2016 Safety Week  May 2 - 6

Safety First, People Always

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Safety Matters
Experience Modification Rate (EMR) has strong impact upon a business. It is a number used by insurance companies to gauge both past cost of injuries and future chances of risk. The lower the EMR of your business, the lower your worker compensation insurance premiums will be.
**Job Hazard Analysis**

Perhaps the best tool to come along in industrial construction (at least as far as safety is concerned) is the Job Hazard Analysis. This is a tool that makes everyone stop and think about the different risks associated with the task. Crews normally gather and write out the JHA before doing a job. This exercise greatly reduced the number and severity of injuries where this was done.

Take four seconds before starting some new familiar task. This act of refocusing has been shown to reduce the probability of an injury incident by more than 90% versus not taking the four seconds.

Three basic information to be clearly noted on the JHA:

1. Job Steps
2. Hazards
3. Controls

![Job Hazard Analysis (JHA)](chart)
Job Hazard Analysis (continued)

Field Survey Work Ticket

Identified Safety Risks

- Full PPE
- N/A
- N/A
- N/A

General Safety Checklist

- Site is currently under construction and requires staff to wear protective gear.
- The site and/or work area requires traffic control measures to be engaged.
- Parts of the work area require confined space entry. Additional equipment will be required.
- Parts of the work area have been identified with hazardous conditions and require additional safety measures.
- The field crew deployed to this site followed the current site safety protocols and procedures.

Crew Information

Rev. Mike D and Monseñor Ryan S.

Crew Instructions for Today

- Checked control; observed disturbed monuments #3 and #6 Confessed and rectified two (2) Rosemary's

Client Approvals

- Field Crew walked project area with me prior to work and discussed scope of work to be completed today.
- Field Crew walked project area with me after work was complete and was completed as outlined in the Scope of Work above.
- Field Crew hours shown in the Time Allocation section represents the number of hours worked.

Site Super wanted points re-set; informed him that data must be post processed first. Requested schedule for re-set of monuments

<table>
<thead>
<tr>
<th>Client Signature</th>
<th>Crew Chief Signature</th>
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<td>THIS IS NOT A BILL AND ONLY TO APPROVE THE SCOPE OF WORK PROJECT ON SITE TODAY</td>
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High Visibility Clothing

Workers need to be seen during poor lighting or weather conditions, or when working in environments where there is a lot of moving vehicles or equipment.

• All workers should wear high visibility apparel. Garments must be reflective.
• Workers must be highly visible in all levels of light.
• The use of colors such as yellowgreen for the worker apparel may help to differentiate the worker from the orange colored work vehicles, signs, drums, etc.
• Spotters should always wear high visibility vests.
• Workers exposed to vehicle hazards should be trained on working near traffic.
• High-visibility safety clothing should be replaced when it becomes faded, torn, dirty, soiled, worn, or defaced, or if it is not visible at 1,000 feet day or night.
Excavation Safety

Trench collapses can occur without warning, regardless of the depth. The vast majority of trenching fatalities occurs in trenches 5- to 15-feet deep. These depths invite taking chances, and often times it is the good, safe-looking material that turns out to be the unsuspecting killer.

- Employees working in trenches 4 feet deep or more should have an adequate and safe means of exit, such as ladders, steps or ramps available at no more than 25 feet of lateral travel.
- Do not permit employees to go underneath the loads of lifting or digging equipment.
- When hazardous atmospheric conditions exist or you can reasonably expect them to exist, test and control the atmosphere to prevent exposure to harmful levels.
Excavation Safety (continued)

• Removable-type steel casings, and individually manned lifelines and harnesses are needed to protect employees in bell-bottom pier holes. Follow confined-space entry procedures.

• Employees must not work in excavations in which there is accumulated water unless they follow necessary safety precautions.

• Superimposed loads, such as mobile equipment working close to excavation edges, require extra sheet piling, shoring or bracing. The use of mobile equipment near excavations also requires substantial barricades or stop logs.

• A competent person should be able to identify soil classifications and the protective systems to use in accordance with the OSHA Excavation standard

• Must have a standard guardrailing or solid sheeting no less than 42 inches above ground level around all tunnel shafts and bore pits.
Working Alone

What type of hazards are the lone workers exposed to? What type of controls should be implemented? Lone workers travel to secluded areas or monitor isolated facilities, with limited or no communication with the rest of the world. They can also be those who put in overtime at the office trying to get all their work done, mostly alone in the office at night and walking to their vehicles alone.

Almost every employer needs a formal Work Alone policy that:
1) Defines which tasks are not suitable for working alone. OSHA prohibits working alone in at least nine OSHA general industry standards.
2) Defines steps to take such as communication systems required, or reporting in periodically, or having someone check on the employee periodically when employees are allowed to work alone on highly hazardous jobs such as working with corrosive chemicals, high voltage, or testing and positioning of machinery.
3) Establishes other controls such as emergency signaling and emergency response and rescue.

Having a work buddy nearby or a communication or signaling device within reach may prevent any incidents from becoming severe.
A Lone Worker Policy or Plan should include consideration of such steps as:

1. Specifying that the employee must carry a radio, cell phone, walkie-talkie, man-down indicator, global positioning device, satellite telephone, etc.

2. Specifying how often and to whom the employee must call in to say that all is well. Many employers who have such a policy require communications every hour, and in some cases, every 15 minutes. This should be based on the severity of the hazard.

3. Specifying when security or a supervisor will visit the employee to assure that all is well.

4. Specifying when an employee must sign in and out on a work log so that someone will know that the employee is out working alone.

