



# Weekly Safety Meetings

Safety Training for the Construction Industry

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Premium  
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DC Construction Mgmt

Volume 31 Issue 5 February 4, 2008

## New Personal Protective Equipment Rule

Many OSHA standards require your employer to provide you with personal protective equipment (PPE) when it's necessary to protect you from job-related illnesses, injuries, and death. While the standards state that your employer is to provide PPE such as hard hats, goggles, face shields, and fall protection, many don't address whether your employer is also obligated to pay for it. A new rule makes this clear.

In the new rule announced on November 14, 2007, OSHA requires your employer to pay for all PPE except for certain safety-toe shoes and boots, prescription safety eyewear, and logging boots. Everything else your employer is required to provide at no cost to you. The rule becomes effective February 13, 2008 and must be implemented by May 15, 2008.

While the responsibility of cost for personal protective equipment is now placed squarely on your employer, it is still necessary for you to do your part. Keep in mind that using PPE requires hazard awareness and safety training on the part of the user. Selecting the proper PPE for every job is extremely important. You should also be aware that this equipment does not eliminate hazards. If the PPE were to fail, you'd be exposed to whatever hazard is present. Never alter or remove required PPE even if you find it uncomfortable. In recent years, the safety equipment manufacturing industry has taken steps to develop equipment that is lighter, user-friendly, and comfortable to wear. As a construction worker, you should be trained to know how PPE works, how to maintain it, how to clean and store it, and when to take it out of service.

On any construction site, you may need the following types of personal protective equipment:

- **Eye and Face Protection:** To prevent flying particles, liquid chemicals, acids, caustic liquids, chemical gases, vapors, or dust from injuring your eyes or face.
- **Head Protection:** To absorb the shock of a blow and to resist penetration.
- **Hearing Protection:** To avoid hearing loss or impairment.
- **Respiratory Protection:** To protect the lungs when exposure levels exceed permissible exposure limits.
- **Torso Protection:** To prevent injuries from heat, splashing hot metals or liquids, impacts, cuts, acids, or radiation.
- **Arm and Hand Protection:** To prevent cuts, burns, electrical shock, amputation, and absorption of chemicals.
- **Foot and Leg Protection:** To prevent injuries from falling or rolling objects, sharp objects, and hot surfaces.

Regardless of who pays for PPE, **you have to use it!**

### SAFETY REMINDER

**In areas where you will be exposed to high noise levels, you may have to wear both earplugs and earmuffs.**

#### NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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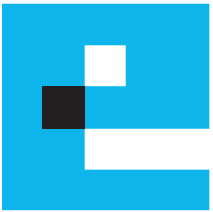
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**SAFETY MEETING OUTLINES, INC.**

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Frankfort, IL 60423

815-464-0200  
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## Ten Ways to Cause Mishaps with a Forklift

- 1. Operating a forklift without proper training and certification.** Every forklift operator must successfully complete training, evaluation, and attend refresher training. Your employer must ensure that you are capable of operating a forklift safely.
- 2. Using a forklift in ways it was not intended to be used.** Never use a forklift as a crane or wrecker. Putting such undue stress on the lift can cause it to turn over.
- 3. Carrying an unstable or unsafely arranged load.** Doing so can cause loss of stability and increases the risk of turning over. Stabilize your load and use extreme caution when handling off-center loads that cannot be centered.
- 4. Bypassing safety devices on the forklift.** Safety devices are in place for your protection. Never bypass any of them. If you find that any safety devices are not working properly, take the machine out of service immediately.
- 5. Not knowing the weight of the load.** As a qualified operator, it's your responsibility to know the weight of what you are lifting. You cannot safely operate a forklift without this knowledge. Failure to know the weight of the load can lead to forklift failure or tip-over.
- 6. Failing to ensure that dockboards or bridgeplates are secured and strong enough to handle the load.** Properly secure dockboards and bridgeplates before driving over them. Drive carefully and slowly over them, and never exceed their rated capacity. Here again, you must know the weight of the load.
- 7. Operating a forklift at a high rate of speed while making a turn.** When negotiating turns, reduce your speed to prevent the lift from turning over.
- 8. Operating a forklift with limited visibility.** When you operate a forklift, you must always keep a clear view of your path of travel. If you can't see over the load, drive in reverse. If your vision is obstructed, slow down and sound your horn at all intersections.
- 9. Backing up without watching where you are going.** Always check for people or obstacles before backing up. Make sure that your backup alarm is operating to alert others in the area.
- 10. Operating a forklift in a closed environment.** Operating in such an environment or in other areas with insufficient ventilation could cause a buildup of carbon monoxide from diesel exhaust. Don't create a hazardous atmosphere.

We just discussed 10 ways to really mess up the day with a forklift. A lift's stability and safe operation depend on many factors, and you control ALL of them. Make it your goal to stay safe when you're using and working near forklifts.

