think military posture- greatly reduces your odds of falling if your feet slip. This posture moves your center of gravity to the center, rather than the front.

Walk across a dusty floor or in snow, and then look at your footprints. Which way do your feet point? If they point any direction other than dead ahead, you have a foot alignment problem. Work on correcting your foot position so your heel and toe are in alignment with the direction you are walking.

If your head bounces up and down when you walk, that means you are moving your center of gravity up and down. Put a book on your head and practice walking with it. This will correct most walking deficiencies.

If you smoke, allow for extra caution. Smokers have a compromised sense of equilibrium because of blockages in the various passageways that form part of the body's system for sensing position.

You can reduce slipping hazards on especially treacherous turf by walking with your knees bent as though you are riding a horse. Martial artists call this the horse stance. It is nearly impossible for one person to knock down another person who is in this stance, and for that reason it is a good way to stand if you must traverse a slippery surface. You may look funny doing it, but you won't fall. It worked for Bruce Lee.

**REVIEW AND DISCUSSION**

- Should you just let a water puddle on the floor evaporate?
- What should you do if a spill is too large to clean up?
- How should you dispose of oil?
- Where does housekeeping fit into the idea of slipping hazards?
- If you are going to cross a slippery surface, should you carry one big load or two smaller ones across it?
- Do your shoes matter? In what ways?
- What should you try to keep from being out in front of you when you walk?
- How should your feet point when you walk?
- How can a book help you walk more safely?
- What is the horse stance, and how can it help you not fall?

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# SAFETY TRAINING TOPIC

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## Ladder Safety

### GENERIC LADDER SAFETY

Never use aluminum ladders for electrical work or in the vicinity of power sources. Use a wood or fiberglass ladder, instead.

Never use a painted wooden ladder. Among the dangers: the paint may be electrically conductive, and it reduces the friction needed for your hands and feet to stay in place on the ladder.

Do not put your arms between the side rails when carrying a ladder. Doing so makes you vulnerable in injuries such as a torn rotator cuff.

Carry a ladder with its feet pointed forward. When you set the ladder down from this position, its feet are already in place. If you carry the ladder with the feet pointed behind you, you'll be tempted to swing the ladder in a dangerous manner or you'll need to set it down and pick it up again.

Use a ladder tall enough for the job. It takes less time to get the right ladder than it does to recover from a typical fall off a ladder.

On smooth, hard surfaces, use a ladder with rubber feet. On uneven or icy surfaces, use a ladder with spurs.

Visually inspect the ladder before each use. Remove grease, mud, oil, or other slip hazards. Look for protruding rivets, loose steps or rungs, cracks in the side rails, or other mechanical damage-if these are present, take the ladder out of service.

Note the weight limit, and allow for the weight of equipment and supplies in addition to your own body weight.

If you must place the ladder on an unstable surface, make it as stable as possible. If, for example, the surface is gravel, dig the feet into the gravel. Then, secure the ladder by some additional means.

Except for emergencies, observe the "one person on a ladder" rule. Even if the weight limit would allow two people, there is too much risk of stepping on heads and fingers-and both people can fall in such an instance.

Use the three-point contact method when climbing. This requires two hands and a foot, or two feet and a hand, to be in place on the ladder at all times.

Use the steps, not the cross braces, for supporting your weight. The cross braces are not designed for this purpose, do not provide sufficient traction, and may give way.

Do not sit or stand on the top step or next-to-the-top step of any ladder. One reason: the top step doesn't have a "stop" built into it. If you stand on the second rung down, the top step stops your shins from moving forward-and off the ladder.

Do not over-reach while using a ladder. This is the number one cause of ladder injuries. Instead, climb down and move the ladder. If you are leaning your body away from the center of the ladder, you are over-reaching.

Never move a ladder without first checking to ensure nothing on top of it will fall off. Also, check to ensure the top won't snag on something-this could force you to suddenly support the weight of the ladder.

Do not carry materials up a ladder. Have someone hand you materials, or use tag line to raise them to you once you are up the ladder.

Do not hang things on the rungs-doing so creates a fall hazard.

Position a straight or extension ladder so it is one foot out at the base for every four feet of vertical distance. This provides a good balance of forces and uses the weight of the ladder to help stabilize it.

## **STEP LADDERS**

Before climbing a stepladder, ensure the hinges are locked. Check the cross bracing for any mechanical damage.

Check the feet to ensure they are in place, attached properly, and undamaged.

Do not stand on the second step from the top of any stepladder that is more than four feet tall.

## **EXTENSION LADDERS**

Inspect the rope for rotting or fraying.

If the ladder has spurs, ensure they are in place before climbing.

Keep hands away from moving parts when operating an extension ladder. Extend the ladder three feet above the top of a structure or excavation, and secure by tying off at the top.

Secure the ladder at the bottom. To do so, tie or wedge it into place.

## **REVIEW AND DISCUSSION**

- What are three safety rules that apply to the use of any ladder?
- What are some reasons not to use a painted wooden ladder?
- When should you not use an aluminum ladder?
- What should you look for when inspecting the ladder before use?
- What do you need to account for when considering the weight limit of a ladder?
- What is the three-point contact method?
- What is over-reaching, and why is it dangerous?
- Should you carry materials up a ladder? Why not? What could you do instead?
- Why would sitting or standing on the top rung of a ladder be dangerous?
- How far from the top is too high to stand on a stepladder?

# SAFETY TRAINING TOPIC

## Distractions on the Job

**Introduction:** Many accidents and injuries occur when a worker is distracted while working. Following are safety guidelines to ensure that all workers are aware of the distractions that may occur while on the job, and how these distractions can be eliminated:

**Mental distractions:** Having a bad day at home and worrying about it at work is a hazardous combination. Dropping your ‘mental’ guard can pull your focus away from safe work procedures. You can be distracted when you are busy working and a friend comes by to talk while you are trying to work. Do not become a statistic because you took your eyes off the machine or the work “just for a minute.”



**Inattention:** Inattention may be the result from workplace arguments, confusing instructions, concern about working hours, wages, bills, etc. Inattention worsens with fatigue and boredom. Keep your mind on your work. The prime interest in solving hazards created by inattention lies in methods of deference; warnings, alarms, fail-safe switch circuits, guards, etc. For example, hazardous steps and overhangs can be brightly painted, horns and back-up alarms must be on heavy equipment, and warning signs are required to be posted.