5. Planning a response to an emergency.

OSHA does not have a specific requirement to develop and implement a work alone policy. But failure to have a policy could be considered a General Duty OSHA requirement and has been cited by OSHA in the past under the General Duty statute.
Working Alone (continued)

For mobile applications, a wireless emergency signaling system receives the key information, relays it to a satellite or cell tower, and transmits the worker’s ID and precise location to a chosen central control office dispatcher.

Intrinsically safe models used for lone workers are small, wireless, emergency one-way signaling devices that provide a loud audible alarm and transmit an emergency call-for-help signal. Alarms may be manually activated at any time by pressing the panic button located on most devices. Some devices may also be automatically activated due to lack of motion when there is no movement for a preset time.
Personal Protective Equipment (PPE)

Eye Protection
Sawdust, dirt and rust are just a few kinds of wind carried foreign particles that can get in your eyes.

Other foreign materials are:
High speed chips that go flying when a hard material contacts another (Ie: Jackhammer, masonry cutting, ceiling demo, Chisel punch, Briar thorns

Eye Protection Tips:
To prevent scratching the lens, take care when setting your eye protection down or putting them away for the day.
Replace the lens or get new glasses when scratches on the lens become noticeable.
Clean eye protection regularly at the eye protection cleaning station, if available. Or use water and a soft absorbent towel such as a paper towel. Don’t use your shirt or a rag that collects and holds dirt, it will scratch the lens.
Personal Protective Equipment (PPE) (continued)

Hard Hats
One common misconception is that hard hats have a predetermined service life--this is not the case. Both the 1986 and 1997 ANSI standards address service life under maintenance and care of the hard hat. Those standards state that all hard hat components should be inspected daily for signs of dents, cracks, penetration and any damage due to impact, rough treatment, or wear. Any hard hat that fails the visual inspection should be removed from service until the problem is corrected.

In addition to everyday wear and tear, ultra violet (UV) radiation can pose a problem for hats constructed of plastic materials. Damage caused by UV radiation is easy to spot: the hat will lose its glossy finish and eventually take on a chalky appearance. Further degradation could cause the shell to actually start flaking away. Once the effects of UV radiation are detected, the hard hat shell should be immediately replaced.
Personal Protective Equipment (PPE) (continued)

Two general rules of thumb should be followed when placing decals on hard hats:

1. The decals should be placed at least three-fourths of an inch away from the edge of the hard hat. This prevents the possibility of the decal acting as a conductor between the outside and inside of the shell.

2. The areas of the hard hat covered by stickers/decals should be kept to a practical minimum to permit regular inspection for damage.

Hard hats are not intended to be worn backwards. The Occupational Safety and Health Administration (OSHA) published a standard interpretation and compliance letter dated July 22, 1992 that states: "Because ANSI only tests and certifies hard hats to be worn with the bill foreword, hard hats worn with the bill to the rear would not be considered reliable protection and would not meet the requirement of 29 CFR 1926.100 (a) and (b) unless the hard hat manufacturer-certifies that this practice meets the ANSI requirements."
Personal Protective Equipment (PPE) (continued)

**Safety Vests**
A high visibility safety vest is designed to ensure ultimate visibility in all weather conditions. Class III mandatory on all VDOT roads and highways.

**Flotation Vest**
Mandatory use at the National Museum of African American Museum and the SWWF Bulkhead projects.

**Fall Protection Harness**
Not part of the common PPE, but task required when working on Elevated platforms more than 6’ off the ground.
Personal Protective Equipment (PPE):

Cut Resistant Gloves
Mandatory in all Clark Construction projects

Work Boots
In 1970 the U.S. Congress enacted the Occupational Safety and Health Act to ensure a safe work environment for workers. The United States Occupational Safety and Health Administration was created to enforce standards for workplace safety and health. Among the standards enforced are the ones that cover the use of protective footwear in areas where there is a danger of foot injuries.
Safety Statistics

Things we can do to increase our odds and not become next year’s statistic.
1. Choosing the right tool for the job,
2. Focusing on the task at hand,
3. Knowing the correct procedure,
4. Getting assistance when needed

The leading cause for incidents:
• Slips, trips and falls
• Defective equipment
• Poor lifting and handling of goods
Safety Statistics (continued)

80 out of every 100 accidents are the fault of the person involved in the incident. Unsafe acts cause four times as many accidents and injuries as unsafe conditions.

**Taking Shortcuts:** Short cuts that reduce your safety on the job are not shortcuts but an increased chance for injury.

**Being Over-Confident:** Confidence is a good thing. Overconfidence is too much of a good thing. "It'll never happen to me" is an attitude that can lead to improper procedures, tools, or methods in your work. Any of these can lead to an injury.

**Starting a Task with Incomplete Instructions:** To do the job safely and right the first time you need complete information. Ask for explanations about work procedures and safety precautions.
Safety Statistics (continued)

**Poor Housekeeping**: Poor housekeeping creates hazards of all types.

**Ignoring Safety Procedures**: Purposefully failing to observe safety procedures can endanger you and your co-workers. You are being paid to follow the company safety policies—not to make your own rules.

**Mental Distractions from Work**: Dropping your 'mental' guard can pull your focus away from safe work procedures. Don't become a statistic because you took your eyes off the machine "just for a minute."

**Failure to Pre-Plan the Work**: JHA's are an effective way to figure out the smartest ways to work safely and effectively. Being hasty in starting a task, or not thinking through the process can put you in harms way. Instead, Plan Your Work and then Work Your Plan.
Safety Matters.