### SAFETY REMINDER

**When operating a forklift, you don't need to touch power lines to be electrocuted. Electricity can arc to the lift or the load. Maintain a minimum distance of 10 feet from power lines.**

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## Staying Warm When It's Cold Outside

Are you doing enough to stay warm and safe while working during the winter months? As the days get shorter, chilly conditions that bring wind, freezing rain, and snow, make it harder to keep your body warm. If you will be working out in the cold this winter, you should be aware of the hazards involved and know how to protect yourself and your co-workers from exposure to cold temperatures.

Keep in mind that:

LOW TEMPERATURES + WIND + WETNESS =  
Winter Injuries and Illnesses.

### These are a few simple safety tips you should remember when working in the cold:

- Dress for the conditions you will be exposed to. Keep warm by layering clothing to keep moisture away from your body. Dressing in layers also lets you adjust to changing temperatures.
- Stay warm by working actively at your job. Body movements burn calories and warm the body. When you stop moving, the body quickly begins to cool off.
- Don't overexert yourself. Your body is already working hard to keep you warm. Take breaks in a warm area whenever possible.
- Refuel your body with warm drinks and hot meals.

Following these safety tips is critical to preventing frostbite and hypothermia. When the body is unable to warm itself,

these serious cold-related illnesses and injuries can occur, leading to permanent tissue damage and death.

Frostbite occurs when layers of skin and other tissue freeze. The skin becomes pale, hard, and numb. Frostbite usually occurs in the fingers, hands, toes, feet, ears, and nose—all the small extremities we sometimes forget to protect. When you dress for winter, remember to wear gloves to protect fingers and hands. Wear two layers of socks to keep your feet and toes warm. Remember to cover your ears and nose. If you wear a hat or a face mask, make sure that it doesn't compromise your hard hat's ability to protect your head.

Another winter hazard is hypothermia. This condition occurs when the body's core temperature drops below 95° Fahrenheit. Signs of hypothermia may include severe shivering, fatigue, slurred speech, clumsy movement, and confused behavior. This condition is a medical emergency and requires immediate attention. Call 911 and move the victim to a warm, dry area. Remove any wet clothing and wrap him or her in a blanket.

In cold weather, expect the worst that winter has to offer.

### SAFETY REMINDER

**When working in cold weather, use the buddy system. Working in pairs, one worker can recognize dangerous symptoms in another and act to save a co-worker's life.**

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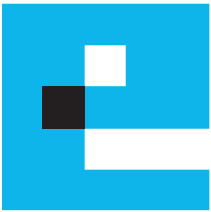
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## Moving Materials Between Floors

On every jobsite, there is a continuous flow of materials being received, transported, and moved to provide you with the necessary materials to get the job done. Improper handling of materials can result in serious accidents, injuries, and even fatalities. Today's Weekly Safety Meeting focuses on materials being moved between floors. Whether materials are moved manually or mechanically, you should be aware of the potential hazards and know how to eliminate or minimize them through safe work practices.

Materials can be moved between floors using a mobile crane, a buck hoist or material hoist, a forklift, or by handing them from one worker to another. Some of the risks involved include cuts, bruises, tripping and slipping, falls, back injuries, sprains and strains, being struck by falling objects, and getting caught in pinch points.

When moving materials manually between floors, you should wear all the necessary personal protective equipment. This can include eye protection, hand and forearm protection for handling items with rough or sharp edges, steel-toed safety shoes or boots, and a hard hat in case something falls from above. Practice safe lifting techniques. Ask for help when you can't handle the load or when the load is bulky or obstructs your view. Material handling requires your attention and caution. Keep walkways, stairs, and paths free of obstructions and tripping hazards. A stumble or fall caused by an extension cord or protruding piece of rebar could be much worse because of the load you're carrying.

When moving materials mechanically, it's important to make sure you rig the load properly. Configure loads so that the lifting slings or choker hitches fit snugly around the loads. Long items need to be choked to maintain a center of gravity. You don't want the load to shift and the materials to fall. When using a crane to move materials up the side of a building, be sure to establish an exclusion zone under the lift. This zone will provide an extra level of protection. If materials fall from the crane, they land in the exclusion zone and not on a vulnerable worker.

Material handling near the edge of the building requires extra care. First, you need fall protection; that could be guardrails, but if they're removed to move materials, you'll need a personal fall arrest system. Second, be sure to keep materials neatly stacked and secured **at all times** to prevent them from falling below. Construction workers have suffered fatal head injuries when objects such as bricks or cement blocks have fallen from heights.

Handling materials safely on the jobsite requires everyone's attention. Watch what you are doing, and keep an eye out for potential problems.

### SAFETY REMINDER

**When using conveyors to move materials, keep your clothes, hair, jewelry, hands, and fingers away from belts, nip points, and rotating parts.**

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