**Machinery:** Set up your work station in a clear unobstructed location with good lighting, proper electrical circuits, and away from busy foot traffic that would cause distractions. Make sure that everyone is at a safe distance away from a machine before starting. Assure that your work station is stable and clear of trip hazards. Hands can be protected by using machinery that only turns when both hands are on the operator switches. Never by-pass the start up switch on the equipment you are using. When a machine does not start the way it was designed, inform your boss.

**Hearing:** Do not play loud music. Headphones can be a hazardous distraction. Ask your supervisor if wearing headphones is acceptable. Ear muffs are for loud noise levels to safeguard your hearing. Workers need to hear when important instructions or warnings are told. A co-worker may save your life.

**Long hair:** When your hair is loose and flowing, it can blow around and get in your face or eyes and obstruct your view. Avoid fixing your hair while working with machinery or operating a vehicle. Tie your hair back and keep it under a hat.



**Driving: Avoid distractions such as:**

- |                               |                                       |                            |
|-------------------------------|---------------------------------------|----------------------------|
| ■ Tools and items not secure  | ■ Using a portable phone              | ■ Looking at a map         |
| ■ Doing paperwork             | ■ Eating a meal                       | ■ Reading                  |
| ■ Fastening a safety belt     | ■ Adjusting the radio                 | ■ Reaching for a cup       |
| ■ Trying to get out of a coat | ■ Reaching into the glove compartment | ■ Unsafe lane change       |
| ■ Bad windshield wipers       | ■ Searching for dropped items         | ■ Staring at other drivers |



**Consider this:** 4 out of every 5 accidents are the fault of the person involved in the incident. Unsafe acts cause four times as many accidents and injuries as unsafe conditions. Workers tend to look for “things” to blame when an accident happens, because it is easier than looking for “root causes”.

**Shortcuts:** Every day we make decisions we hope will make the job faster and more efficient. Do time savers ever risk their own safety, or that of other crewmembers? Short cuts that reduce your safety on the job are not shortcuts, but an increased chance for injury.

**Overconfidence:** Confidence is a good thing. Overconfidence can be too much of a good thing. “It will never happen to me” is an attitude that can lead to improper procedures, mishandling of tools, or unsafe methods on the job. Any of these can lead to injury.

- **Do not** start a task with incomplete instructions. To do the job safely and right the first time you need complete information. Have you ever been sent to do a job, having been given only a part of the job’s instructions? Ask for explanations about work procedures and safety precautions.

**Poor housekeeping:** When clients, managers, or safety professionals walk through your work site, housekeeping is an accurate indicator of everyone's attitude about quality, production, and safety. Poor housekeeping creates hazards of all types. A well-maintained area sets a standard for others to follow. Good housekeeping involves both pride and safety.



**Ignoring safety procedures:** Purposely failing to observe safety procedures can endanger you and your co-workers. You are being paid to follow the company safety policies; not to make your own rules. Remember, being "casual" about safety can lead to a casualty.

- **Being hasty** in starting a task or not thinking through the process can put you in harms way. Plan your work and then work your plan.

**Problem solving:** Once you have realized a distraction problem, meet with the worker to discuss what you have seen. Meet at a time and place when you think you will be relaxed and able to discuss the problem. When distraction problems occur, it is especially important to speak with respect. Address the distraction problem and encourage improvement. Do not judge the worker. Be relaxed and maintain a nonjudgmental attitude; this will help keep the lines of communication open, solve the problem, and maintain good relations. Starting the conversation is often the most difficult step. You may feel unsure about what to say or how to say it, or you may find yourself wanting to avoid the discussion altogether. Be straightforward and honest.

**Remember:** Concentrate on the work at hand, and keep your mind on your work. Utilize these safety guidelines to help eliminate distractions on the job.

### *Work Site Review*

Work-Site Hazards and Safety Suggestions: \_\_\_\_\_

Personnel Safety Violations: \_\_\_\_\_

**Employee Signatures:**

*(My signature attests and verifies my understanding of and agreement to comply with, all company safety policies and regulations, and that I have not suffered, experienced, or sustained any recent job-related injury or illness.)*

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Foreman/Supervisor's Signature:** \_\_\_\_\_

*These guidelines do not supercede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.*

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# SAFETY TRAINING TOPIC

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## Fall Protection

### SOME FACTS

Fall-related accidents account for about 10% of all workplace fatalities. Nearly all of the fall accidents on record were preventable.

Ways of protecting yourself include hazard elimination, fall protection, and work procedures.

### HAZARD ELIMINATION

The most effective way to deal with fall hazards is to eliminate them. For example, if you can lower a light to replace its lamp and then raise the light back up, you have eliminated the hazard.

Partial elimination is the second most effective way. For example, if you can pre-assemble items before going up in a lift or up on a ladder, you will spend less time being vulnerable to a fall.

### FALL PROTECTION

You can't always eliminate a fall hazard, and partial elimination still leaves you with a hazard. Fall protection, as defined by the fall protection industry, is a passive way of preventing you from falling.

Fall protection examples are all around you. These include ladder cages, platform railings, and secured hole covers.

### FALL RESTRAINT

This is what most people think of, when they think of fall protection.

It involves the use of a secure anchorage and a lanyard connected to your full body harness. The lanyard allows you to reach the work area, but prevents you from falling too far.

Fall restraints require you to have training in the proper use and inspection of your equipment.

### WORK PROCEDURES

Some situations make fall protection and fall restraint measures impractical or impossible.

The idea of changing the work procedure is not to find a cheaper way of protecting against the fall. The idea is to rethink the work process so fall protection measures become practical, possible, or unnecessary.

You may need to help change the procedure or find a way to eliminate the task completely. Your input is valuable, as you are the one doing the work.

## **SAFETY HARNESS INSPECTION**

When using fall restraint devices, you must inspect them. Look for fiber damage, pulled stitches, or frayed edges. Examine D-rings, grommets, rivets, buckles, tongues, and straps.

## **LANYARD INSPECTION**

Look for fiber damage, pulled stitches, or frayed edges. Inspect the snaphooks, carabineer, and any other mechanisms.

If it is a retractable lanyard, ensure the back nuts and rivets are tight.

If it is a retractable lanyard, test for smooth operation and proper locking.

## **ANCHORAGE POINTS**

Before attaching to an anchorage point, look for cracks, sharp edges, or evidence of abuse.

In a particularly dangerous area, you will need to attach to a new anchorage point before un-attaching from the one you are attached to.

