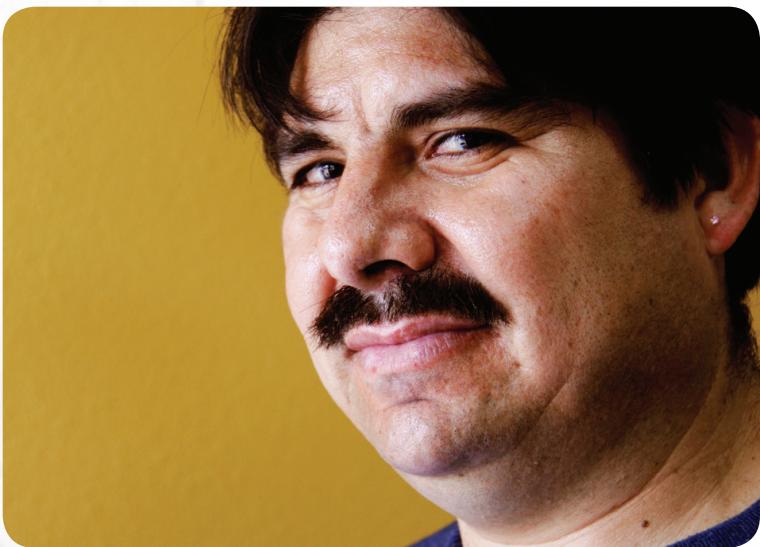
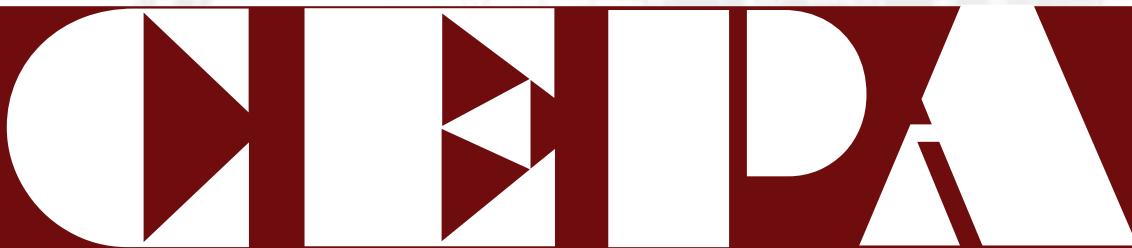


TRAINING GUIDE (30 min) | JUNE 2011



"CEPA, a program made by Workers' Defense Project, teaches workers how to be safer in the workplace and how to improve the conditions of construction."

—WORKERS OF WORKERS DEFENSE PROJECT



A **HEALTH** AND **SAFETY** TRAINING IN **CONSTRUCTION**
PROYECTO DEFENSA LABORAL / WORKERS DEFENSE PROJECT

INTRODUCTION TO CEPA

PURPOSE AND OBJECTIVES

Why do a 30-minute training?

This guide will serve as a training to prevent accidents caused by workplace hazards. The training is designed to be brief and easy to facilitate, and to carry out with the requirements established by OSHA.

Use the guide along with the following educational materials:

1. The mini-book FOCUS-4: serves as a visual guide during the training
2. Hazard Photos: serve as a visual guide during the training
3. Informative Handouts: distribute copies to the workers so that they can consult them during and after the training.

This guide will help you conduct the training:

- The instructions for facilitators appear in red boxes.
- The possible answers to questions appear in blue boxes. Wait for workers to respond and later add any important points that weren't mentioned or clarify the information as necessary.

REMEMBER!

If you reserve time for questions and dialogue about the issue at hand, it will be more likely that workers remember the information they received.

INTRODUCE THE TRAINING

BEGIN THE TRAINING (30 seconds)

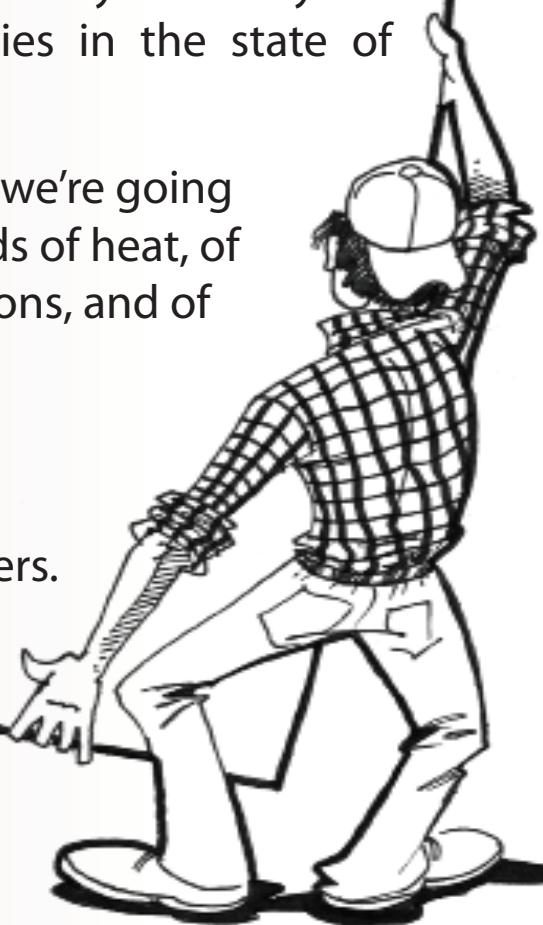
Read aloud:

Today we're going to talk about the common dangers among people who work in construction.

Did you know that every 2.5 days a construction worker dies in the state of Texas?

In the next 30 minutes, we're going to talk about the hazards of heat, of working at high elevations, and of electricity.

We will close with some strategies for protecting yourself and your coworkers.



