



COMPANY NAME: _____

Volume 46 Issue 36 September 4, 2023

Emergency Preparedness

Emergencies can happen at any time, and they can cause injuries and deaths on the jobsite. You never know what's coming your way, so it's a good idea to take some time to prepare for the unexpected. A good emergency plan helps you act quickly and effectively when an emergency arises.

On the jobsite, an emergency is any situation that threatens workers or the public, that causes physical or environmental damage, or that disrupts or shuts down operations. Jobsite emergencies can include: severe weather, fires, earthquakes, traffic accidents, heavy equipment turnovers, trench collapses, chemical spills, explosions, and workplace violence.

Your supervisor probably gave you a copy of the jobsite's emergency action plan on your first day. But a plan is just words on paper until you review it, understand it, and take responsibility for being able to act so you and your co-workers stay safe in an emergency.

It's also important to have your own personal emergency plan. Even though calling 911 is necessary and important, it's not a complete plan for dealing with emergencies. To be prepared for an emergency, you need to:

- Memorize the civic address of the jobsite. If you have to call 911, that address will help first responders get to you quickly.
- Know the exact location of emergency supplies and equipment such as first-aid kits, AEDs, and fire extinguishers.

- Have 2 escape routes from any room or area you work in. Know local evacuation routes in case you have to evacuate the town or city.
- Listen for emergency notifications on the jobsite. Make sure you know how you'll receive alerts. It may be a group text, a horn, sirens, or a sitewide announcement.
- Be sure you know where to meet your co-workers after an emergency evacuation so you can make sure everyone is accounted for.
- Be aware of weather warnings. Know where to shelter in place in case of a tornado or storm.
- Participate in jobsite emergency drills. Drills help you get better at responding automatically so you'll react confidently in a real emergency.
- Learn how to operate a fire extinguisher. Make sure you know which type of extinguisher to use on different kinds of fires.
- Take a class on how to operate an AED, and how to administer CPR and first aid.

Review and update your emergency plan whenever you change jobsites. Evaluate the plan after an emergency, a near miss, or anytime there's a new hazard on the jobsite.

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SAFETY REMINDER
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Set up a communication plan with your family. Don't assume your cell phone will work in an emergency.

NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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

REVIEWED SDS #

SUBJECT:

MEETING DOCUMENTATION:

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Weekly Safety Meetings

Safety Training for the Construction Industry

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Volume 46 Issue 37 September 11, 2023

Heart Attack and Stroke

Every 90 seconds, someone in the U.S. dies of a heart attack. Every 4 minutes, someone dies of a stroke. Both heart attacks and strokes can occur suddenly. And both require immediate medical attention. If you learn to recognize the signs and symptoms of heart attack and stroke, and learn the immediate actions you can take, you could save the life of a co-worker or a loved one.

A **heart attack** happens when blood flow to the heart is blocked and the heart muscle is damaged. If you suspect someone is having a heart attack, **call 911**.

Here are common symptoms of heart attack:

- Sustained, crushing chest pain and difficulty breathing.
- Cold sweats, a racing heart, pain down the left arm, jaw stiffness, or shoulder pain.
- Women may have different symptoms, such as severe exhaustion, fatigue, indigestion, or nausea.

Every second counts. When you get help immediately, you increase the chances of survival. If the person stops breathing, perform CPR and use an AED if one is available.

A **stroke** happens when blood flow to the brain is blocked. The blockage stops the brain from getting oxygen, and that causes brain cells to die within minutes.

Call 911 if any of these signs of stroke appear suddenly:

- Numbness or weakness in the face, arm, or leg, especially when it's only on one side of the body.

- Difficulty speaking, trouble understanding speech, or general confusion.
- Trouble seeing in one or both eyes.
- Trouble walking, dizziness, or problems with balance.
- Severe headache with no known cause.

Make note of what time the symptoms started so you can tell medical personnel. Stroke treatments are most effective if they're given within 3 hours of the first symptoms. Don't hesitate to call 911 if someone on the jobsite seems to be having a stroke.

Prevention. You can help prevent heart attacks and strokes by exercising daily, eating a healthy diet, prioritizing sleep over TV, and scheduling regular health screenings. Don't ignore personal risk factors like diabetes, a sedentary lifestyle, high blood pressure, obesity, smoking, and high cholesterol. Work with your doctor to get these conditions under control. Take care of your mental health. Try to reduce your stress. Talk to your doctor or mental health professional if you need help managing depression or anxiety. You can do a lot to avoid heart attacks and strokes.

SAFETY REMINDER

Don't drive yourself or someone else to the hospital if you suspect a heart attack or stroke. Paramedics can start lifesaving treatment in the ambulance on the way to the hospital.

