



JUNE 2015

Your Safety Attitude

When we say "safety attitude", what we're really talking about are your automatic or habitual responses to the situations you encounter each day. If you have a good attitude toward safety, you really do think "safety first" regardless of the tool, task or situation. If you have a bad attitude toward safety, you need to change it! Even the best safety attitude can be improved. Since it frequently determines your automatic reaction, let's think for a few minutes about your safety attitude and how you can improve it.

You need to have a safe attitude every day. It's a positive state of mind that helps prevent accidents and injuries. It helps you protect yourself and keep others safe. Construction work is dangerous. The dangers change from day to day, and sometimes from minute to minute. When you don't have the opportunity to think through the entire situation, your immediate response can determine whether or not someone gets hurt. Your attitude toward safety has a big impact on that response.

Your safety attitude can most easily be seen in your habits. Do you use tools safely, even the ones that feel like an extension of your hand? Do you wear safety glasses because you're told to, or because it's a habit? Is your first thought "how fast can we get this done" or is it "how can we make sure no one gets hurt?" Do you get angry and

upset, or do you keep your cool and keep your mind on the job? Do you jump into a task without looking, or do you take the time to look for hazards? Your answers say a lot about your attitude toward safety and the likelihood that you'll be injured.

Having a good safety attitude means managing your time well, so you don't have to rush. Shortcuts and chance takers have no place on the job. It also means doing the right job, doing the job the right way, and doing it the safe way. Anything else will cause accidents.

Remember, your attitude affects everyone—at work and at home. You can have a positive effect, improve the safety record, and prevent injuries and accidents. You can also have a negative effect and put yourself and others at risk. The choice is yours, and you make it many times each day. It just makes sense to have a good attitude toward safety, but it takes time and effort to develop and continually improve it. Take the time! Make the effort!

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SAFETY REMINDER
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Do you demonstrate your safety attitude by wearing your seat belt?

If not, start demonstrating it today on the way home.

NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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

REVIEWED MSDS #

SUBJECT:

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Personal Protective Equipment

Personal Protective Equipment (PPE) is designed to protect various parts of the human body that are frequently injured or damaged—the eyes, lungs, feet, hands, ears, head, etc. PPE helps prevent injuries. PPE comes in many forms: hard hats, safety glasses, respirators, life jackets, safety harnesses, hearing protection, and eye protection just to name a few. When choosing what PPE to use consider the type of work you will be doing, the weather, and any hazardous materials you may come in contact with. Your employer is responsible for eliminating workplace hazards whenever possible. When hazards can't be completely eliminated, your employer is required to provide appropriate PPE. Be sure you use it!

The most widely used piece of personal protective equipment is the hard hat. It is the most visible symbol of the construction industry. It provides a layer of protection for your head. Your head contains your brain—leaving it unprotected would be foolish. So don't be hardheaded, wear your hard hat!

Another important piece of PPE is eye protection. Your eyes provide you with knowledge of the world around you—they allow you to drive, play ball with your kids, go hunting and, of course, do your work. Make sure you wear the kind

of eye protection that is best suited to your job. Your eye protection should fit properly and should be kept clean. Rinse off dirt, grime and grit before wiping the lenses.

PPE is worthless if it is not used or if it is used improperly. Each of you must be trained to use and maintain the personal protective equipment you need to do your job. Once you've been trained, it is your responsibility to use protective equipment and make sure it is clean and in good, safe condition.

If a NASCAR driver pulls out of the pit without a helmet, would it be OK because he's a really good driver and doesn't plan to crash, or would it just be plain stupid? If an offensive tackle went on the field with no helmet and no shoulder pads, would it be OK because he's really a tough guy, or would it just be plain stupid? So, if you start work without your PPE, are you really so good or so tough that it's impossible for you to get hurt, or is it just plain stupid?

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SAFETY REMINDER
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That dust or chemical smell in the air may not only be irritating—it may be toxic!

Know when to ventilate or wear a respirator.

