Weekly Safety Meetings Standard Subscription
Safety Training for the Construction Industry


COMPANY NAME: _____

Volume 32
APRIL 2015

# Roofing Hazards

Roofing involves many hazards including falls, unprotected openings, electrocutions, fires, and burns. However, the good news is that these hazards can be avoided or minimized through smart planning, proper use of personal protective equipment, and safe work practices.

Roofing operations take place on flat or sloped roofs over warehouses, process plants, shopping centers, single-family or multi-family residences, and high-rises, just to name a few. The most common risk for roofers involves falling from heights. What goes up must come down; and unless you take the steps necessary to prevent a fall from occurring, you could end up coming down fast and hard. That means being injured or dead.

Before you begin any roofing work, you need a plan for safe access. Will you use a ladder to get to the roof? Is the ladder secure? Will you have a set of scaffold stairs to walk up? Will your access point be through a roof hatch? Will you reach the roof using a material or personnel hoist? Plan ahead.

Once you reach your work area, there are many fall hazards to consider. Is the roof protected by railings? Does it have a parapet around it? Are there anchorage points to tie off to? If you are working on a pitched roof, you need to wear a personal fall arrest system including a harness and lanyard. Tie off to an anchorage point or independent lifeline. If you lose your footing when you're up on the roof, you can easily slide off. On a roof, there's not much for you to grab onto in order to stop the fall.

Take time to identify the risks on the roof. Are there any skylights on the rooftop? One wrong step can cause you to fall through an unprotected opening and land on the floor below. Look for unprotected holes or openings and place guardrails around them. Determine what kind of protection you will use along open-sided roofs.

You'll also want to consider whether any electrical power lines are above or adjacent to your work area. Are you far enough away from them? How will you prevent contact with these lines? Are they energized? Can they be de-energized? Always avoid contact with power lines. Remember to "look up and live."

Fire hazards are also part of roofing work. Keep fire extinguishers handy during torching applications and when working with tar. Keep propane cylinders in a safe location, out of harm's way. Wear all the necessary personal protective equipment to prevent burns.

Roofing is dangerous work, but that doesn't mean you have to get hurt. Plan ahead. Use fall protection equipment. Work safely. Stay alive.

## SAFETY REMINDER

**If you're using a straight or extension ladder to reach that roof, make sure you use the 4-to-1 rule when you set it up, and make sure that it extends at least 36 inches above the edge of the roof.**

## NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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# Anger Management on the Jobsite

Anger is a feeling or emotion that ranges from mild irritation to intense fury and rage. Anger is a natural response to situations that make us feel threatened, or during which we believe harm will come to us or to someone we love. Anger may also result from frustration when our needs, desires, and goals are not being met. Feeling anger is normal, but if anger leads to actions that are impulsive, aggressive, or violent, then problems begin. The workplace becomes tense; working effectively with others is more difficult; you are distracted; and you and your co-workers are more likely to have accidents and be injured.

Despite the connection between anger and aggression, the two are really not the same. Aggression is a behavior that is intended to cause harm to another person or to damage property. This behavior can include verbal abuse, threats, or violent acts. Anger, on the other hand, is an emotion and does not necessarily lead to aggression. A person can become angry without acting aggressively. Before you allow yourself to become aggressive or uncontrollably angry, consider the effects anger can have.

**Anger, even without any aggression, can be unhealthy.** Feeling anger too intensely or too frequently places extreme physical strain on your body. During prolonged and repeated episodes of anger, several parts of your nervous system become highly activated. Consequently, your blood pressure and heart rate increase and they stay elevated for long periods. This stress on the body can lead to health problems including hypertension, heart disease, and a weakened immune system. Learning to control anger can help you avoid physical illness.

**Anger can lead to negative consequences at work.** Uncontrolled anger can lead to physical aggression or violence on the job. Such actions can ultimately cause accidents and injuries, and result in disciplinary action, job loss, arrest, and even imprisonment.

**Anger pushes people away.** Even when anger doesn't lead to violence, it can have negative social consequences. It's likely that co-workers will develop fear, resentment, and lack of trust towards those who subject them to angry outbursts.

Find healthy ways to keep anger under control. Reduce the physical aspects of anger with regular exercise, by using deep-breathing techniques, or by learning other relaxation skills. Address the emotional and psychological aspects by talking with someone you trust. Work through your anger by learning better communication skills, problem-solving skills, and learning how to resolve conflicts peacefully. Remember that anger is not, in itself, a problem—what can cause problems is how you choose to handle your anger.