PROTECT YOURSELF FROM HEAT

INTRODUCE THE TOPIC OF HEAT

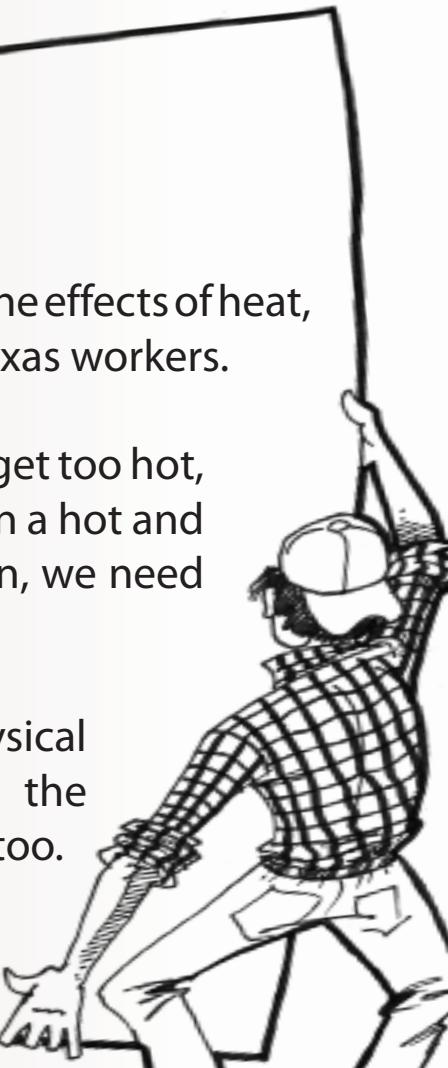
Protect yourself from heat stress! (1 minute)

1. Read aloud:

We'll begin the training with the effects of heat, a very common hazard for Texas workers.

We don't want our bodies to get too hot, and when we work outside, in a hot and humid climate, under the sun, we need to protect ourselves.

When we do are doing physical activity and heavy lifting, the body produces its own heat too.



2. Pass out the informative sheet about heat to each person.

SUGGESTION:

You and the participants can consult the informative handout while carrying out this part of the training.

HEAT (continued)

Go OVER THE MAIN POINTS (2 minutes)



REMEMBER!

Facilitators should use the handout to clear up and/or to add key points during the training.

What are some of the first symptoms that you notice when your body is getting too hot?

- Sweating
- Fatigue
- Dizziness
- Headache
- Clammy skin
- Nausea or vomiting



HEAT (continued)

Go OVER THE MAIN POINTS (Continued)

What is the difference between heat stress and heat stroke?

- Dry, hot skin without sweat
- Confusion or loss of consciousness
- Convulsions or seizure



How can you avoid heat stress? What should the worker do, and what should the employer do?

- Know the signs and symptoms of heat-related illness; observe yourself and your coworkers.
- Block direct sun and other sources of heat; rest regularly.
- Drink a glass of water every 15 minutes while working in hot, humid conditions. Avoid alcohol, caffeine, and heavy foods.
- Dress in thin, light-colored clothing that isn't tight.

HEAT (continued)

Go OVER THE MAIN POINTS (Continued)

To close up this section, read aloud:

The first symptoms tell you that you should cool off, rest, and drink water so that your body can recover.

If a coworker shows these symptoms, call 911 immediately.

While waiting for help, move the person to a cool and shaded place, loosen or remove tight clothing, and spray them with cool water.

Employers have two very important responsibilities:

1. Provide workers with cool, clean water
2. In Austin, the law requires that 10-15 minute rest breaks must be given at least every 3.5 hours.



PROTECT YOURSELF FROM FALLS

INTRODUCE THE TOPIC

Protect yourself from the dangers of working up high! (1 minute)

1. Read aloud:

Next we'll talk about the hazards of working up high in construction.

Did you know that falling is one of the main causes of death in construction work?

Did you know that some type of fall protection is required at heights of 6 feet or more?

We'll talk about how to be safe with ladders, scaffolding, and unprotected sides of buildings.



2. Pass out the handout about heights and point out the FOCUS-4 book to the group.

SUGGESTION: You and the participants can consult the handout and the FOCUS-4 while carrying out this part of the training.

FALLS (continued)

Go OVER THE MAIN POINTS (2 minutes)

1. Start with the page “Ladder Safety” in FOCUS-4 and ask:

How can we be safe with ladders?

- Make sure that the ladder is long enough to reach the work area.
- Keep ladders and shoes free of oil, grease, mud and other slippery hazards.
- Only use ladders on stable surfaces, and secure the ladder from above and below to prevent movement.
- Don't carry anything in your hands while going up or down a ladder.

2. Turn the page to “Scaffolding” and ask:

What is safe scaffolding like?

- Scaffolding should be designed and constructed adequately.
- Never use bricks, blocks or barrels to support scaffolding. Don't you use ladders on top of scaffolding to reach higher, nor to get onto scaffolding.
- All scaffolding should support at least 4 times the expected weight.

FALLS (continued)

Go OVER THE MAIN POINTS (continued)

3. Use the page titled “Protect yourself! Use harnesses to keep from falling” and read aloud:

What are some Fall Protection Systems, and when should they be used?:

- The main types of fall protection are guardrail systems, covers, and personal detention systems, such as full-body harnesses.
- Fall protection is obligatory when workers can fall 6 feet or more or while working over dangerous equipment.
- Remember! Employers have the responsibility to provide protective equipment and training to prevent or reduce to a minimum any fall hazards.



PROTECT YOURSELF FROM ELECTRICITY

INTRODUCE THE TOPIC

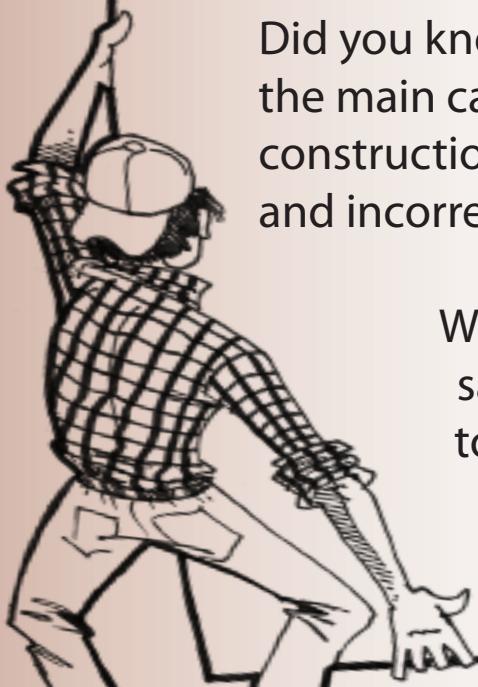
Protect yourself electrical dangers! (1 minute)

1. Read aloud:

Now we'll talk about the hazards workers face around electricity in construction.

Did you know that one of the main causes of death in construction work is electric shock and incorrect cable use?

We'll talk about how to be safe with cables and how to protect ourselves from electrical hazards.



2. Pass out the handout about electricity and show the FOCUS-4 book to the group.

SUGGESTION: You and the participants can consult the handout and FOCUS-4 while carrying out this part of the training.

