



Weekly Safety Meetings Select Edition

Safety Training for the Construction Industry

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San Diego Services

MARCH WEEK 1

What to do When Someone is Injured

Accidents cause thousands of deaths and millions of injuries in America every year. We can reduce the number of accidents by being careful and following safe work practices all of the time. In spite of our best efforts, accidents still happen. When an accident does occur you need to act quickly! If the injuries are serious every second counts. Check the condition of the injured person or persons and call for help. Dial 9-1-1 if it's available or call the police or other emergency services. The emergency dispatchers will want to know how many people are injured and how serious the injuries are.

If there is no severe bleeding and you know CPR, start with the **ABC's**.

- **Airway**—check the airway to be sure it is open.
- **Breathing**—check for breathing; if the person has stopped breathing, provide artificial respiration.
- **Circulation**—check the pulse and administer CPR if needed.

CPR is probably the most important first aid skill. When a victim's blood stops circulating irreversible brain damage occurs within four to six minutes unless someone starts CPR. Other medical conditions that result from accidents are shock, bleeding, burns, and broken bones. While you

are waiting for help to arrive, provide basic first aid if you are trained to do so.

- **Shock**—treat victims for shock by covering them up with a blanket or taking other steps to keep them warm. Never move victims unless they are in danger; and don't allow them to get up or move around.
- **Bleeding**—place a clean folded cloth over the wound and firmly apply direct pressure.
- **Burns**—cover the wound with clean dry cloths or sterile bandages.
- **Broken Bones**—immobilize the limb and cover any open wound with a sterile pad.

Find out where the first aid kits are located and who has had first aid and CPR training. When the unexpected happens stay calm, act quickly, and keep the victims warm, comfortable, and reassured until help arrives.

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SAFETY REMINDER
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Sign up for an American Red Cross first aid course.
You never know when you will be called on to save a life.

NOTES:

MEETING DOCUMENTATION:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

JOB NAME: _____
MEETING DATE: _____
SUPERVISOR: _____
ATTENDEES: _____

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

REVIEWED MSDS # _____ SUBJECT: _____

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MARCH WEEK 2

Burns I

There are three kinds of burns: electrical burns, chemical burns, and heat burns. The opportunity for any of these types of burns exists at any construction site. Burns are usually painful and can become infected if not treated properly. Most burns require professional medical attention.

Electrical burns can occur when a worker comes in contact with electricity. Entry and exit wounds can be very deep with severe tissue damage. **Chemical burns** are caused by contact with a strong acid or alkaline solution or other irritating chemical. **Heat burns** are caused by flame, hot surfaces, hot liquids, and heat. They are rated first, second, and third degree, with third degree burns being the most severe.

First aid treatment for electrical burns requires strict attention to detail. First, make sure the source of electricity will not endanger you as well. Unplug the tool or disconnect the current. Call for an ambulance at once. After you have done that, check for breathing and heartbeat. Electricity can cause a person to go into cardiac arrest. If necessary and if you are certified, begin artificial respiration and CPR.

First aid for chemical burns starts with washing chemicals off the skin as quickly as possible; if an emergency shower is not available, even a garden hose will work. Avoid splashing the chemical in the victim's face. Take off

contaminated clothing as quickly as possible. Try not to spread the chemical to other parts of the body. Burns to the eyes should be flushed for a minimum of 20 minutes. Seek professional medical treatment.

Minor heat burns may require only a cool, wet compress; however, second and third degree burns requires prompt medical treatment. Begin first aid for second and third degree burns by immersing the burn in cold water, then apply clean sterile bandages. Seek emergency medical treatment at once for severe burns. While you wait for help, keep the person comfortable and warm. If necessary and if you are trained, administer CPR. **Do not** apply ointment, commercial burn ointment, grease, or any home remedy.

You can prevent burn accidents several ways. Treat all electrical tools with care. Wear the right personal protective equipment. Observe all posted signs. Read labels or MSDSs before using a chemical. Don't misuse gasoline. Keep combustible materials away from sources of ignition. Avoid contact with high heat surfaces by keeping guards and barriers in place.