Do not attach to guardrails, C-clamps, ladders, conduit, light fixtures, rebar, plumbing, roof stack, or any object that you aren't sure can support your weight plus the force of your fall. Anchorage points must be capable of supporting 5,000 pounds per person because of the forces generated from the impact of a fall.

## **REVIEW AND DISCUSSION**

- If there are ten people in your crew, how many are statistically likely to die from a preventable fall accident?
- What are three ways of protecting yourself from falls?
- What are some examples of how might you eliminate or partially eliminate a fall hazard?
- What is fall protection, as defined by the fall protection industry, and what are some examples?
- What is fall restraint, and what are some examples?
- What kind of training do you need if you are going to use fall restraint equipment?
- What is the purpose of changing work procedures?
- How do you inspect a harness?
- How do you inspect a lanyard?
- What do you need to know about attachment points?



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# SAFETY TRAINING TOPIC

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## Sun Exposure

Sun exposure is an extremely dangerous hazard that is encountered both on and off the job. It can result in sunburn and other heat related illnesses. You should be aware of what these potentially hazardous health conditions are, along with the associated symptoms and how to prevent them from occurring.

Sunburn can be painful and result in both short term and long term health complications. Though sunburn can occur year round, you are most at risk during the summer months between 10:00 a.m. and 4:00 p.m. When spending time outdoors, always protect yourself with sunscreen. You should also wear sunglasses to protect your eyes from becoming sunburned.

Skin damage caused by sunburn can occur after short periods of exposure. However symptoms typically begin to occur about 4 hours after exposure, and worsen within 24-36 hours. They may include red, warm and tender skin, swollen skin, blistering, headache, fever, peeling skin, nausea and fatigue. Your symptoms usually will last 3-5 days.

Heat exhaustion is another heat related illness that is caused by dehydration as a result of working in high temperatures or humid conditions. Symptoms of heat exhaustion include clammy, moist skin and pale complexion. These signs and indicators may also be accompanied by extreme fatigue, headache, nausea, vomiting, giddiness and even fainting.

Heat cramps can also occur as a result of dehydration. They usually occur in the calf muscles. If heat cramps become a common occurrence, seek medical attention to determine the best way to treat them. You may also experience heat rash when working in hot and humid conditions. This happens when sweat causes wet or moist clothing to rub against your skin. Heat rash can be prevented by resting in a cool place and allowing sweat to dry and wearing clothing that wicks moisture from the body.

Heat stroke is the most dangerous of all heat related injuries. When heat stroke occurs your body loses the ability to regulate its own temperature. Symptoms of heat stroke include loss of the ability to sweat, dry-hot skin, mental confusion, convulsions, delirium, and loss of consciousness or even coma. If you or a colleague exhibits these symptoms, seek immediate medical attention. If you do not seek immediate medical attention, heat stroke can cause death.

Here are a few ways to prevent sunburn and heat related illnesses:

- Wear a hat that allows air circulation around your head
- Wear sunscreen on exposed skin and parts of the body subject to the sun
- Drink plenty of fluids throughout the day
- Avoid caffeine, alcohol and very cold drinks

### REVIEW AND DISCUSSION

- When are you at the highest risk of sun exposure?

# Workers Exposed to Deadly Fall Hazards Twice in 2 Months



by **Carol Warner**  
June 17, 2024  
HAZARDS  
2 MINUTE ENGAGEMENT

SHARE ON



A recent study found that falls are among [the costliest workplace injuries](#). In fact, they're in the top three workplace injuries with the highest compensation payouts.

So when it comes to protecting workers from deadly fall hazards, most employers stand firm on safety training requirements and the proper use of personal protective equipment (PPE).

When workers aren't protected from fall hazards, employers [may face expensive fines](#), as this recent case shows.

# Inspectors spot deadly fall hazards

In Illinois, OSHA inspectors observed Maestro Construction Inc. employees doing framing work at two homes under construction. The employees were working at heights up to 20 feet without adequate fall protection. Inspectors noted that some workers put on fall protection PPE but wore it incorrectly, making it useless.

OSHA inspectors also learned the company failed to certify the employees had been trained in fall hazards or the required use of PPE. In addition, they found damaged electrical cords in use.

The incidents occurred on two separate occasions, in December 2023 and February 2024.

## Contractor is a repeat offender

What's more, this wasn't the first time Maestro Construction Inc. caught the feds' attention. The agency cited Maestro Construction four times in 2023 for fall-related violations.

And the contractor has been [cited seven times since 2020](#), according to a DOL press release.

## OSHA proposes \$264K fine

OSHA proposed [\\$264,407 in penalties for](#):

- Two willful violations
- Two repeat violations
- Two serious violations, and
- One other-than-serious violation.

"Contractors like Maestro Construction that willfully ignore federal safety standards for fall protection are endangering the lives and well-being of their employees," said OSHA Area Director Jacob Scott in Naperville, Illinois. "Despite being cited seven times since 2020, this company continues to show a callous disregard for their employees' safety, and we will continue to hold them accountable for their defiance of regulations."

## Fall prevention requirements

Employers must set up workspaces to [prevent employees from falling](#) from overhead platforms, elevated workstations or into holes in the floor and walls.

OSHA requires fall protection be provided beginning at elevations of:

- 4 feet in general industry workplaces
- 5 feet in shipyards
- 6 feet in the construction industry, and
- 8 feet in longshoring operations.

Moreover, [OSHA requires fall protection](#) to be provided when employees are working above dangerous equipment and machinery, regardless of the fall distance.

**Info:** [Contractor exposes employees to deadly fall hazards twice in 2 months, 6/12/24.](#)

# OSHA: Company Should Pay \$350K for Exposing Workers to This Top Hazard



by Tom D'Agostino  
July 17, 2024

HAZARDS  
MINUTE ENGAGEMENT





Do you know what the top hazard is for workers in the construction industry?

An Illinois construction contractor is well aware of it, now that the Occupational Safety and Health Administration has hit it with a six-figure penalty following several worksite inspections.

The agency said the contractor wrongfully exposed its workers to the top hazard of [falls from elevation](#) at four different job sites.

OSHA inspectors observed employees of Elmer Miller, which operates as Miller Building Systems LLC, at four subdivisions that were being built between January and May of this year. The inspectors observed Miller employees doing residential framing work.

## Inspectors Say Top Hazard Was Exposed

The agency said its inspectors saw the construction workers standing, walking and climbing around trusses and top plates without adequate fall protection at heights that sometimes exceeded 18 feet from ground level.

