



Weekly Safety Meetings Standard Subscription

Safety Training for the Construction Industry

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COMPANY NAME: _____

Volume 46 Issue 23 June 5, 2023

Compressed Gas Cylinders

Compressed gas cylinders are like sleeping giants. They're safe only when you treat them with respect. Cylinders contain gases like acetylene, propane, air, and oxygen at pressures up to 2,200 psi. So, if someone forgets to secure a cylinder and it falls over, the pressurized gas inside can catch fire, explode, or poison the air you breathe. If the valve breaks off in the fall, the cylinder can fly around, splintering framing and smashing through walls. If you don't take care of cylinders, they can kill people—like you.

We need the gases inside cylinders to do our jobs. Here are some safety tips for working with gas cylinders:

- Only use compressed gas cylinders if you have been trained to handle them safely.
- Use the right gas for the job. Never substitute gases. Never use oxygen to replace compressed air. Never try to mix gases in cylinders.
- Make sure all cylinders are labeled. If a label is missing, contact the supplier or your supervisor. Read the Safety Data Sheet (SDS) for each compressed gas. Follow the manufacturer's instructions for safe handling and storage.
- Wear all the recommended PPE. Wear eye and hand protection when you connect and disconnect hoses.
- Inspect cylinders before use. Check for damage, leaks, and signs of wear and tear. Never use a damaged or leaking cylinder. Report it to the supplier or your supervisor immediately.

- Handle cylinders carefully. Steer clear of objects that could puncture them. Never roll, drop, or drag cylinders along the floor. Use a dolly or cart that's designed for moving cylinders.
- Carry and transport cylinders vertically with the valves closed and valve caps on. Don't let cylinders bang against each other.
- If you see a white fog or smell gas, close the valve, evacuate the area, and call the fire department.
- Store propane cylinders outside, away from any ignition sources, and in an open-air cage.
- Store cylinders upright. Secure them so they can't fall over. Group cylinders by the type of gas they contain.
- Keep fuel gas cylinders away from heat sources, direct sunlight, open flames, and electricity.
- Make sure you have proper ventilation when you work with compressed gases so that any flammable or toxic gases don't build up in your work area.
- Close valves tightly to prevent leaks when cylinders aren't in use. Close the valves on empty cylinders, too.

SAFETY REMINDER

If you have a propane tank at home, store it and your spare tank outside your house.

NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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Volume 46 Issue 24 June 12, 2023

Control Fall Hazards

Falls are a critical safety issue in construction. Even though the industry provides lots of training on fall prevention, falls continue to be the number one cause of construction fatalities. Each year, falls account for more than a third of all construction fatalities and thousands of worker injuries. You can prevent falls.

Understand the fall hazards you're exposed to. Pay attention during safety training. You should be trained on how to avoid falls. Make sure you really understand the fall hazards that exist on this jobsite and any other site you work on. Talk with your supervisor if you have any questions.

Plan ahead. Before you begin any task, identify potential fall hazards, make a plan to control them, and then make sure everyone follows the plan.

Keep your work area tidy. Clutter can lead to trips and falls. Be sure your work area has adequate lighting so you can see where you're putting your feet.

Avoid working at heights whenever possible. Do the work on the ground or at lower heights. Think about whether some assembly or finishing work can be done at a lower level. Then raise the assembly into place so you spend less time working at heights.

Access heights safely. If you're using a boom lift or scissor lift, make sure it's tall enough. You have to keep your feet flat on the floor and your body inside the rails. If you're

using a ladder, set it up properly on solid, level ground. If scaffolding is what you need, make sure a competent person supervises assembly and then inspects the scaffold.

Don't put yourself at risk. Never work at heights without the appropriate fall protection. Use guardrails, safety nets, or a personal fall arrest system when you're on a walking or working surface with an unprotected side or edge that is 6 feet or more above a lower level.

Check your personal fall arrest system components to make sure each part is in proper working order. Before you use any equipment, inspect it for damage and wear. If you find any problems, take that component out of service immediately and get a new one. Never use damaged, defective, or questionable fall arrest equipment.

Stay aware of weather conditions. The weather can change quickly. Wind, rain, and snow can dramatically increase the risk of falls.

There's no one-size-fits-all solution that prevents falls. Every day, people get hurt or killed when they fall off a ladder, or simply trip on a cord and fall down. But falls can be avoided. You have to understand fall hazards. You have to stay alert. And you have to make the choices that will protect you and your co-workers from fall hazards.

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SAFETY REMINDER

Avoid distractions like looking at your phone or listening to music when you're working at heights.