**SAFETY REMINDER**

**When you feel that you're getting angry, take a deep breath and remember that life is too short to waste time being angry.**

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# Eye Protection

On a breezy day, a gust of wind blows your way, and some dust gets in your eyes. Your eyes turn red and itchy, they burn, and tears stream down your face. If that's what happens when a little bit of dust gets in your eyes, imagine the pain when a metal fragment pierces your cornea, or when a corrosive chemical begins to dissolve the tissue in your eyes. These accidents can cause temporary or permanent loss of vision. Fortunately, proper eye protection can prevent or reduce the severity of most eye injuries.

**Safety glasses** are designed to protect your eyes from impact hazards such as flying objects, sand, and to some extent, dust. Safety glasses work best against hazards coming toward you from the front.

**Safety goggles** provide protection from impact hazards such as flying objects, chips of paint, or sand by surrounding the eye with a protective seal. Goggles provide better protection than glasses from objects coming at you from above, below, or from the sides.

**Chemical goggles** can prevent splashing liquids from entering your eyes, and provide some impact protection.

**Face shields** protect your entire face from chemical splashes and flying objects or particles. Face shields are usually worn in addition to safety glasses or goggles.

Eye protection only works if you wear it. Putting safety eyewear in your pocket, lunch bucket, vehicle, or on top of your hard hat does nothing to protect your eyes. Do you think putting on safety glasses isn't worth the trouble, or that you can react by blinking or turning away faster than an object can enter your eye? Have you ever heard somebody say that eye protection is for wimps? Ask anyone who has suffered even a minor eye injury, and they'll tell you all these assumptions are dangerously incorrect.

Plan ahead to determine what hazards you will face during a particular task. Select protective eyewear designed to guard against those specific hazards. There may be times when you need to wear two forms of eye protection. Sand blasting, heavy grinding, and chipping require a double layer of protection (goggles or glasses and a face shield). If your work involves welding, torch cutting, brazing, or laser work, you will need eyewear to protect your eyes from the hazards of optical radiation.

Uncorrected vision problems can also cause accidents. Visit your eye doctor if you notice that you have to squint or strain to read. Get new safety glasses if your prescription changes, and follow your employer's rules on the use of contact lenses.

Be prepared in case of eye injuries. Know the location of eyewash stations. Chemical burns require that you flush your eyes with water for at least 15 minutes. If an object is embedded in your eye, seek medical attention immediately.

**SAFETY REMINDER**

**Eye protection must meet the ANSI Z87.1 standard. Check your protective eyewear for the "Z87" marking on the frames.**

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# AEGCP

**The Assured Equipment Grounding Conductor Program**

An Assured Equipment Grounding Conductor Program (AEGCP) can be used in place of ground-fault circuit interrupters on your jobsite. The AEGCP covers all cord sets, receptacles that are not part of the permanent wiring of the building or structure, and equipment connected by cord and plug.

The AEGCP must be written and kept at the jobsite. It should outline specific procedures for the required inspections, tests, and test schedule. Your employer should designate a competent person to implement the program. A competent person is someone who is qualified to identify hazards and is authorized to take prompt corrective measures.

Part of the program involves visually inspecting all cord sets, attachment caps, plugs, receptacles, and any equipment connected by cord and plug **each day before using them.** If you see any external wear or damage (such as broken or missing pins, worn insulation, etc.) or discover any internal damage, do not use the equipment. Take it out of use until it is repaired.

Take a minute to be honest with yourself. How often do you really inspect cord sets and plugs? Do you just plug your tools into the cords that you used yesterday without first inspecting them? Don't take any chances with your life. A frayed cord or missing ground prong could result in a fire, an explosion, electrical burns, or death.

The AEGCP standard requires that cord sets and receptacles that are fixed and not exposed to damage be tested at least every 6 months. The standard also requires that all electrical equipment be tested at least every 3 months. Tests must also be performed:

- Before first use.
- Before equipment is returned to service following repairs.
- Before equipment is used after any incident that could cause damage.

**Never use any equipment that fails the required tests.**

Every jobsite must maintain a test record identifying each receptacle, cord set, and piece of equipment that passed the test, and the last date it was tested. Color coding is a convenient way to document which equipment passed the tests. Mark equipment with colored tape after it passes the tests and keep a record of when the testing was done. One effective color scheme is white for the winter months of January to March; green for the spring months of April to June; red for the summer months of July to September; and orange for the fall months of October to December.

You should know how to tell if the equipment you use has passed the most recent test. You can find more information about the AEGCP in 29 CFR 1926.404(b)(1).

## SAFETY REMINDER

**If you don't use an AEGCP, make sure you plug into a receptacle that is protected with a ground-fault circuit interrupter (GFCI).**

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