It added that when workers did use fall protection, they did not tie it off properly or secure their body harnesses. For that reason, the equipment did not effectively prevent falls, the agency alleged.

Following the completion of the inspections, OSHA cited the contractor with four willful violations for intentionally declining to use adequate fall protection. It also assessed Miller a total of \$354,912 in proposed penalties.

## Long History of Violations

Miller has what OSHA called “an extensive history” of exposing its workers to this top hazard. In fact, it has cited the company 17 times for fall-related violations since 2019.

“By law, workers must use fall protection whenever they work at heights six feet or greater. For that fall protection to be effective, it must be worn correctly, secured and tied off,” said [OSHA Area Director Edward Marshall in Peoria, Illinois, in a news release](#). “Without legally required safeguards, a slip, trip and fall can determine whether an employee’s shift ends safely, or their life ends tragically.”

## How to Prevent Fall Injuries

Falls from elevation are a top hazard and are the single leading cause of injury and death in the construction industry. [The Bureau of Labor statistics reported that in 2022, 423 of 1,056 construction worker deaths were related to falls from elevation, slips or trips.](#)

[OSHA has created a useful resource that is designed to help employers prevent fall-related injuries and deaths in the construction industry.](#)

Its fall prevention guidance focuses on three specific safety-related aspects: planning, training and providing proper equipment. The agency says workers who are six feet or more above ground level are at risk of injury or death from a fall.

With respect to planning, OSHA advises employers to:

- Decide how the job will be done and what tasks will be involved.
- Determine what safety equipment will be needed to complete each specific task.
- Make sure to budget for all necessary and proper safety equipment when estimating the cost of a job.
- Plan to have all needed tools and equipment at the construction site.
- Select fall protection that is suitable for the work that is being done.

As to the provision of equipment, OSHA advises as follows:

- Provide fall protection and the right equipment for the job.
- Provide the right kinds of ladders, scaffolds and safety gear.
- For workers who use personal fall arrest systems, provide harnesses for workers who need to tie off to the anchor.
- Regularly inspect these systems, and make sure that they fit properly.

## Provide Training to Mitigate Top Hazard

Finally, as to training, employers should help avoid this top hazard by:

- Training all workers on how to properly set up and safely use equipment.
- Training all workers on how to recognize job-related hazards.

There are some specific steps employers can take to help ensure ladders will be used safely and properly. These include:

- Maintaining three points of contact
- Placing the ladder on level footing
- Securing the ladder properly, and
- Avoiding overreaching.

## Case Study

# 5 climate change hazards Safety Pros need to know and tips on how to control them



While there may still be some skepticism around climate change, the fact is safety professionals are uniquely suited to deal with many of the hazards experts say will be exacerbated by global warming.

Addressing indoor and outdoor air quality issues, emergency response to extreme weather events, heat illnesses and mitigating diseases all fit into a safety professional's wheelhouse.

"Climate change is a very broad topic that exacerbates several hazards and impacts multiple industries," Clint Smith, a project consultant at Colden Corporation, said during a presentation at the [2023 American Industrial Hygiene Conference & Expo](#) in Phoenix, Arizona. "You may think that climate change hazards are only the focus of environmental or emergency management response professionals. They do have a large role to play with these hazards, but we as safety professionals and industrial hygienists have a unique experience and expertise for mitigating these climate change-related hazards."

Smith; Doug Fallon, another project consultant with Colden Corporation; and Sadie Daffer, an industrial hygienist with the U.S. Army Public



Health Command, discussed how climate change will impact safety professionals.

Just as with the COVID-19 pandemic, some of these hazards may not seem to fall fully within a safety professional's expertise, but they are hazards safety professionals actually are prepared to address.

## What is climate change and why is it happening?

In broad terms, climate change occurs when there's an overabundance of greenhouse gases, such as carbon dioxide, in the Earth's atmosphere. These gases are good absorbers of infrared radiation.

The Earth receives solar radiation from the Sun, which is re-emitted from the Earth as infrared radiation. That infrared radiation is absorbed by the greenhouse gases, creating a warming effect for the planet. The more greenhouse gases in the atmosphere, the greater the warming effect will be with a steady increase in temperature. Temperatures have been increasing in this manner since at least the 1980s, according to Smith, Fallon and Daffer.

An important note is that although the overall global average temperature increase of a few degrees doesn't seem all that significant, it actually affects more than what one may think. That slight overall increase in average temperature means more energy in our climate system resulting in more extreme weather events because the energy doesn't distribute itself evenly and equally.

## These hazards often overlap

Climate change is expected to mostly impact industries involving outdoor workers such as agriculture, construction and tourism, although it will likely affect others over time.

When it comes to climate change hazards, it's important to remember that they often overlap. For example, wildfires often occur during droughts that are brought on by heatwaves. In that situation, you'll have air quality issues and heat illnesses to deal with simultaneously.

The five major hazards that safety professionals will have to deal with as climate change worsens is vector-borne infections, wildfires, indoor air quality, severe weather and heat stress.

Here's a breakdown of each hazard along with some controls to help mitigate them:

# 1. Vector-borne infections

[Lyme disease](#) is a good example of a vector-borne disease that's being exacerbated by climate change. It's actually the most commonly diagnosed vector-borne disease in the U.S. There are almost half a million cases diagnosed per year.

Symptoms can range from mild, like fevers and rashes, to severe, such as heart problems. These symptoms are why the disease warrants attention from safety professionals.

Lyme disease is spread by the black-leg tick that carries the bacteria. The range of these ticks has expanded a lot over the last 20 years, and as temperatures warm more tick activity is expected for longer periods throughout the season.

Occupations that are most at risk from Lyme disease involve outdoor occupations working in or around a forested area. That includes workers involved in construction and utilities.

Most of the controls for Lyme disease are either administrative or involve PPE.

From the administrative side, training is always important. Employees need to know how the disease is transmitted and how to prevent it.

As for PPE, light clothing makes ticks easier to see so they can be picked off before they bite. Obviously, the more coverage the better. There are tick repellants available as well as a type of

clothing that's treated with an insecticide that's effective against both ticks and mosquitos.

## 2. Wildfires

There have been numerous headlines regarding the increase in wildfires, especially in California, Oregon and Washington. These events are growing larger and lasting for longer periods of time.