ELECTRICITY (continued)

Go OVER THE MAIN POINTS (2 minutes)

1. Start with the page titled “Electrical Safety” in FOCUS-4 and ask:

How can we be safe with electrical cables and electrical tools?

- Examine each cable carefully before using it.
- Only use cables that have plugs with three prongs.
- Never use adapters, multiplugs, nor surge protectors in construction sites (instead of these, use GFCIs).

2. Use the page titled “The Hazards of Electrical Tools” in FOCUS-4 and ask:

How can we be safe with electrical tools?

- Water is a good conductor of electricity. Never use equipment while standing in water nor let cables pass through a puddle.
- Only use tools with three-pronged plugs and double insulation.
- If a cable is damaged, or if it is missing the grounding pin, mark it clearly so that nobody uses it.

ELECTRICITY (continued)

Go Over Main Points (continued)

3. Use the sheet titled “Trench & Excavation Safety”. Read aloud:

To protect yourself from overhead power lines, you should:

- Keep at least 10 feet (more than 3 meters) distance between all equipment and overhead power lines.
- Remember! Employers have the responsibility of providing a safe and healthy workplace.
- They should inspect construction sites for electrical hazards, including overhead power lines, before beginning work.



HOW TO PROTECT YOURSELF

INTRODUCE THE TOPIC

What you should know about OSHA (30 seconds)

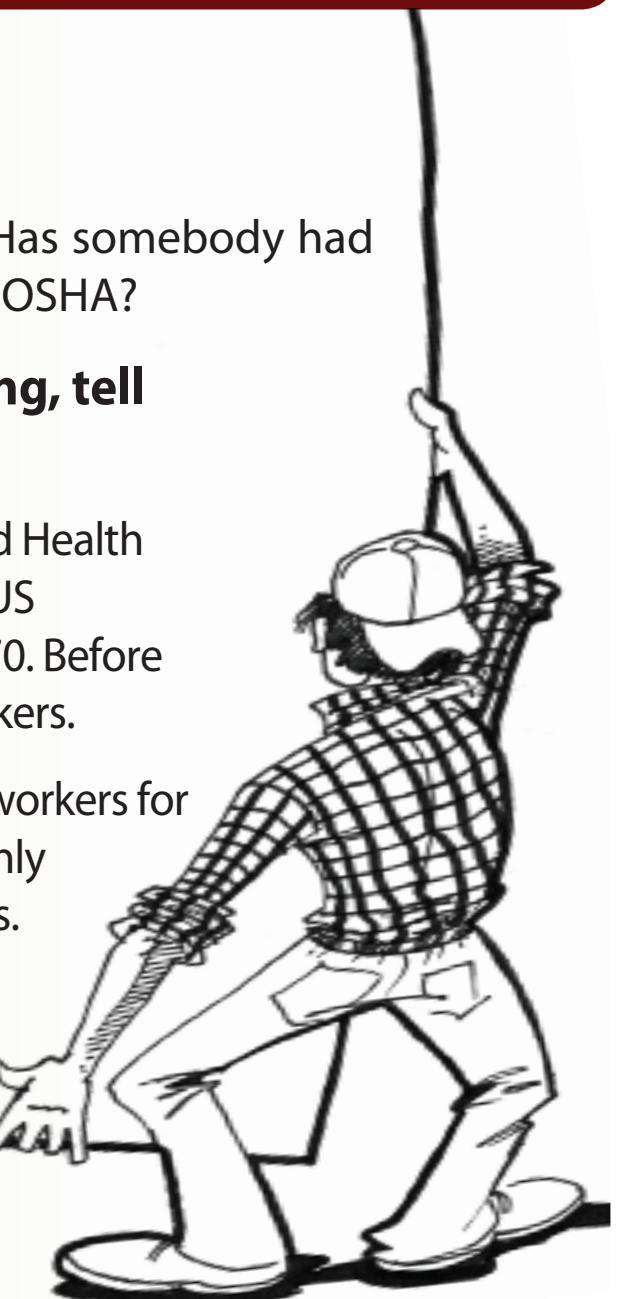
Read aloud:

Who can tell me what OSHA is? Has somebody had contact or some experience with OSHA?

Wait for answers. After pausing, tell them:

- OSHA (Occupational Safety and Health Administration) is an agency of the US Department of Labor, created in 1970. Before then, no protections existed for workers.
- Remember! OSHA never cites workers for negligence in the workplace; they only regulate workers through employers.

2. Pass out the handout about OSHA.



PROTECT YOURSELF (continued)

Go OVER THE MAIN POINTS (2 minutes)

1. Read aloud: Some of the most important rights of the worker under OSHA are:

- To request information from the boss about hazards to health and safety.
- Receive the necessary training and information.
- Inform the appropriate supervisor of a hazard.

2. Read aloud: Some of the responsibilities of the employer under OSHA are:

- Carry out their responsibility of maintaining a workplace that is free of danger.
- Reduce to a minimum or eliminate potential hazards.
- Ensure that workers use tools and equipment that are safe and well maintained.

3. Read aloud: If the worker has tried to fix a hazard in the workplace, but the employer refuses to act, the worker should come to Workers' Defense Project. Remember! Our workers' center will help you fill out the online form and will serve as your representative. **Point out the sheet of the handout, the address and information for PDL and the weekly juntas.**

PROTECT YOURSELF (continued)

Go OVER THE MAIN POINTS (continued)

4. Hand out the mini-book about OSCHON while reading aloud:

Employers can ask for a consultation with OSCHON, the Occupational Safety and Health Consultation program. It's a free service that helps employers:

- Reduce injury and illness in the workplace;
- Be informed and carry out with OSHA requirements;
- Prevent fines for negligence in the workplace;
- Plan health and safety trainings.



OSHA DISCLAIMER

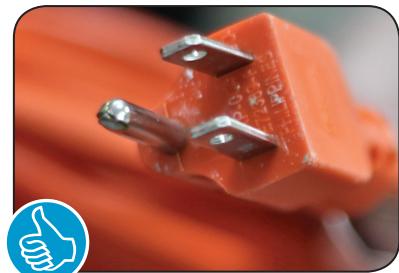
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How can you be safe with cords?

- Look over each cord carefully before using it. If a cord is damaged, or if it is missing its grounding pin, mark it clearly so that nobody uses it.



- Only use equipment with a cord that has three prongs and double insulation.