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Weekly Safety Meetings Select Edition

Safety Training for the Construction Industry
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Foot Protection

What would happen if your foot got crushed? Think beyond the pain and suffering for a moment, because most of that will go away eventually. What about your livelihood? Could you keep your job? You use your feet on the job everyday; they are also exposed to hazards everyday. You have to stand, hold, dig, walk, climb up and down ladders and carry material. Maybe you have to drive a vehicle or operate a piece of equipment that uses foot pedals. Now think about trying to do any of those tasks without your feet or your toes. Protective footwear helps guard your feet from crushing injuries; chemical burns; and annoying injuries like cuts, scrapes, and blisters.

Start by wearing good, sturdy leather footwear; tennis shoes or sneakers just won't cut it. The upper should be durable leather to protect your feet and ankles from scrapes and cuts. The sole should have a good tread and be slip-resistant. A steel shank will provide more support and help resist punctures.

Keep your feet dry. If your job requires you to work where your feet will be in water or mud, wear rubber boots. If your feet do get wet during the day, dry them off and put on a dry pair of socks. Make sure that your shoes or boots fit well; a little rubbing or pinching can lead to painful blisters. Wear protective boots anytime you have to stand in or work near wet cement. The chemicals in wet cement can cause severe burns, especially after prolonged exposure. As

obvious as it sounds, if you get something in your boot, take it out. Sand, crushed rock, or a pebble can make walking uncomfortable and unsafe. If you can't put your full weight on your foot because there's a rock in your boot, it's easier for you to stumble and fall.

Many workplace foot injuries are caused by small objects weighing no more than ten pounds and dropped from a height of less than four feet. Steel-toed safety shoes and boots will prevent these injuries or at least reduce their severity. In some cases, you may be able to wear your regular work boots and wear protective steel caps over your toes. In more dangerous environments, you may need to wear boots with steel toes and steel shields over the tops of your feet. Steel-toed boots can prevent other injuries too. They will save your toes from a bad swing with an ax or a pick. They will also slow down the blade on a chain saw or abrasive disk cutter.

You have a choice to make: protect your feet or suffer the consequences. The protection option will be much less painful.

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SAFETY REMINDER
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Always wear sturdy shoes or boots when mowing the lawn and when using grass or weed trimmers.

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Eye Protection

Each year, more than 100,000 workers suffer eye injuries on the job. The most common causes of eye injury are flying particles, falling objects, abrasive wheels, corrosive chemicals, harmful light rays, sparks, splashing metal, and poisonous gases and fumes. Notice that all of these hazards can be found at a construction site. Fortunately, eye injuries are among the easiest to prevent. All you need to do is choose the right eye protection for the job, make sure it fits, and then wear it!

Think ahead about the work you will be doing during the day and choose eye protection that is right for the hazards you'll be facing. Consider whether you'll be grinding, chipping, sanding, welding, or working with hazardous chemicals. Determine whether the job requires a full face shield, welding helmet, goggles, safety glasses with side shields, or a combination of these. Select eye protection that will protect against all the hazards to which you will be exposed. Wearing the wrong safety eyewear can also lead to serious eye injury. If you are unsure about what type of eye protection is required for a specific job, ask your supervisor or check Table E-1 in 29 CFR 1926.102.

In order for eye protection to be effective, it must be properly fitted. Eye injuries can occur if objects or chemicals

make their way around or under your eyewear. Try on your protective eye equipment and adjust it before you begin to work. Safety eyewear also needs to be maintained. Scratched and dirty lenses can reduce vision, cause glare, and may contribute to accidents. Inspect your equipment to ensure it is clean and in good working order. Never use faulty safety eyewear.

Most importantly, remember that protective eyewear only protects you when you wear it. Keep the proper eye protection on at all times. Consistent use of safety eyewear reduces your chances of injury by controlling potential hazards. Don't take chances with your eyesight because you're inconvenienced by eye protection or are too vain to wear it.

Keep in mind that conventional sunglasses are not approved safety glasses and are not designed to protect you. If you work out in the sun and need eye protection, select safety glasses with dark lenses. Make sure they also protect your eyes from ultraviolet and infrared radiation.

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SAFETY REMINDER
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"Hindsight is 20/20" ...unless you can't look back because you've lost your eyesight to an injury!

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