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SAFETY REMINDER
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Consider taking a course in first aid for burns to learn to differentiate and treat the symptoms of first-, second-, and third- degree burns.

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MARCH WEEK 3

Burns II

Construction sites contain many potential burn hazards. You are exposed to hot surfaces, welding operations, gasoline-powered and diesel-powered equipment, electrical circuits, chemicals, and heaters, all of which can cause burns. The environment itself presents the danger of sunburn if you are exposed to the sun without protection, even in the winter. Your skin is your largest vital organ and the best thing you can do to protect it from burns is to prevent them.

First aid treatment for burns varies depending on the type and severity of the burn. The size, location, and depth of a burn determine how serious it is. Burns to the face, neck, hands, feet, or genital areas can be extremely painful and may result in hospitalization. Consider taking a first aid course to learn to differentiate between and then treat first-, second-, and third-degree burns.

There are many things you can do to prevent burns. Because your skin is sensitive, wearing the proper personal protective equipment when working around chemicals and hot surfaces is important. Don't leave yourself exposed to burn hazards. Avoid contact with hot surfaces by keeping guards and barriers in place. Catch your welding sparks so they don't fall on workers below. De-energize and lock out electrical systems. Read and heed posted signs and placards. Before using chemicals, read labels and MSDSs and then follow their recommendations. Assume overhead power lines are energized and stay at least 10 feet away from them. Keep portable heaters at least 3 feet from everything around them. Inspect power tools and cords for insulation breaks and exposed wires before you use them. Avoid prolonged exposure to the sun and protect your skin with clothing and/or sunscreen when necessary.

Burns also occur commonly at home. Dangers at home include bath water, irons, boiling water, hot stoves, candles, and heaters. Protect your children from burn hazards. Keep flammables, matches, and smoking materials such as lighters and cigarettes out of children's reach.

Whether the burn occurs on the job or at home, never use butter, oils, petroleum jelly, or other home remedies on a burn. In many cases, you should seek professional medical attention immediately, but you should always get professional help if the victim is younger than 5 or older than 55.

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SAFETY REMINDER
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If your clothing is on fire "stop, drop, and roll" to put out the flames.

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Job Safety Analysis

A job safety analysis (JSA) is just that—an analysis of a specific task that an individual or a group is about to begin. The idea behind the JSA is to give you the opportunity to think about each of the steps involved in completing a task before you begin the work. You look at each step individually, identify the potential hazards, and then recommend actions or procedures to eliminate or reduce those hazards. By taking time to think about each of the steps, everyone involved will know what it takes to complete the job safely.

If your employer doesn't have software to help you create a JSA, or doesn't already have blank JSA worksheets for you to fill out, all you really need is a piece of paper. Your JSA should include:

- The steps required to complete the task and the hazards associated with each step.
- The tools needed to get the task done and the hazards each tool presents.
- The individuals involved in each step.
- The materials needed to complete the task and any hazards they pose.
- The safety equipment needed to get the task done safely.
- The strategies you will use to minimize or reduce the risk of accidents and injuries.

- The steps each individual will take to complete the task safely.

Essentially, for each JSA, you'll think of every step, as well as the people, hazards, environment, tools, equipment, and materials involved. You should visualize everything that could go wrong, and list what can be done to make the job safer. The goal is to identify potential problems and know the solutions before the task begins. Completing a JSA doesn't have to be a difficult process. For some tasks, it may take just a few minutes. For others, it may take longer because the job is more complex and requires a greater level of detail.

Remember that a JSA must be updated when any of the elements change—such as new equipment, new tools, or new employees. It's a good idea to involve new employees in creating a JSA. This will help new employees learn about hazards and will show them that safety is a priority. As a construction worker, you have a responsibility to follow the steps in the job safety analysis. If you deviate from them, or if you see that any part needs to be updated, tell your supervisor so the JSA can be adjusted.

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SAFETY REMINDER
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JSA's are like PPE, they only help you if you understand them and use them.

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