

Construction Safety - Safe Practices 2

Physical health and safety:

- Report to work rested and physically fit to perform your job.
- Intoxicants and illicit drugs are *not* permitted - cause for disciplinary action.
- Bend your knees, and keep your back nearly straight when lifting. Leg muscles, not your back, should do the work.
- Get help with heavy or bulky materials to avoid dropping load or getting thrown off-balance.

Personal protective equipment and proper clothing:

- Wear clothing suitable for the weather and your work. Torn or loose clothing, cuffs, or neckwear can be hazardous.
- Jewelry (rings, bracelets, neck chains, etc.) should not be worn.
- Special safety equipment is provided for your protection. Use when required. Keep in good condition, and report loss or damage immediately.
- Wear approved safety footwear suitable for your trade.
- Use gloves, aprons or other suitable skin protection when handling rough materials, chemicals, hot or cold objects. Replace if worn.

Fire safety:

- Locate gas, power and water sources before starting work. Contact utility companies.
- "No Smoking" signs stand guard near fire dangers. Obey them - always!
- Know location and use of fire extinguishing equipment and how to give fire alarm.
- Flammable liquid containers should be clearly labeled and stored in a protected, separate area.
- Flammable liquids should be used only in small amounts and kept in approved metal safety cans.
- Do not refuel a hot or running engine. Clean up spills before starting.

Site safety:

- Do not block aisles, traffic lanes or fire exits.
- Have safe access to work areas.
- Avoid shortcuts - use ramps, stairs, walkways, ladders, etc.
- Properly brace or shore up excavation side wall if not sloped.
- Place excavation spoils far enough away to avoid load strain on walls. Remove surface rocks that may fall in.
- Do not permit vehicles close to edge of cut.

Work as a team:

- Have just one person give commands when team lifting big loads.
- Rely on your team's knowledge and experience if you do not understand any rule or work operation.
- Work with care and good judgment at all times to avoid accidents - whether or not a specific rule exists.

Give your wholehearted support to safety activities. Preventing an accident depends on YOU!

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This form documents that the training specified above was presented to the listed participants. By signing below, each participant acknowledges receiving this training.

Organization: _____

Trainer: _____ Trainer's Signature: _____

Class Participants:

Name: _____ Signature: _____ Date: _____

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Remember to load your completed trainings into the Risk Management Center.