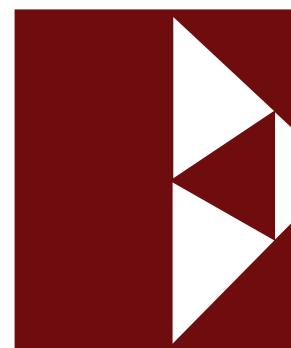


- Never use adapters, multi-plugs, or surge protectors in construction sites (instead of these, use GFCI).



"Electrical safety is not just for electricians. All workers should understand the dangers of working near electricity."

—SERGIO JUÁREZ



ELECTRICITY

PROTECT YOURSELF
FROM ELECTRICAL
HAZARDS



Water is a good conductor of electricity. Never use equipment while standing in water nor pass a cord through standing water.



HEALTH AND SAFETY TRAINING IN CONSTRUCTION
WORKERS DEFENSE PROJECT / PROYECTO DEFENSA LABORAL

ELECTRICAL HAZARDS

Is electricity dangerous? ...Yes!

- Contact with electricity is a great risk in construction sites.
- The most common cause of death related to electricity in the workplace is the incorrect use of extension cords, or a damaged extension cords.
- Workers at high stations that make contact with electricity can fall, which can result in grave injury or even death.



What are the most common electrical hazards on construction sites?

- Faulty grounding
- Exposed electrical equipment
- Inadequate electrical installation
- Overhead power lines
- Overcharged circuits
- Wet conditions
- Damaged tools or equipment



And what about overhead power lines?

- Inspect construction sites for overhead power lines before beginning to work.
- Maintain at least 10 feet (over 3 meters) of distance between all equipment and overhead power lines.



Electricity is a common part of all of our lives, but sometimes because it's so common, we don't treat it with the necessary precautions.



Electrical cables should always be examined before using the equipment to ensure that it has not been damaged or modified.

What are Personal Detention Systems?

- The types of fall protections are: guardrail systems, covers, security nets and personal fall arrest systems, such as full-body harnesses.
- Fall protection is obligatory when workers can fall more than 6 feet or while working over dangerous equipment.
- They should be examined before each use for damage or deterioration.



Anchor



Connector

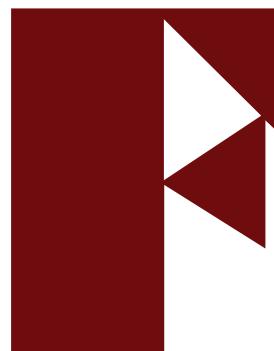


Full body harness



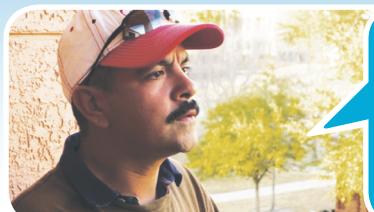
"Workers' Defense Project taught me how to be safer at work. Now I'm not afraid to ask questions, and I'm even learning how to facilitate safety trainings for other members."

—JORGE DE LOS SANTOS



FALLS

PROTECT YOURSELF
FROM FALLS IN
CONSTRUCTION



All scaffolding should be able to support four times the anticipated weight. They should fully planked, be without holes, and be at least 18 inches wide.



HEALTH AND SAFETY TRAINING IN CONSTRUCTION
WORKERS DEFENSE PROJECT / PROYECTO DEFENSA LABORAL

FALL PROTECTION

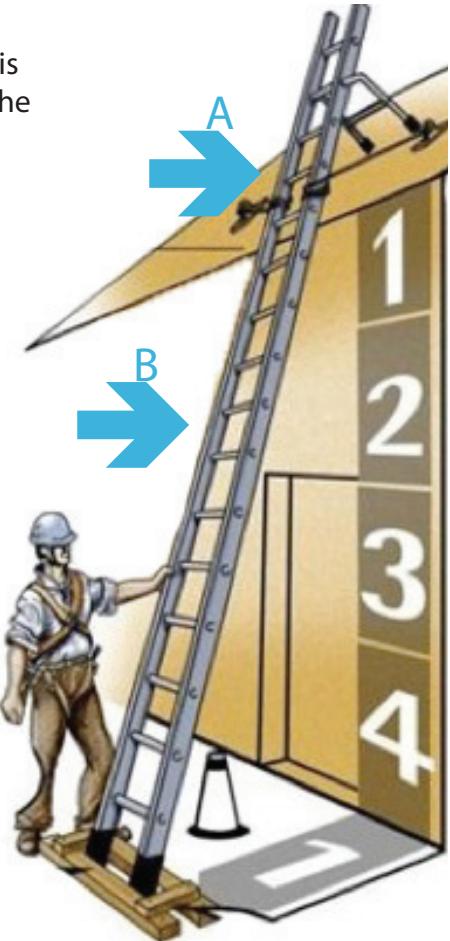
How can I be safe with portable ladders?

A Make sure that the ladder is sufficiently long to reach the work area.

B Keep ladders and shoes free of oil, grease, mud, and other slippery hazards.

C Use ladders on stable surfaces, and secure the ladder from above and below to prevent movement.

D Don't carry anything in your hands while going up or down a ladder.



When are guardrails necessary?



- Any site from which a person could fall from six feet or more requires guardrails.
- Guardrails on the sides of buildings should have midrails and toe-boards at the base when there is a risk of falling materials.
- Every opening in floors and roofs should have coverings, clearly marked with the word "HOLE".

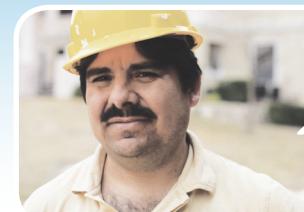
What is safe scaffolding like?



- Scaffolding should be properly designed.
- Never use bricks, blocks, or barrels to support scaffolding. Nor should you use ladders on top of scaffolding, or to get onto scaffolding.
- All scaffolding should be able to support up to four times the expected weight.



Did you know that some type of fall protection is necessary when working at all heights above six feet?



All floors with unprotected sides and edges require railings: that includes walkways, the sides of the building, even open windows.