The United Nations have recently published a report stating that there's an anticipated increase in wildfires by 30% in the year 2050 and an anticipated increase of 50% by 2100.

Outside of being directly in the path of the fire, the primary concern safety professionals will encounter is particulate matter in [wildfire smoke](#) generated from these events. Some of these particulates are comprised of hazardous chemicals and inorganic compounds. This particulate matter can penetrate deep into the lungs and cause health and respiratory issues.

Outdoor workers will typically be the most affected, but it's important to remember that workers with underlying health conditions will be more susceptible to the effects of wildfire smoke byproducts.

It's also important to note that the California, Oregon and Washington state OSHA programs have regulations covering wildfire smoke.

As far as controls are concerned, if the outdoor air quality is too poor to work then workers can either be pulled from the worksite or, if one is in place, the respiratory protection program can come into play.

If the choice is respirators, then keep in mind that this involves a written program, medical surveillance and fit-testing. This isn't something that can be put into place overnight, so establishing the program before the poor air quality event occurs is a good idea.

Of course, preventing the fire in the first place is also important. The [U.S. Forest Service](#) has resources available on what workers can do to help prevent wildfires.

# 3. Indoor air quality

Wildfire smoke and other contaminants also affect indoor air quality. Most people spend about 90% of their time indoors, and they rely on [HVAC systems](#) to bring in fresh air as well as for indoor climate control.

Researchers usually say that indoor air quality mirrors the quality of the air outside, but that isn't always the case. There is less research on the effects of poor indoor air quality compared to outdoor air quality.

Administrative workers are typically stuck in their offices and don't get to go out to worksites or work with chemicals. They're not used to working in hazardous environments, but as climate change progresses they'll face increased risks of additional hazards in their workplaces.

Climate change means more air quality issues from carbon dioxide. Warmer temperatures mean more plants growing and more pollen being produced, which means longer and stronger allergy seasons. Particulates from wildfire smoke will also affect indoor air quality. Extreme weather events like hurricanes and severe flooding will cause potential water intrusion events, creating the perfect environment for mold to grow, which is another issue for indoor air quality.

So what can safety professionals do to control this hazard? A good start is with a facility's HVAC systems. There are even recommendations specifically for wildfire smoke. The American Society of Heating, Refrigeration, Air Conditioning Engineers (ASHRAE) has a document that specifically covers recommended modifications for HVAC systems in commercial buildings to reduce worker exposures to wildfire smoke particulates.

HVAC systems should also be well maintained. It's important that ventilation systems get maintenance and have their filters changed out on a regular basis.

Removal of gas-powered water heaters or ovens from the worksite can help in reducing carbon

dioxide emissions.

The [U.S. Environmental Protection Agency](#) has some great information regarding indoor air quality, as well.

## 4. Severe weather

When it comes to severe weather, [hurricanes](#) are typically the first thing that comes to mind. In the U.S., the Atlantic and Gulf coasts are typically the most at risk. Hurricanes can occur in the Pacific but they're much more rare.

There has been a trend from the 1980s to the present with hurricanes becoming more frequent and more severe. That trend is expected to continue.

Essentially, all of the areas that are currently at risk of hurricane impact should expect to receive more and stronger storms. As the water warms through climate change it feeds the hurricanes and allows them to build faster with higher winds and more water.

When it comes to controls, a facility's Emergency Action Plan is extremely important. Most workplaces are required to have some kind of plan that covers different emergency situations, especially the ones that are more likely to occur.

Safety professionals should be sure to do training based on the emergency action plan. If the plan is just sitting on a shelf, it isn't doing anyone any good. Employees need to know what they need to do during an emergency.

It's also important to work with local emergency management departments to understand what they can do for your site and also what their limitations are. Their capabilities and limitations need to be factored into the facility's risk assessment.

## 5. Heat stress

Heat waves lead to [heat stress](#), which occurs when the body's core temperature rises above 99 degrees Fahrenheit.

Lately, each summer seems to be hotter and longer than the one before it, and the data supports this. The eight hottest years on record have all been within the last eight years, according to the National Oceanic and Atmospheric Administration, National Aeronautics and Space Administration, and the European Union Climate Group.

Obviously, outdoor workers are most at risk for heat stress, but as climate change worsens it could affect indoor workers as well. Just walking out to get lunch or in the car to go home could cause a heat injury if an indoor worker isn't acclimated to the extreme heat outside.

Keep in mind that heat illnesses are recordable for OSHA purposes and that extreme heat standards exist in California, Oregon and Washington. Federal OSHA tends to use the [General Duty Clause](#) when it comes to extreme heat.

Controls for extreme heat are typically administrative or involve PPE.

For administrative controls, work schedules can be adjusted so work takes place at a time of day when the temperatures are cooler.

As for PPE, there are clothes that allow for thermal regulation, such as cooling vests.