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Volume 46 Issue 25 June 19, 2023

Safety Advice for New Workers

If you're new to the jobsite, the first thing you need to know is that construction work can be dangerous. It's especially dangerous for new employees. In construction, 48% of workers' compensation claims are made by people who've been on the job for less than one year. Whether you're new to construction, new to the company, or just new to the jobsite, you have to learn how to work safely. Even if you're a seasoned pro, pay attention. Everything in this safety meeting still applies to you.

Make safety a priority. Your safety is more important than speed, the deadline, and the schedule. Don't take shortcuts or make do with the wrong tool because you think you'll save a few minutes. It's not worth the risk. You might shave a few minutes off the task, or you might shave off your finger.

Wear personal protective equipment. Wear your hard hat, safety glasses, gloves, and good work boots. Don't forget to wear earplugs. Nobody gets used to the noise on the jobsite—they just lose their hearing over time.

Take advantage of the information available to you. Really pay attention in orientation sessions and training classes. After the formal training is over, make a point of learning on your own. Read the warning signs around the jobsite. Read chemical labels and SDSs before you use the chemicals. Read the operator's manuals for the tools and equipment you use. Read and understand the safety rules and procedures before you start a new task.

Don't work at heights without fall protection. Falls are the number one cause of deaths in construction. It may be inconvenient to stop and put on your personal fall arrest system, but that inconvenience may save your life.

Stay alert. Jobsites constantly change. It's important to focus on your work so you do a good job, but don't get lost in your work. And don't get lost in music, text messages, or anything else on your phone. Listen for back-up alarms. Keep clear of heavy equipment. Respect exclusion zones. Always be aware of where you are and what you're doing.

Take regular breaks. You won't impress anyone by skipping your break. Construction work is physically demanding, and taking breaks can prevent fatigue, heat exhaustion, and overexertion injuries.

Focus on your health and fitness off the job. Everything you do before and after work affects how you feel and perform on the job. Eat well and stay in good shape. Strength, flexibility, and endurance can prevent injuries on and off the job. Don't take drugs or abuse alcohol. And don't ever come to work under the influence.

Don't be afraid to ask questions. Make sure you understand instructions. Ask questions if you are unsure. Don't be embarrassed—just ask.

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SAFETY REMINDER
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Confidence is good. Overconfidence can get you killed.

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Volume 46 Issue 26 June 26, 2023

Roofing Tar

Molten roofing tar, also called asphalt, is commonly used in the construction of commercial and residential roofing. Typically, roofing tar is heated to a temperature of about 400 to 500 degrees Fahrenheit. The tar is applied while it's hot and "flowable." Then, it solidifies as it cools. Tar creates some safety problems. There is a risk of fire. Liquid tar is slippery and can cause slips and falls. You're exposed to burns, skin irritation, and toxic fumes.

Fires and tar kettles: Roofing tar is hot and flammable and can easily catch fire if it's not handled properly. Keep at least two fire extinguishers on the roof so you can act quickly if the tar catches fire. A tar kettle can catch fire, or even explode, if the tar gets heated to its flash point. The National Fire Protection Association says tar kettles need to be at least 20 feet away from: combustible materials, combustible building surfaces, and building openings. There should always be an attendant at the kettle to monitor the temperature, and the attendant needs to have a fire extinguisher. After the kettle gets turned off, have a fire watch monitor it for at least 30 minutes.

Slips and falls: Wear slip-resistant footwear with good traction to prevent slipping on a roof that's covered in tar. Stay away from unguarded roof edges. Tie off whenever it's necessary. Make sure you know how to quickly and safely exit the work area if an emergency occurs.

Burns: Hot tar can cause severe burns if it comes in contact with your skin. If you work around kettles, tankers, luggers,

or mop buckets, you could get badly burned if you're not careful. Get the training you need to safely handle and apply roofing tar. Don't forget to wear protective clothing including heat-resistant gloves, goggles, and flame-resistant, long-sleeved shirts and pants. If you get roofing tar on your skin, immediately cool the hot tar with lots of clean water. Do not try to peel the tar off your skin. Get emergency medical care right away.

Skin irritation: If your skin comes into contact with tar, or even just the fumes, you can develop a rash, itching, or other skin problems. If you have any of these symptoms, see your doctor as soon as possible. Wearing long sleeves and long pants will help protect your skin.

Toxic fumes: Hot roofing tar can release fumes that irritate your skin, eyes, nose, and throat. The fumes can also cause headaches and some other health problems. Long-term exposure to these fumes can cause lung damage. Make sure the area is well ventilated to help dissipate the fumes and prevent their buildup. Do your best to limit your exposure to fumes from hot tar. Review the Safety Data Sheet (SDS) for the tar before you use it. Read and follow the manufacturer's recommendations for ventilation and respiratory protection. Take care of your lungs.

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SAFETY REMINDER
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Anytime you're on a roof, plan for: fall protection, overhead power lines, heat illness, and sun exposure!

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