Workers Defense Project

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CEPA

LEARNING ASSESSMENT—WORKERS DEFENSE PROJECT

Susan Harwood Grant SH22319SH1

Training Program for Construction Workers

TRAINING LOCATION	TRAINING DATE
Workers Defense Project 5604 Manor Rd. Austin, TX 78723	
<input type="checkbox"/> Pre-training assessment	<input type="checkbox"/> Post-training assessment

DESIGN & METHODOLOGY

The majority of construction workers WDP contacts are hard-to-reach, low-literacy, Spanish-speakers who have little to no formal safety training in construction. The purpose of CEPA is to provide these hard-to-reach construction workers with a basic awareness of key workplace hazards, and to develop their ability to work collectively and proactively to create safer working conditions. WDP has therefore selected an evaluation approach most appropriate for the above training demographic, using visual aides and peer-to-peer interaction as the basis of the assessment. Drawing upon a “participatory empowerment” evaluation approach, which assesses group knowledge through small group activities and peer-to-peer communication,¹ the learning assessment emphasizes participant interaction and group presentation. The assessment design therefore directly contributes to the overall training goal of developing workers’ ability to work collectively and proactively to eliminate workplace safety hazards.

INSTRUCTIONS

- The class will be divided into small groups of 3-4 people per table. Each group will be given a workplace hazard photo and will have 5 minutes to identify the hazards and discuss possible solutions. There are three photos, so some groups may have the same photo.
- Ask each group to elect one person to write the group answers on a large post-it sheet, and one or two people to present.
- After 5 minutes, ask each group to present to the class the hazards and solutions identified during small group discussion. Presentations should be limited to 2 minutes per table. When a table presents on a photo that another group also analyzed, ask the additional group if they have anything to add. This will cut down on total facilitation time.

¹ WDP draws upon the following literature in developing and administering evaluations: Cousins JB, Earl LM. The case for participatory evaluation. *Educational Evaluation and Policy Analysis*. 1992; 14(4):397-418; King JA. Making sense of participatory evaluation practice. *New Directions for Evaluation*. 1998; 80:57-67. Patton MQ. Qualitative Research and Evaluation Methods, 3rd Edition. Thousand Oaks: Sage Publications, 2002. Davidson EJ. Evaluation Methodology Basics: The Nuts and Bolts of Sound Evaluation. Thousand Oaks: Sage Publications, 2005.



Workers Defense Project

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- After all groups have presented, the facilitator should save the group post-it notes and record answers on the following checklist. Each answer is assigned a point-value range. After training, tally up points. Compare scores with pre- and post-training assessments.



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HAZARD PHOTO CHECKLIST

Susan Harwood Grant Training Program for Construction Workers

PHOTOGRAPH	A. HAZARDS (5 POINTS EACH)	B. SOLUTIONS (5 POINTS EACH)
1. SCAFFOLD	<input type="checkbox"/> Scaffold is not fully planked.	<input type="checkbox"/> Eliminate – fully plank scaffold
	<input type="checkbox"/> Scaffold platform less than 18 inches in width.	<input type="checkbox"/> Eliminate – fully plank scaffold
	<input type="checkbox"/> Bricks, wood blocks, or other such materials should not support scaffold. Must be supported by a base plate.	<input type="checkbox"/> Eliminate – provide proper base-plate support
	<input type="checkbox"/> Scaffold lacks cross bracing.	<input type="checkbox"/> Eliminate – provide cross bracing
	<input type="checkbox"/> Scaffold is not leveled.	<input type="checkbox"/> Eliminate – level scaffold.
	<input type="checkbox"/> Scaffold lacks safe means of access and egress (such as a built-in ladder or ladder tied off at top and bottom)	<input type="checkbox"/> Eliminate – provide a ladder of appropriate length, tied off at top and bottom to prevent slippage.
	<input type="checkbox"/> Scaffold not 14 inches or less from surface of working area.	<input type="checkbox"/> Eliminate – reposition scaffold closer to working surface.
	<input type="checkbox"/> Other:	<input type="checkbox"/> Substitute – construct/use a properly designed and leveled scaffold. <input type="checkbox"/> Administrative – train worker on fall protection and scaffold safety
Subtotal	A. _____ of 40 points	B. _____ of 45 points
TOTAL	A+ B. = _____ of 85 points	



Workers Defense Project

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HAZARD PHOTO CHECKLIST

Susan Harwood Grant Training Program for Construction Workers

PHOTOGRAPH	A. HAZARDS (5 POINTS EACH)	B. SOLUTIONS (5 POINTS EACH)
2. LADDER IN WATER	<input type="checkbox"/> Do not use metal ladders near electricity	<input type="checkbox"/> Eliminate and substitute – use wooden ladder instead of metal one.
	<input type="checkbox"/> Keep extension cords away from water	<input type="checkbox"/> Substitute – use cordless drill
	<input type="checkbox"/> Worker is wet and has no shoes	<input type="checkbox"/> Administrative – train worker on dangers of electricity and water. <input type="checkbox"/> PPE – provide worker with rubber boots.
	<input type="checkbox"/> Worker carried drill up ladder. Must always have three points of contact when climbing or descending.	<input type="checkbox"/> Engineering – use tool belt with holster for cordless drill. <input type="checkbox"/> Administrative – train worker on safe ladder use.
	<input type="checkbox"/> Other:	<input type="checkbox"/> Other:
Subtotal	A. _____ of 25 points	B. _____ of 35 points
TOTAL	A + B = _____ of 60 points	



Workers Defense Project

Proyecto Defensa Laboral

HAZARD PHOTO CHECKLIST

Susan Harwood Grant Training Program for Construction Workers

PHOTOGRAPH	A. HAZARDS (5 POINTS EACH)	B. SOLUTIONS (5 POINTS EACH)
3. LADDER ON SCAFFOLD	<input type="checkbox"/> Ladder placed on top of scaffold	<input type="checkbox"/> Eliminate & Substitute – remove ladder from scaffold; use proper ladder long enough for the job
	<input type="checkbox"/> Worker not wearing fall protection (full body harness)	<input type="checkbox"/> Eliminate – provide worker with proper PPE <input type="checkbox"/> Administrative – train worker on fall protection <input type="checkbox"/> PPE – provide worker with fully body harness
	<input type="checkbox"/> Incorrect scaffold: job-built, not fully planked, no cross bracing, lacks proper access, platform planks do not extend 6-12 inches from side., etc.	<input type="checkbox"/> Eliminate & Substitute – remove job-built scaffold; use proper ladder instead of job-built scaffold
	<input type="checkbox"/> Scissor ladder not fully open and braced.	<input type="checkbox"/> Eliminate & Substitute – remove ladder; use proper ladder long enough for the job
	<input type="checkbox"/> Ladder not long enough for the job: should extend three feet above landing surface.	<input type="checkbox"/> Substitute – use proper ladder long enough for the job
	<input type="checkbox"/> Ladder not tied off at top and bottom.	<input type="checkbox"/> Engineering – tie off top and bottom of new ladder to prevent movement.
	<input type="checkbox"/> Workers not wearing hard hats	<input type="checkbox"/> Eliminate – provide worker with proper PPE
	<input type="checkbox"/> Worker using improper ergonomic form	<input type="checkbox"/> Administrative – train worker on proper lifting techniques.
Subtotal	A. _____ of 40 points	B. _____ of 50 points
TOTAL	A+ B. = _____ of 90 points	