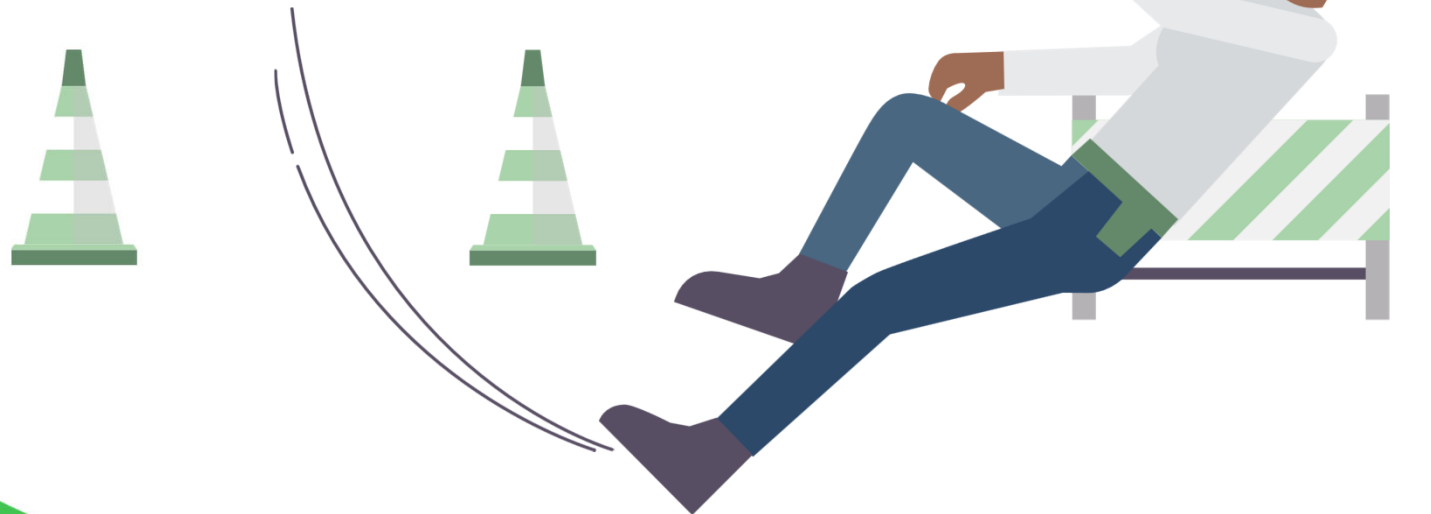
# Preventing Slips, Trips & Falls



# Slips, Trips and Falls: The Facts

**Slips, trips and falls aren't anything like they are in cartoons!**

- 🌀 **15%** of disabling workforce injuries are due to falls
- 🌀 **Every year**, thousands of people in the U.S. die of slip, trip and fall injuries – and hundreds of those falls happen at work





# The Two Types of Falls

## ⦿ Same-level falls:

- ⦿ These falls happen on the same level you're walking on
- ⦿ **Example:** You slip on a wet spot and fall

## ⦿ Elevated falls:

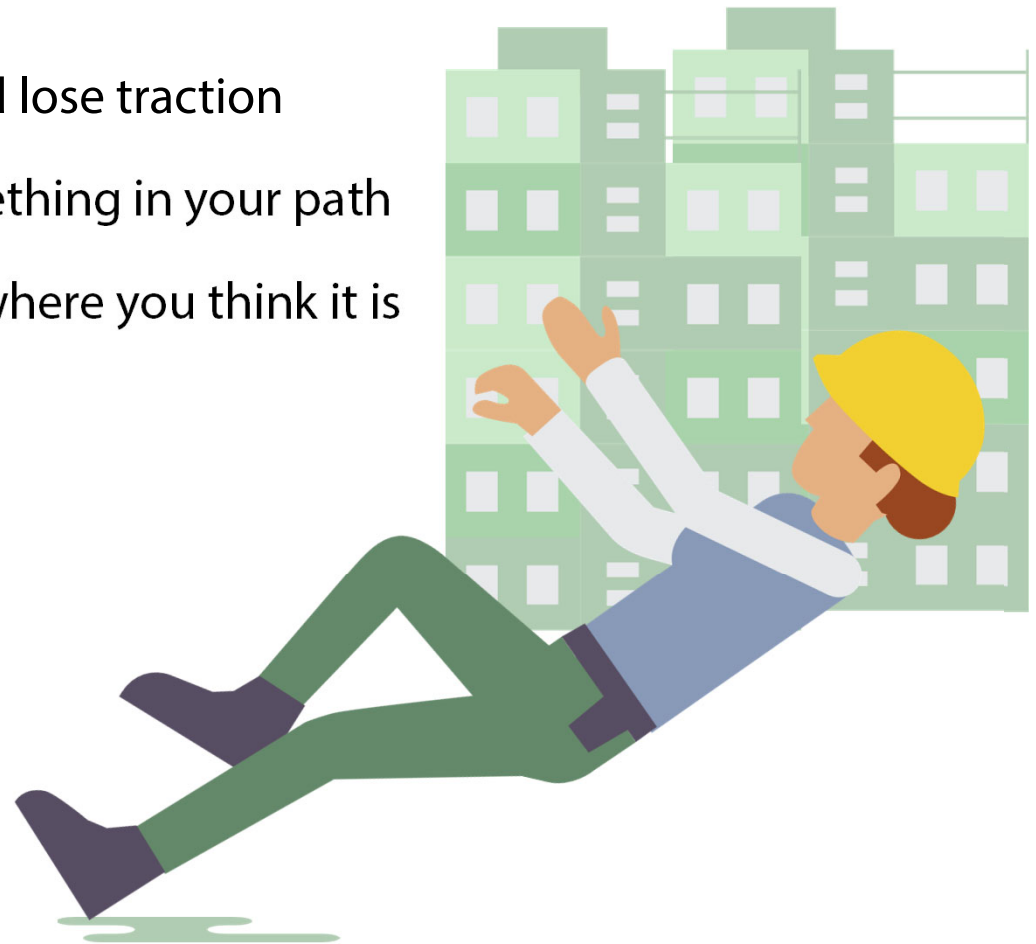
- ⦿ These falls happen when you fall from a height
- ⦿ **Example:** You fall from a ladder, platform or roof to another surface



# Same-Level Falls

There are a few different types of same-level falls

- ⦿ **Slip and fall:** When you're walking and lose traction
- ⦿ **Trip and fall:** When you trip over something in your path
- ⦿ **Step and fall:** When the ground isn't where you think it is



# Good Housekeeping

**One way to prevent slips, trips and falls? Keeping this place clean!**

**Remember to:**

- Never leave a spill
- Cover cords to prevent someone from tripping
- Can the garbage
- Keep an eye on mats



# The Next Step: Proper Shoes

**Shoes play a big part in whether you'll fall**

**⦿ So make sure to:**

- ⦿ Wear slip-resistant shoes
- ⦿ Make sure the soles are in good condition – less friction means more falls
- ⦿ Check the bottom of your shoes for oil, grit or debris that could make you slip
- ⦿ Lace and tightly tie shoes before every shift



# Poor Lighting

**Dimly lit areas cause falls because it's so hard to see hazards in your way**

## Best bets:

- Never enter a dimly lit area
- Report the condition to a supervisor
- If a light bulb is out, replace it or let someone in Facilities know before you start working
- If you must enter a dimly lit area, get a flashlight



# Staying Safe on Slippery Floors

- 🌀 **If you have to walk on a slippery floor:**
  - 🌀 Point feet slightly outward
  - 🌀 Take slow, small steps
  - 🌀 Keep your feet underneath your body to maintain balance
  - 🌀 Hold on to rails or stable objects as you move
  - 🌀 If you fall, try to protect your head and neck



# Remember the Four Fs

🌀 Whenever you see a slip, trip and fall hazard, remember the **Four Fs**:

- 🌀 **FIX IT**: Fix the hazard. If you can't
- 🌀 **FLAG IT**: Block off the area (but don't leave it!)
- 🌀 **FOREWARN**: Let your co-workers know
- 🌀 **FIND**: Alert a supervisor