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Volume 46 Issue 38 September 18, 2023

Breathe Easy with Respiratory Protection

On a construction site, sometimes it's difficult to breathe easy. Depending on the work you do, the air around you could be contaminated with airborne hazards such as toxic dust, silica, lead, asbestos fibers, gases, or chemical fumes. Wearing the right respiratory protection, and wearing it correctly, can prevent breathing problems and other serious health issues.

Generally, respirators fall into two categories:

1. Air-purifying respirators purify the air by filtering it before you breathe it. These respirators are reusable because they have replaceable filters on them. There are many types of air-purifying filter cartridges, and each protects against different sizes and kinds of tiny particles, dusts, mists, chemicals, and fumes. For particulate filters, larger numbers generally mean more protection.

2. Supplied-air respirators provide you with clean air from a compressor or a compressed-air cylinder. These are used by workers who must work in dangerous conditions such as a confined space that has a toxic atmosphere or a workspace that doesn't have enough oxygen.

If you need to use a respirator, keep these points in mind:

- Get approval from your doctor. Then, get the training you need on proper respirator use.
- Read the Safety Data Sheet (SDS) for any hazardous materials you'll use. Section 8 will tell you if you need respiratory protection.

- Be sure your respirator fits and that you're wearing it properly. You'll need to perform a fit test to make sure the respirator creates a secure seal against your face. Be aware that facial hair can make it impossible to get a proper fit.
- Wash your hands or put on clean gloves before inspecting, handling, or putting on a respirator. Try not to touch your respirator while you're using it.
- Never take off your respirator where respiratory hazards are present—not even to adjust it or to scratch your nose. While some airborne hazards cause health problems only after prolonged exposure, others can kill you in seconds.
- If you begin to feel ill, dizzy, or have difficulty breathing, move to a safe, well-ventilated place and then take off your respirator. You may need a new filter or a new respirator. Or, you might need emergency medical treatment.
- Take good care of your respirator. Follow the manufacturer's recommendations on how to properly store, clean, maintain, and inspect your respirator. Keep it in a clean, dry place that's away from sunlight, dust, chemicals, and extreme temperatures.

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SAFETY REMINDER

An excellent way to protect your lungs is to stop smoking and vaping. Talk to your doctor if you need help quitting.

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Volume 46 Issue 39 September 25, 2023

Working Under the Influence

You know that abusing alcohol and illegal drugs is dangerous. And that you'll face heavy consequences if you're caught operating heavy equipment while you're impaired. But did you realize that some over-the-counter and prescription medications can be just as dangerous? These medications—even ones you take to manage your health—can impair your senses, increase your reaction times, and affect your ability to work safely and make safe decisions. So, before you come to work, ask yourself if you've taken any medicine that will make you unfit for duty.

Over-the-counter (OTC) drugs are used to treat minor health problems like cold or flu symptoms, allergies, headaches, or coughs. You take prescription medicines under the guidance of your doctor to treat medical problems like diabetes, insomnia, heart problems, high blood pressure, anxiety, and more.

Understand the instructions and warnings. You're used to reading an SDS before you work with a hazardous chemical. Likewise, you should read all the directions, warnings, and fine print about each prescribed or OTC medicine you take. Read the information and directions on the box or bottle, and in the insert that comes with the medicine. If you can't understand the instructions, ask your pharmacist for help.

Side effects of common medications can be hazardous when you operate a vehicle or heavy equipment. These side effects may include dizziness, blurred vision, fainting, lightheadedness, drowsiness, slowed movement, excitability,

jitteriness, and inability to focus. Drugs that can cause these symptoms typically come with warnings such as: "Do Not Operate Heavy Machinery" and that includes diggers, dump trucks, forklifts, cranes, boats, and cars.

Take medicines correctly to reduce your chances of suffering side effects. Some medicines need to be taken on an empty stomach, others with a meal or a glass of water. Some should be swallowed whole and never crushed, others can be added to food or a drink. Never take more than you're supposed to. It won't make you get better faster and it could land you in the emergency room. Avoid alcohol when you're taking medicine.

Talk with your doctor or pharmacist about side effects that could impair your ability to operate heavy equipment or work safely. Make sure your doctor and pharmacist know about all the medication you're taking, including OTC medicines. They'll check for drug interactions, and they may have options for medicines that have fewer side effects. Let your supervisor know if you're taking medicine that could affect your ability to work safely or to operate heavy equipment. They can weigh the risks and adjust tasks accordingly. If you begin to feel ill during your shift, tell your co-workers and your supervisor immediately.

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SAFETY REMINDER
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Your pharmacist may know about generic drugs that are less expensive than your name-brand prescriptions.

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