Workers Defense Project

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HAZARD PHOTOS ON POWER POINT

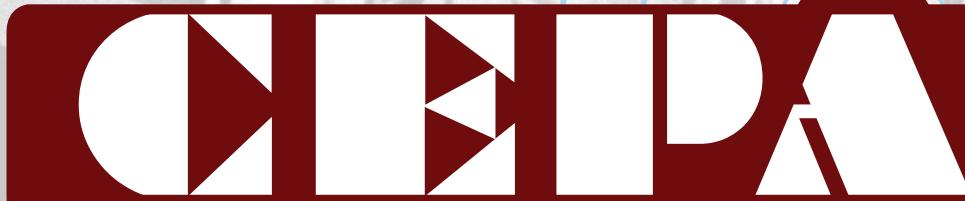
Susan Harwood Grant Training Program for Construction Workers

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WORKER MANUAL



"CEPA, a program by Workers Defense Project, teaches workers how to be safer on the job and improve working conditions in construction." —EMILIANO ZAVALA



A **SAFETY** AND **HEALTH** TRAINING IN **CONSTRUCTION**
WORKERS DEFENSE PROJECT / PROYECTO DEFENSA LABORAL

ABOUT US

OSHA's mission

With the Occupational Safety and Health Act of 1970, Congress created the Occupational Safety and Health Administration (OSHA) to ensure safe and healthful working conditions for working men and women by setting and enforcing standards and by providing training, outreach, education and assistance.



CEPA community centers



Workers Defense Project (WDP) is a membership-based organization that empowers low-income workers to achieve fair employment through education, direct services, organizing, and strategic partnerships.



Fe y Justicia Center is a safe space for low-wage workers to learn about their rights in the workplace, and organize to improve working conditions on the job.



Texas Civil Rights Project (TCRP) promotes racial, social, and economic justice through litigation, education, and social services for low/moderate-income persons least able to defend themselves. TCRP strives to foster equality, secure justice, ensure diversity, and strengthen low/moderate-income communities in Texas.

Acknowledgements

The following materials could not have been developed without the contributions of other organizations, whose work is reflected in the CEPA materials. Workers Defense Project would like to recognize OSHA, Rutgers OTEC and New Labor, Cal/OSHA, NIOSH, Jim Albers, KST Electric, San Paloma, and all the previous recipients of the Susan Harwood grant from OSHA.

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CEPA

A SAFETY AND HEALTH TRAINING IN CONSTRUCTION
WORKERS DEFENSE PROJECT / PROYECTO DEFENSA LABORAL

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WORKER MANUAL | CONTROLLING HAZARDS



"We all know that construction jobs are dangerous, but not everybody knows what to do to be safer in their jobs."

—RAMÓN HIDALGO

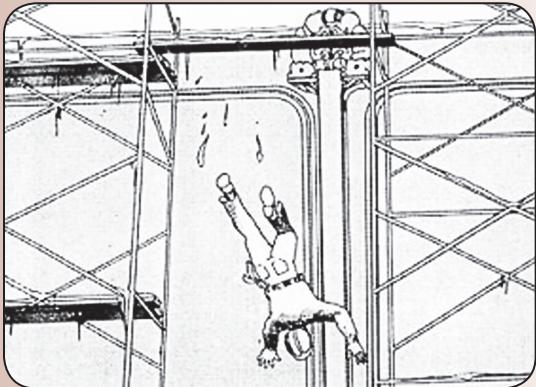


CONTROLLING HAZARDS

PROTECT YOURSELF FROM HAZARDS IN CONSTRUCTION

HAZARDS IN CONSTRUCTION

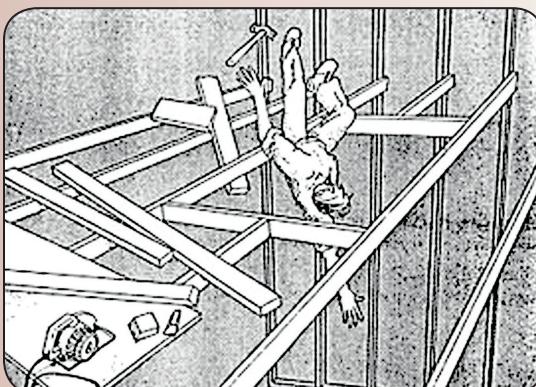
Hazards that can cause physical harm



FALL HAZARDS:

Any situation where a person could slip and fall from six feet or higher.

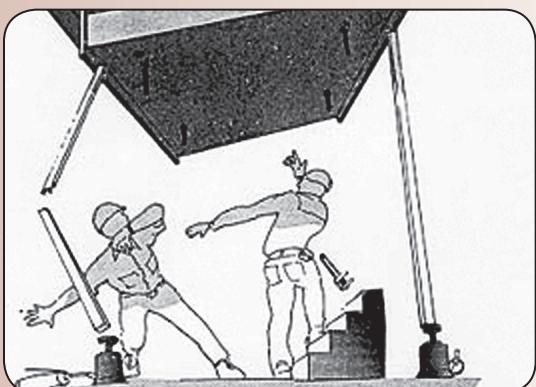
EXAMPLES: Broken ladders, scaffolding without guardrails, open stairways, and unprotected sides of buildings.



SAME-LEVEL FALLS:

Conditions that cause people to slip, fall, or injure themselves.

EXAMPLES: Messy workplaces, slippery surfaces, wet or greasy floors.



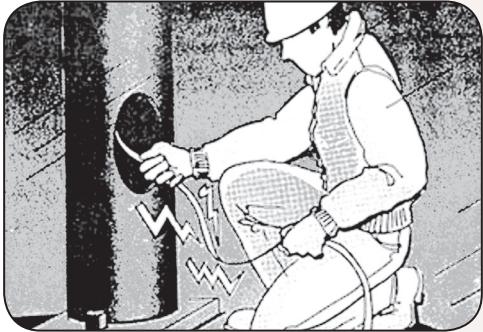
FALLING OBJECTS:

Workers are at risk of falling objects when somebody is doing work above them or when materials are not stored properly.