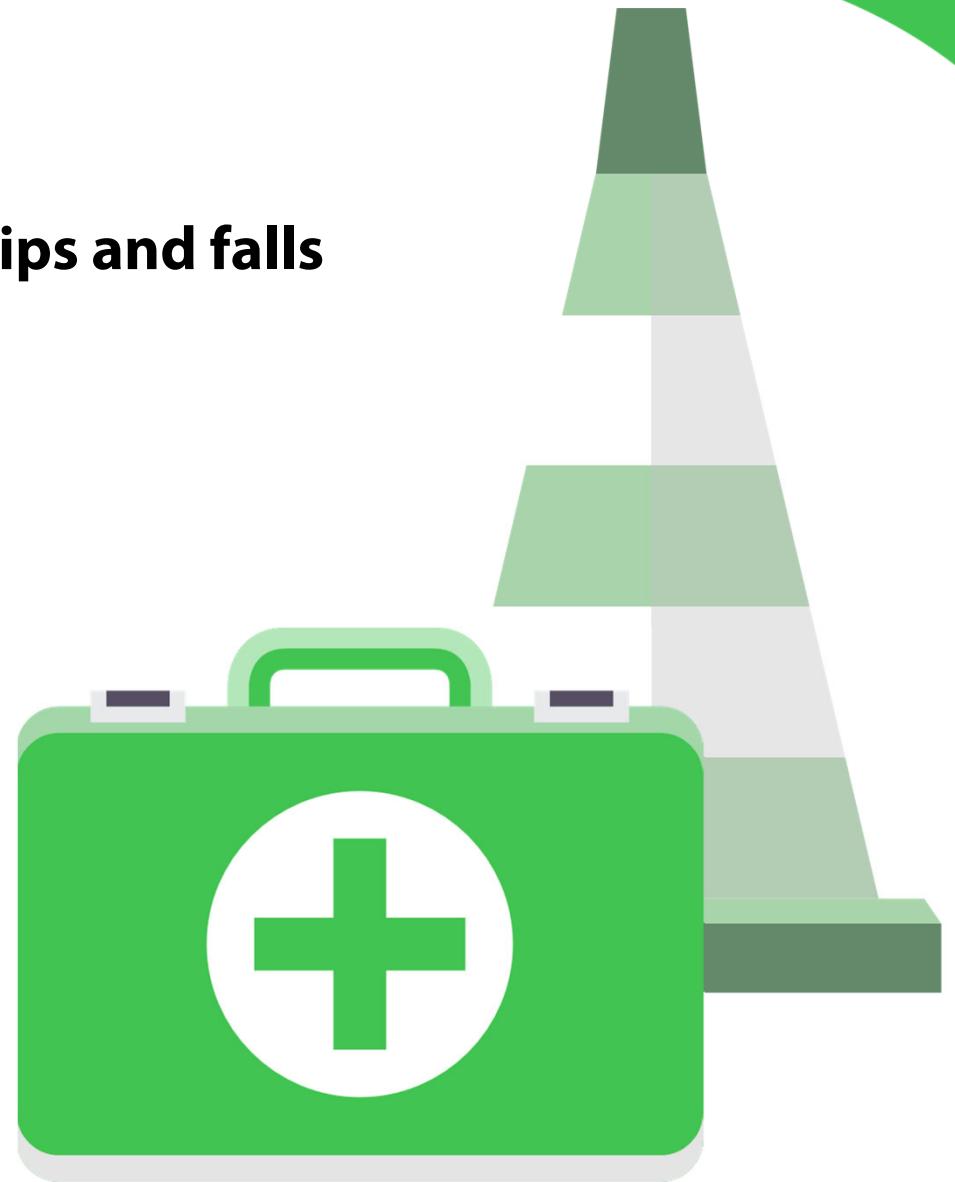


# Ways You Can Reduce Falls

**Your behavior can prevent slips, trips and falls**

**So:**

- Slow down
- Use handrails
- Be aware of surroundings
- Cut down on distractions
- Carry things correctly





