

# TITLE: 4668 SAFETY BOB'S CONSTRUCTION SAFETY ORIENTATION

**LENGTH: 10 MINUTES**

**PRODUCTION YEAR: 2008**

## **PROGRAM SYNOPSIS:**

With over 25 years of experience as a construction safety professional, Bob Synnett is dedicated to teaching new and inexperienced workers how to stay safe on the job. In this program, Bob stresses that construction work is dangerous and that each person is responsible for his or her own safety on the jobsite. He discusses a variety of safety issues that are vital in keeping construction workers from getting hurt on the job, including PPE, excavation & trenching safety, ladder safety, scaffolding safety, fall protection, electrical safety and the importance of a good safety attitude.

**SHOOTING LOCATION:** A variety of construction sites and areas where construction work is being performed

**PROGRAM OBJECTIVES:** After watching the program, the participant will be able to explain the following:

- Personal Protective Equipment and why it is required for construction work;
- Safe work practices for working on ladders and scaffolding;
- Types of fall protection and why it is crucial to know which type is necessary and how to use it properly;
- Precautions that must be followed when working with and around electricity;
- General jobsite safety practices required for construction work.

## **INSTRUCTIONAL CONTENT:**

### **PERSONAL PROTECTIVE EQUIPMENT**

- On the construction site, PPE starts with hardhats. Your hardhat protects you from head injuries; you should wear it at all times.
- The same is true for safety glasses because they protect your most precious sense—your sense of sight.
- There are many other types of PPE that you might need depending on your work. They include steel-toed boots, dust masks and respirators, face shields, hearing protection, work gloves and many more.
- Do it right; do it safely; let your PPE protect you every time.

### **LADDER SAFETY**

- Ladders are used every day; but unfortunately, they're often misused and the results can be deadly.
- Always inspect a ladder before using it. If the ladder has any broken parts, a missing rung, or if it's bent or damaged in any way, don't use the ladder.
- Make sure your ladder is level and stable before you climb.
- If you're using a stepladder, open the ladder up, locking the arms in place. Don't use a stepladder leaned up against a wall; it could kick out.
- If you're using a straight or extension ladder, place it, extending the ladder three feet above the upper landing; then climb to the top and tie it off.
- Always climb ladders face first with three points of contact on the ladder at all times.
- Always use the right ladder for the job. If you need an eight-foot stepladder, don't use a six-foot ladder.
- Don't stand on the top of a stepladder. It's not allowed and certainly not safe; don't do it, not even for a moment.
- Do it right, do it safely and live to climb that ladder another day.

### **SCAFFOLDING SAFETY**

- Anytime you're constructing or tearing down a scaffold, that work must be supervised by a qualified person.
- Scaffolding needs to be strong and steady, so if scaffold boards are bending or bowing, then it's probably overloaded and may be unsafe.
- Scaffolding needs to be level and stable with poles placed on base plates, mud sills or adequate firm foundation.
- All scaffolding sections must be pinned, with all braces in place before work is started.
- All scaffold work platforms must be fully decked.
- You can't climb the cross braces; you've got to use some sort of ladder. Many scaffold systems have ladders built in, but if they don't, tie off a ladder to access your work area.
- Any scaffold above 10 feet high needs fall protection. Most companies use guardrails and mid-rails; but remember, all open spaces must be protected, even those where you load or unload materials.
- You can't stand on block or brick, or even a stepladder, while on a scaffold. You also cannot stand on a rolling scaffold unless the wheels are locked.

### **FALL PROTECTION**

- Fall protection is needed in most cases where a worker can fall six feet or more. • There are several types of fall protection, but three are most widely used.
- Guardrails and mid-rails are usually placed on an outer edge; these must be strong enough to keep you from falling.
- Personal fall protection, which includes a harness, lanyard and suitable tie-off point, is needed in areas where other fall protection can't be used.
- Wearing fall protection doesn't do you any good if you don't tie off. Tie-off points must be able to hold 5,000 pounds per employee.

- Warning lines are used to keep workers a safe distance from fall hazards. These lines should be at least six feet away from the hazard; keep in mind warning lines are useless if a worker goes outside the line without tying off.
- In reality, fall protection is quite simple. The bottom line is that if you're working in an area where you can fall six feet or more, like near the edge of a building, you need some type of fall protection.

### **ELECTRICAL SAFETY**

- All jobsite electrical power needs to be grounded and protected with ground fault circuit interrupters (called GFCI's for short).
- Panels should have protective covers. Be careful because openings around the edges may expose you to energized electrical parts, which is especially dangerous if you're carrying tools or materials.
- If you see open spaces in a panel box, stay clear. Panels should have circuits in place or socket covers where a circuit is missing.
- Extension cords must be rated heavy duty and be in good condition. Taped or spliced cords are not in good condition and should be replaced.
- Extension cords also need a ground prong. A cord lacking a ground is one of the most common violations; if the cord you're about to use doesn't have one, don't use it.
- Be careful stretching cords around corners, through doorways or setting them down in water. Don't make your cord a trip hazard, especially on or near any stairs.
- Site electrical rooms should be kept locked with only electrical workers and supervisory employees allowed inside. Also, the doors should have warning labels.
- Most workers have no business being in an electrical room, so don't go in or use them for storage; that's an invitation for disaster.
- It's critical you keep at least a 10-foot clearance from power lines with any tools, equipment or materials you're using.
- Your goal should be to gain an appreciation for electrical power, but gain it the easy way—through your training; otherwise, you might not get a second chance.
- Do it right; do it safely; don't be shocked by the "silent killer."

### **GENERAL JOBSITE SAFETY**

- Inspect your tools each time before use. If they're not in good condition, don't use them; either throw them out or tag them out of service until they can be fixed.
- Safety and housekeeping go hand in hand. Whether it's eliminating trip hazards or fire hazards, pounding down nails or just a way to stay organized, your clean job will not only be safer, but far more productive.
- Back injuries happen because many workers instinctively lift with their backs and not with their legs. After lifting this way hundreds or thousands of times, the back finally "gives way."
- Remember to lift properly each and every time you pick something up. Back injuries cause real pain and can change your life; lift with your legs, not with your back.

### **IMPORTANCE OF A GOOD SAFETY ATTITUDE**

- The one thing that can help you work safely more than any other is your attitude. Despite the dangers and despite the injuries and deaths our industry has had, construction workers can work safely.
- Forget about the excuses like "I'm in a hurry" or "I've always done it that way before" or "Give me five minutes to get this done and then I'll work safe." Excuses will only get you hurt.
- Remember, working safely depends on your safety attitude and a positive attitude can save you from injury or worse. With that positive attitude and knowledge of the hazards around you, you can make the jobsite a safer place.