EXAMPLES: Working under scaffolding or a crane, objects located too high up.

Source: *Work Safe, Work Smart, Minnesota Department of Health Curriculum*.

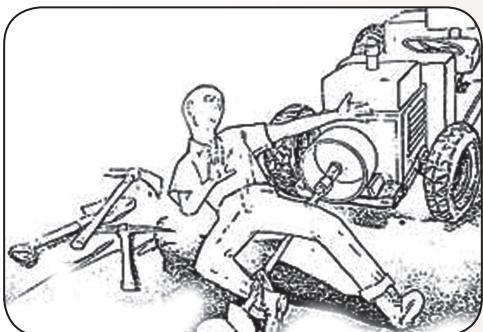
HAZARDS IN CONSTRUCTION



ELECTRICITY:

Electrocution can occur when a person makes contact with an electrical current.

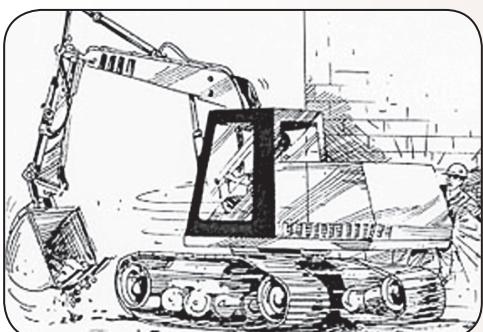
EXAMPLES: Electrical equipment, electric cables, lightning, batteries.



MACHINE HAZARDS:

Parts of machines, both slow and fast moving, can cause accidents such as crushing or even amputating parts of the body.

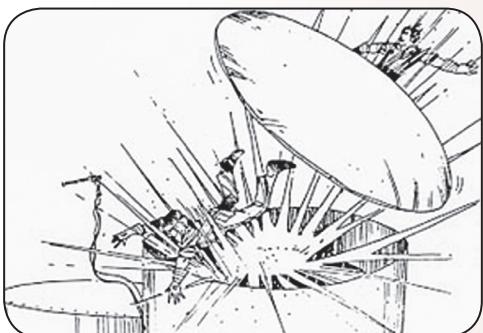
EXAMPLES: Motor parts, drills.



MOVING OBJECTS:

A person can be hit, run over, or crushed by heavy machinery.

EXAMPLES: Tractors, trucks.



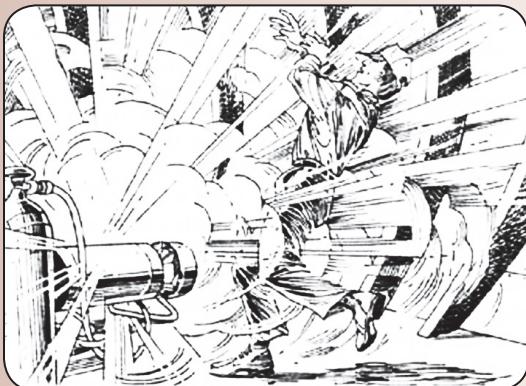
FIRE HAZARDS:

Any condition that increases the risk of a fire in the workplace.

EXAMPLES: Poor electrical installation, improper use of heaters, not having fire safety equipment.

HAZARDS IN CONSTRUCTION

Physical hazards can cause illness in the workplace



NOISE:

Loud noises can cause injury to the ears, both immediately and over time. EXAMPLES: Machines, motors, explosions, loud music.



HEAT:

A hot surface can cause a burn; overexposure to the sun or to heat causes dehydration. EXAMPLES: Working outside during the summer, stoves, fryers, grills.

COLD:

Exposure to the cold or being enclosed in a cold place can cause frostbite, hypothermia, or even death. EXAMPLES: Working outside during the winter, refrigerators, freezers.



MISCELLANEOUS:

Any other object that can cause injury or illness. EXAMPLES: Radiation, improperly fitting protective equipment.

Source: *Work Safe, Work Smart, Minnesota Department of Health Curriculum*.

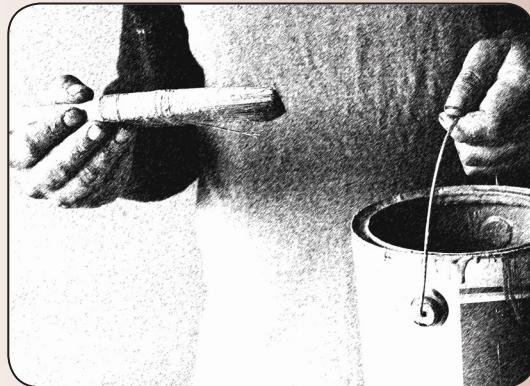
HAZARDS IN CONSTRUCTION

Chemicals can enter the body!

Chemicals can enter the body through the skin, through cuts and openings in the skin or through the mouth by breathing or swallowing.

SOLIDS:

Chemicals in solid form. EXAMPLES : Paint can contain lead.



LIQUIDS:

These are chemicals that are in liquid form at room temperature. EXAMPLES: Pesticides, paints, cleaning products.



DUST:

Dust is small particles of solids. You can be exposed to materials already in dust form, or through work processes that create dust. EXAMPLES: Bags of cement, fiberglass, asbestos.

VAPOR:

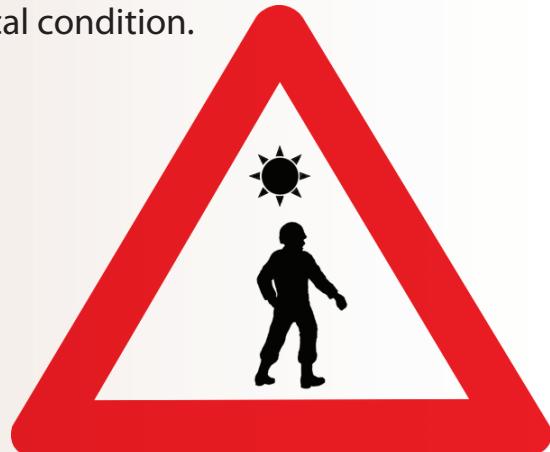
Certain vapors can cause eye and skin irritation. Some can damage the brain over time. EXAMPLES: Pesticides, paints, cleaning products.



PROTECT YOURSELF FROM HEAT STRESS!