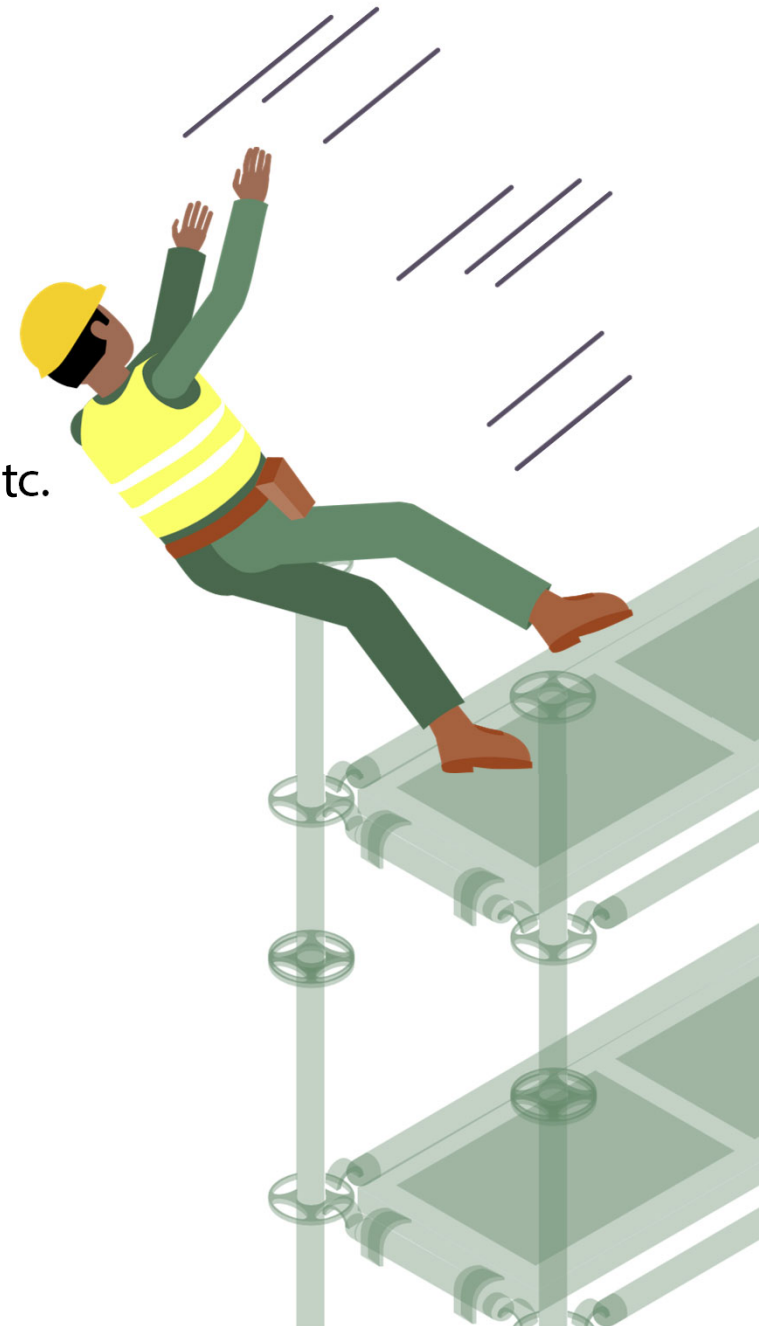
# Falls From Elevated Levels

## ⦿ What are elevated falls?

- ⦿ These are falls that occur from heights
- ⦿ **Examples:** Ladders, roofs, platforms, scaffolding, etc.

## ⦿ What's the most common elevated fall?

- ⦿ Falls from ladders
- ⦿ How can you stay safe on ladders?



# Before Using A Ladder

## ⊗ Choose the right ladder

- ⊗ Heavy-duty ladders for heavy-duty jobs

## ⊗ Inspect the ladder

- ⊗ Check the side rails and rungs for grease, oil or mud

## ⊗ Choose the right length

- ⊗ Ladder should extend three feet past the top of whatever surface you're working on



# When Using A Ladder

- ⚙️ **Use the 4:1 ratio:**
  - ⚙️ For every four feet the ladder extends, it should be one foot away from the wall
- ⚙️ Don't reach too far while on the ladder
- ⚙️ Use both hands when climbing
- ⚙️ Grasp the side rails, not the rungs
- ⚙️ Increase stability by tying off the ladder



# Safety On The Stairs

## When on the stairs:

- 🌀 Use the handrails
- 🌀 Don't carry large objects
- 🌀 Speak up if you find something wrong
- 🌀 Remember to try to keep your balance at all times



# Working On Elevated Surfaces

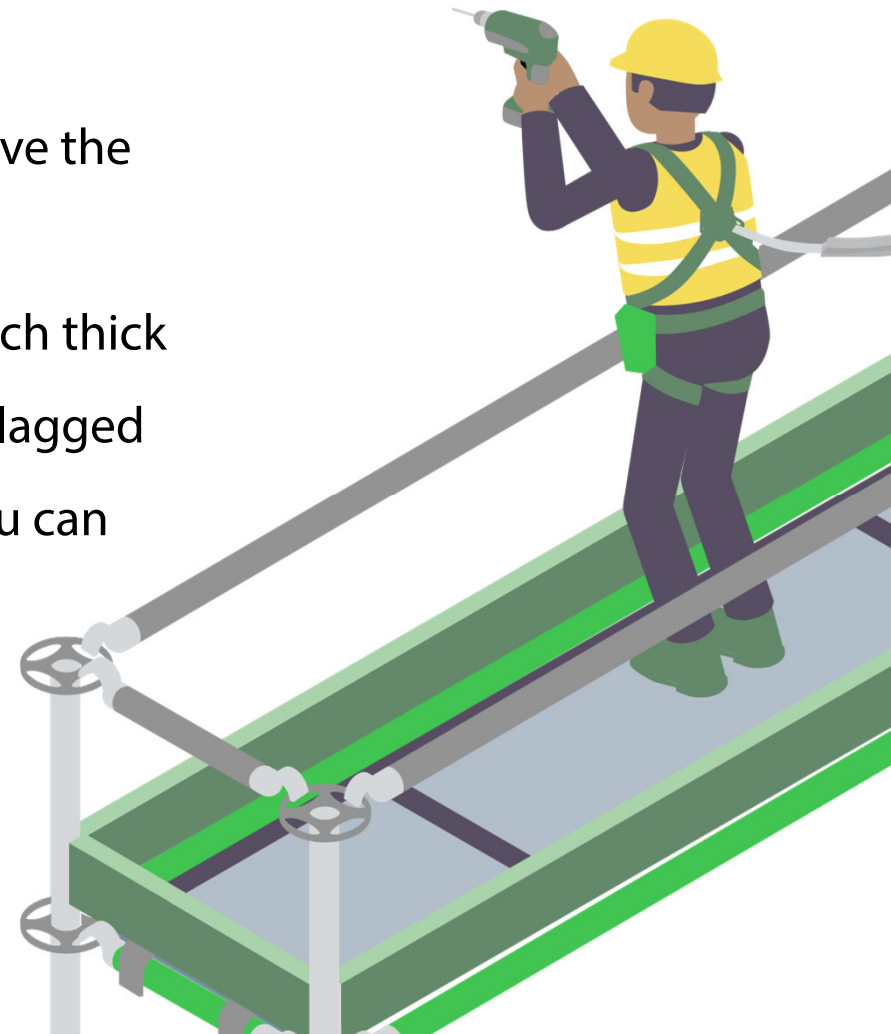
- ⦿ **When working more than a few feet above ground, you must use fall protection**
  - ⦿ That could include guardrails, safety nets or personal fall-arrest equipment
- ⦿ You must use fall protection every time you're working at heights
- ⦿ **Remember:** Fall protection can save your life if you take a tumble



# Using Guardrails

## When using guardrails, remember:

- ⦿ The top of the guardrail must be 42 inches above the walking/working level
- ⦿ The top and mid rails should be one-quarter inch thick
- ⦿ If you use wire rope for the top rail, it must be flagged with high visibility material every six feet so you can see it



# Other Fall Protection

## ⚙️ Safety nets:

- ⚙️ Will be installed under walking or working surfaces to catch you
- ⚙️ Should be kept clear of debris

## ⚙️ Fall-arrest equipment

- ⚙️ Should prevent you from free falling more than 6 ft.
- ⚙️ Should be checked for fit before every use



# Conclusion

**Slips, trips and falls can be prevented**

## **Remember to:**

- Keep your eyes open and speak up if you see any slip, trip and fall hazards – **remember the Four Fs!**
- Be aware of your surroundings and try not to rush
- Use the right ladders and wear fall protection every time you work

