Weekly Safety Meetings Premium Membership
Safety Training for the Construction Industry
© 2019 Safety Meeting Outlines, Inc.

Nebraska Building Chapter AGC
Think safety first!

Volume 42 Issue 22 June 2020

National Safety Month

Every June, the National Safety Council (NSC) celebrates National Safety Month along with thousands of organizations and workers nationwide. The mission of the NSC is to eliminate preventable injuries and deaths at work, in homes, in our communities, and on the road. There is a different safety topic for each week of National Safety Month. This year's topics are hazard recognition; slips, trips, and falls; fatigue; and impairment.

Hazard Recognition: Recognizing hazards requires that: **1)** you have a basic understanding of what hazards look, smell, or sound like, and when or where they are present, and **2)** you pay attention to your surroundings. You need training to understand the hazards in your work area and you'll have to learn how to interpret labels, symbols, and pictograms. Paying attention involves building habits like being aware, listening, looking around, and being observant. Then, once you've recognized the hazard, take the next step and eliminate it or at least report it.

Slips, Trips, and Falls: Construction workers are at great risk for fatal falls from heights, but falls can happen almost anywhere. To prevent slips, trips, and falls both on and off the job, keep your eyes on your path of travel and pay attention to the condition of the surface you're walking on. Wear appropriate footwear for the situation. Clean up spills as soon as they happen. Keep tools and materials away from walkways and stairs. Keep stairways clean, clear, and well-lit. Make certain that fall protection is in place anytime you're 6 feet or more above a lower level.

Fatigue: Being tired, worn out, or drowsy has a negative effect on everything you do. According to the NSC:

- Your ability to work safely decreases as you become tired.
- You are 3 times more likely to be in a car crash if you're fatigued.
- Frequent sleep deprivation causes depression, obesity, heart disease, and many other illnesses.

Sleep is the cure for fatigue, and it's essential to your health and safety. Adults need 7 to 9 hours of sleep each night. Try to get to bed on time. Keep your bedroom as dark, quiet, and cool as possible. Don't watch TV right before bed. Don't take your phone to bed with you. Avoid alcohol and caffeine before bedtime.

Impairment: Alcohol and drugs (both legal and illegal) can impair your perception and your reactions. They can decrease your ability to understand your surroundings. They can increase your reaction time. Even worse, you may not be completely aware of these two effects. Being impaired makes you a hazard to yourself and everyone else on the jobsite. If your doctor is going to prescribe medicine, make sure you tell him or her what you do for a living. Then, double-check with the pharmacist to be certain that you can or cannot work safely when you're taking the medicine.

SAFETY REMINDER

You can't fix lack of sleep with coffee and energy drinks.

NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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

REVIEWED SDS # SUBJECT:

MEETING DOCUMENTATION:

JOB NAME:

MEETING DATE:

SUPERVISOR:

ATTENDEES:

These instructions do not supersede local, state, or federal regulations.

Weekly Safety Meetings Premium Membership
Safety Training for the Construction Industry
© 2019 Safety Meeting Outlines, Inc.

Nebraska Building Chapter AGC
Think safety first!

Volume 42 Issue 23 June 2020

Prepare for Bad Weather

When the hot summer weather arrives, so does the storm season. Thunderstorms, hurricanes, tornadoes, lightning, and high winds can pop up and cause severe damage and injuries on a construction project. Since so much of our work is outdoors, those of us in the construction industry have to pay special attention to changing weather. By taking the time to prepare for bad weather in advance, you can prevent accidents, injuries, loss of materials, and property damage when storms hit.

What's the plan? Become familiar with your jobsite's emergency preparation plan for severe weather. Everyone should know what to do before a storm arrives. Follow the plan. Practice the plan during drills and take it seriously. Be sure you understand the plan for all types of weather.

Stay informed. Check the weather throughout the day with a weather radio, weather app on your phone, or weather alerts from a local news channel.

Where should you go? If you're working on a building that is already closed-in, you may be able to seek shelter inside. If the building is mostly incomplete and you're out in the open, take shelter in your truck or a nearby structure. If you're in a hurricane zone, make sure you understand the evacuation routes and have appropriate supplies.

Secure materials. Every item that is not tied down or secured can get blown around during a storm. When you know that a storm or high winds are coming, make sure that anything that can take off is put away, secured, or tied down. This includes building materials, tools, and equipment. In some cases, if you have enough time, it may be best to move some items to another location.

Thunderstorms. When you see lightning, or if you think a thunderstorm might strike, lower crane booms, and get out of trenches. Climb down off of scaffolding, roofs, and equipment. Get to shelter inside a substantial building and away from large metal structures. Even if you can't see any lightning, you're not safe outside during a thunderstorm.

Tornado warning. During tornadoes, stay away from windows and glass doors. Shelter on the lowest level of the structure in an interior room. Never try to outrun or outdrive a tornado. They can change directions suddenly and you could find yourself heading straight into the storm.

Clean-up duty. After a storm, cleaning up the jobsite can be dangerous. New hazards may include: floodwaters, fallen trees, downed power lines that could be energized, hazardous chemical spills, and unstable structures. Don't enter the jobsite until you know it is safe to do so.

We can't control the weather, but being informed and being prepared can save lives, time, and money.

SAFETY REMINDER

Avoid walking or driving through floodwaters. Just 6 inches of moving water can knock you down, and just 1 foot of moving water can sweep your vehicle away.

NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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

REVIEWED SDS # SUBJECT:

MEETING DOCUMENTATION:

JOB NAME:

MEETING DATE:

SUPERVISOR:

ATTENDEES:

These instructions do not supersede local, state, or federal regulations.

Weekly Safety Meetings Premium Membership
Safety Training for the Construction Industry
© 2019 Safety Meeting Outlines, Inc.

Nebraska Building Chapter AGC
Think safety first!

Volume 42 Issue 24 June 2020

Gimme a Break!

When we talk about safety, sometimes we talk about preventing breaks, like broken bones. They're painful and interfere with your ability to work and enjoy life. But a few times a day, a break—from work—is just what you need.

At most jobs, you get a 10- to 15-minute break in the morning, another one in the afternoon, and you get a break for lunch. When you work in hot weather, you may need more frequent breaks to hydrate and give your body time to cool down, for example. It's important that you don't try to work through your breaks or skip your lunch break. Taking breaks can improve your efficiency and productivity, and can actually help keep you safe.

In order to stay sharp, your body and mind need to rest. If you don't take breaks throughout the day, you are more likely to get fatigued. And you should know that fatigue can cause accidents by:

- Creating stress that distracts you from your work.
- Causing the foggy thinking that can lead to mistakes.
- Reducing your ability to make good decisions.

Take advantage of your breaks. Make them effective. Don't just use them to smoke, absently scroll through your phone, or gossip. Make healthier choices. Use your break to do one or more of the following:

- Stretch. Just a quick stretch will relax muscles and reduce your chances of being injured.
- Find a quiet spot. Sit and take some deep breaths. Five minutes of quiet can improve your mood and the quality of your work.
- Listen to music, but don't turn the volume up too high. Music can help you relax, and it will give you a break from the noise on the jobsite.
- Drink water and enjoy a healthy snack that will naturally energize you instead of making you more tired. Junk food and energy drinks can give you a boost from sugar or caffeine but it's usually followed by an exhausting crash.
- If you've been working indoors, spend a few minutes outside. Take a few deep breaths to de-stress and improve your focus.

Especially at the end of a project, when you're rushing to meet deadlines, you may start thinking that taking breaks will slow you down and reduce your productivity. Nothing could be further from the truth. You have to take care of yourself in order to take care of your work and the client.

When you do it right, your break can improve your general well-being and productivity, reduce fatigue, make you happier, reduce stress levels, and increase energy. Remember that breaks are an important part of your personal health and safety program.

SAFETY REMINDER

If you work outside, re-apply sunscreen on your break.

NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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

REVIEWED SDS # SUBJECT:

MEETING DOCUMENTATION:

JOB NAME:

MEETING DATE:

SUPERVISOR:

ATTENDEES:

These instructions do not supersede local, state, or federal regulations.

Weekly Safety Meetings Premium Membership
Safety Training for the Construction Industry
© 2019 Safety Meeting Outlines, Inc.

Nebraska Building Chapter AGC
Think safety first!

Volume 42 Issue 25 June 2020

Is Your Personal Vehicle Safe?

When we talk about vehicle safety, it's usually about forklifts, cranes, and trucks. Today, let's talk about your personal vehicle. Whether you're driving to and from work or you're on a road trip with your family, keeping your car or truck in good condition helps prevent accidents.

Before you go anywhere, consider these safety tips and make sure your vehicle is ready to go:

- ☑ Check that your windshield is clean, clear, and free from cracks. Check your rear window to make sure there are no objects (like luggage) that obstruct your view.
- ☑ Replace your wiper blades when they start to deteriorate and don't clear the rain the way they should. Top off wiper fluid.
- ☑ Check your headlights, taillights, turn signals, license plate light, and back-up light. Make sure they are in good working order. You want to see and be seen when it's dark outside.
- ☑ A good battery should last 3 to 4 years, but cold winters and hot summers are hard on them. Keep the connections clean.
- ☑ Test your brakes and replace them as necessary.
- ☑ Make sure your tires are properly inflated, in good condition, and have enough tread. Don't drive on bald or worn tires. Your brakes might work fine, but if you have worn tires, you could have trouble stopping safely.
- ☑ Get your oil changed regularly, usually every 3,000 to 5,000 miles. It's important to check the oil level between changes. If you run out of oil, your car's engine is done for.
- ☑ Wear your seat belt. Make sure your passengers do, too. Put kids in safety seats. Make sure those seats are properly installed in the car.
- ☑ Prepare a roadside emergency kit. A basic kit would include a flashlight, first-aid kit, flares, jumper cables, snacks, water, and blankets for you and your passengers.

Even a car that's in good condition is still unsafe if you drive it dangerously. Always be rested and alert when driving. Never drink and drive. Take breaks during long trips to allow yourself to stretch, eat, and get fresh air. Avoid distractions while you're driving: don't eat, text, or make phone calls. Stay alert and always be prepared for the unexpected including bad weather, distracted drivers, and wildlife. Leave plenty of space between your vehicle and cyclists, motorcyclists, and any nearby pedestrians. Choose to remain calm. Don't ever engage in aggressive driving.

SAFETY REMINDER

Don't ignore vehicle recalls. It may be inconvenient to bring your car in for a free repair, but if you ignore a safety defect, the results can be deadly. Check online for recalls that affect your vehicle.

NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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

REVIEWED SDS # SUBJECT:

MEETING DOCUMENTATION:

JOB NAME:

MEETING DATE:

SUPERVISOR:

ATTENDEES:

These instructions do not supersede local, state, or federal regulations.