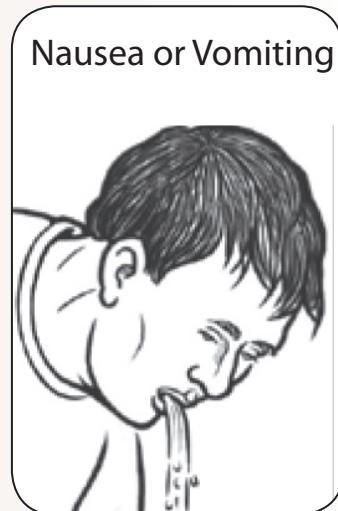
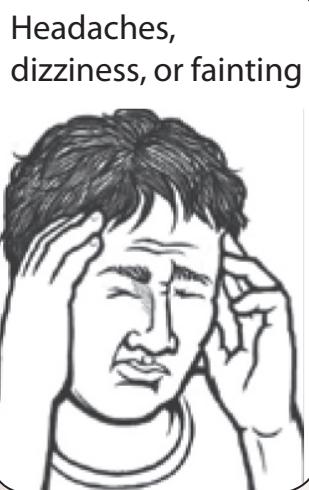
What things cause heat stress?

- Physical activity and a poor physical condition.
- High temperatures and humidity.
- Excessive heat and direct sun.
- Poor air circulation.
- Some medications.



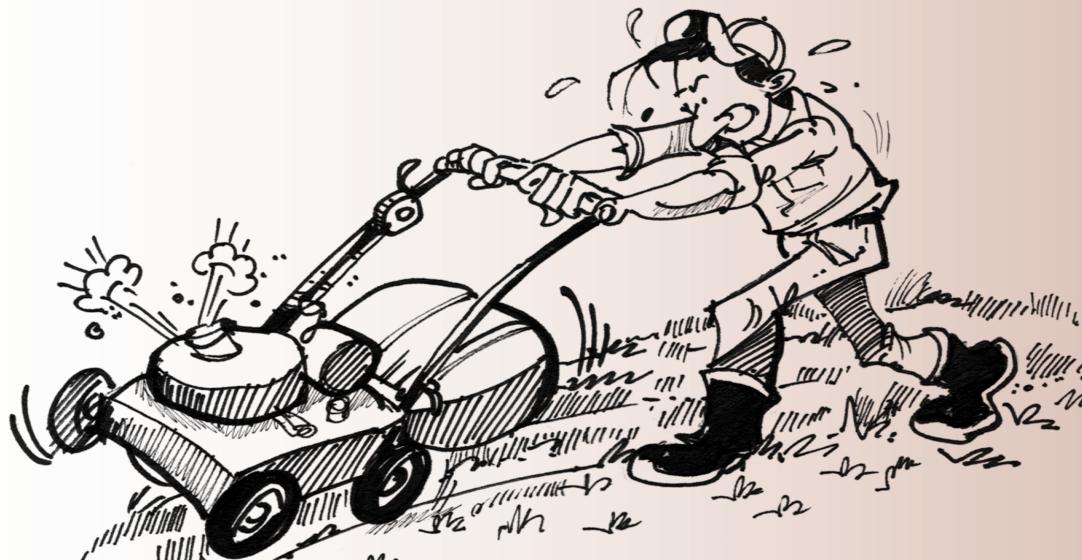
What are the symptoms of heat stress?

- Headaches, dizziness, or fainting. Nausea or vomiting.
- Fatigue and humid skin.
- Mood changes, such as irritability or confusion.



Source: <http://www.osha.gov/SLTC/heatillness/index.html>

PROTECT YOURSELF FROM HEAT STRESS!



What are the symptoms of heat stroke?

- Dry and hot skin, without sweat.
- Confusion or loss of consciousness.
- Convulsions or stroke.

Dry and hot skin,
without sweat



Confusion or loss
of consciousness



Convulsions or
stroke



Source: <http://www.osha.gov/SLTC/heatillness/index.html>

PROTECT YOURSELF FROM HEAT STRESS!

Avoid heat stress!

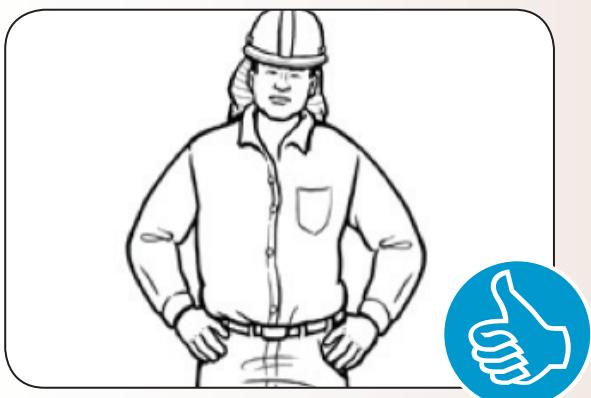
- Know the signs and symptoms of heat related illness; keep an eye on yourself and your colleagues.
- Block direct sun and other heat sources.
- Drink a glass of water every 15 minutes while working in hot, humid conditions.
- Avoid alcohol, caffeinated beverages and heavy foods.



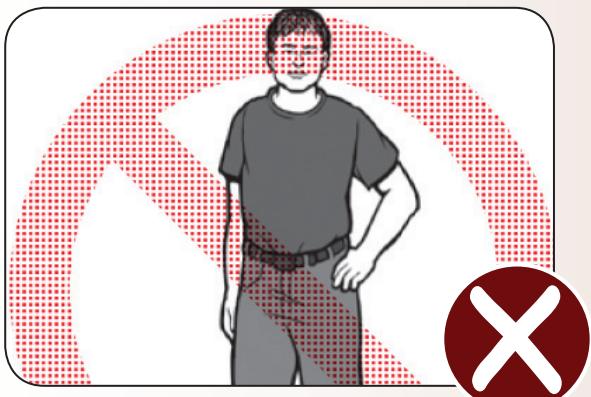
Source: <http://www.osha.gov/SLTC/heatillness/index.html>

PROTECT YOURSELF FROM HEAT STRESS!

Avoid heat stress!



- Wear light clothing with light colors and that is loose-fitting.
- Don't drink more than 3 gallons (more or less 10 liters) of liquid in a 24-hour period.



- Use fans or air conditioning; rest regularly.



Source: <http://www.osha.gov/SLTC/heatillness/index.html>

PROTECT YOURSELF FROM HEAT STRESS!

What do I do if a coworker shows these symptoms?

Call 9-1-1 immediately! While waiting for help:

- Move the person to a cool and shady place.
- Fan them and take off heavy or tight clothing.
- Spray them and give them water to drink.



Source: <http://www.osha.gov/SLTC/heatillness/index.html>