



COMPANY NAME: _____

Volume 47 Issue 10 March 4, 2024

Avoid Pinch Point Injuries

On the jobsite, pinch point hazards are situations where you're at risk for being caught between two surfaces or objects. Pinch points exist in and around heavy equipment, machines, tools, and objects that you lift and carry. Think about how easy it is to get your finger caught when you put down a heavy object. "Pinch" doesn't sound serious, but pinch points can cause deep cuts, broken or crushed bones, or even an amputation.

Let's talk about some common pinch points:

Machinery, equipment, cranes, and hoists:

- In moving parts like gears, belts, and rollers, or between moving and stationary parts.
- Between the load and the rigging, or between the load and other stationary objects.

Tools and moving parts:

- In hand tools like pliers and clamps.
- In gates and doors.

Power tools:

- Between moving parts of the tool, or between the tool and workpiece.

Material handling:

- Between the load in your hands and a wall or floor.

Ladders and scaffolding:

- Between ladder rails or spreader bars, or between scaffold components.

Here are some ways to avoid pinch point injuries:

- Get the training you need before you start a task. You might not understand all the pinch point hazards in a machine until someone shows you where they are.
- Check the guards on tools and machinery to make sure they're in place and working properly. Report missing or damaged guards and don't use the tool or machine until the guards are fixed.
- Be mindful about where you put your hands, fingers, and feet all the time. Stay focused.
- Follow LOTO procedures. Pinch point injuries often happen during maintenance or service. If the machine can't move, you can't get pinched.
- Stay away from the moving parts of machinery and equipment.
- When you carry something, try to hold it so your fingers won't be underneath when you put it down. And watch out for door frames, railings, and walls that could smash your knuckles.
- Never stand where a heavy equipment operator can't see you.
- Stay out of the swing radius of cranes. Don't enter exclusion zones.

.....
SAFETY REMINDER
.....

Rotating parts can pull long hair into a pinch point.

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.



COMPANY NAME: _____

Volume 47 Issue 11 March 11, 2024

Be Aware of the Swing Radius

On any jobsite, it's important to understand the hazards associated with the swing radius of heavy equipment. We usually talk about the swing radius of a crane or excavator as the area around the base of the equipment where the superstructure rotates. That area is very dangerous, and there are 2 others. Today we'll talk about 3 dangerous areas: the traditional swing radius, the swing zone of the boom or arm, and the swing zone of tools.

Around the superstructure. The most significant danger is getting caught between the base of the machine and part of the superstructure when it rotates. These accidents can cause crushing injuries which are often fatal.

- Use barricades and signs to mark the swing radius.
- Keep out of swing radius zones.
- If you have to enter the swing radius, only do so after clearly discussing it with the operator.

Around the boom or arm. Think of the movement of a crane or an excavator. Here, the danger zone we're concerned with is the entire circle around the crane or excavator where the boom, load, arm, or bucket can reach when it swings or rotates. Struck-by injuries are the primary concern, but you could also get crushed if there are fixed objects like vehicles or columns in the area.

- Establish an exclusion zone around the equipment and keep non-essential people out.
- If you have to work inside the zone, stay alert and keep your distance from moving objects.

- Pay attention when you walk past an exclusion zone. Watch for movement. Listen for back-up alarms and warning signals.

Around tools. Consider the swing radius of tools, like sledgehammers, chain saws, circular saws, and power drills. If you were in the way of someone's backswing with a sledgehammer, you'd have a pretty bad day.

- Figure out the area where the person using the tool could move.
- Add in how far the tool could reach, including the reach of the person's arms.
- Stay out of that whole area!

Avoid swing radius accidents with good communication, awareness, and safe work practices:

- Make sure everyone understands the dangers associated with the swing radius. Use clear communication to relay instructions and warnings between operators and workers.
- Remember that operators don't have a clear 360-degree view of everything taking place around them. They have blind spots. Don't depend on the operator seeing you.
- Don't sneak up on or surprise someone using a tool. Get their attention gently from a distance.

.....
SAFETY REMINDER
.....

Check the area around you before you swing a hammer.

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.



COMPANY NAME: _____

Volume 47 Issue 12 March 18, 2024

Drug and Alcohol Abuse

As a construction worker, you should know that you're in an industry that has some of the highest rates of heavy alcohol use, illicit drug use, and substance abuse. And while you might think the choice to drink or abuse drugs is a personal decision, when someone comes onto the jobsite under the influence, they're putting all of us at risk, not just themselves. There is no place for drugs and alcohol on the jobsite. And remember that it's not just drinking or using at work that's a problem. What you drank or took the night before can still cause slow reactions, inattention, and accidents when you show up at work the next day.

Dangers: Substance use and abuse can impair your judgment, coordination, and reaction time. It can degrade your focus and concentration. These impairments make you more likely to cause an accident. Keep in mind that it takes time for your body and brain to recover after a big night. Using any substance can make you sluggish, fatigued, and less likely to notice hazards around you. And there are long-term health risks, too. Mixing drugs or alcohol with strenuous physical activity on the job can increase your chances of suffering heart problems, dehydration, and heat-related illnesses.

Consequences: Even though your co-workers and your supervisor can't diagnose you with alcoholism or drug abuse, they'll notice. They'll see your tardiness, unplanned absences, poor performance, bad conduct, moodiness, and behavior changes. Your supervisor might remind you of the jobsite rules and the consequences you could face,

including disciplinary action, if your substance use affects the jobsite. Near misses, accidents, and fights can put your job on the line. Getting arrested for drunk driving or failing a drug test could get you fired. And losing your job could also mean financial problems and stress.

Follow these safe practices on the jobsite:

- Don't come to work with alcohol or drugs in your system. Never drink or use drugs at work. Your family and co-workers need you sober.
- Don't party on nights before you have to work.
- Understand the side effects and interactions of any medications you take, whether they're over-the-counter or prescription.
- Let your supervisor know if you take medication that could affect your ability to work safely.
- Take medication as directed by your doctor or pharmacist. Don't share prescription medication.
- Tell your supervisor if you notice that a co-worker shows signs of impairment. You could prevent a deadly accident.

Drugs and alcohol are often used to cope with problems, like pain, guilt, or loss. Counselors can help with those problems.

SAFETY REMINDER

Of all occupations, construction has the highest suicide rate. If you or someone you know needs help, act! Don't wait! Dial 988 or text "HELLO" to 741741.

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.



COMPANY NAME: _____

Volume 47 Issue 13 March 25, 2024

Controlling Hazardous Energy

Hazardous energy is any form of energy in machines or equipment that could hurt you or otherwise cause harm. It can include electrical, mechanical, hydraulic, pneumatic, thermal, and potential energy. Any form of energy that could cause harm is considered hazardous. You need to isolate that energy so it can't harm you.

You can encounter hazardous energy when you're servicing, repairing, adjusting, or maintaining tools, machinery, or heavy equipment. It could be that you're inspecting an excavator or changing an attachment on a skid steer. You could be clearing a jammed conveyor, wood chipper, or snowblower. Maybe you're repairing an electrical tool or changing the blade on a circular saw. All of these situations involve hazardous energy.

If stored energy gets released, a tool starts up, or part of a machine moves while you're working, you could be severely injured. We're not talking about cuts and bruises. Hazardous energy injuries are often serious and can include: severe burns, electrocution, getting suffocated, scalping, being crushed, amputations, and getting entangled in or pulled into the equipment.

OSHA's standard 29 CFR 1910.147 on the Control of Hazardous Energy (Lockout/Tagout) was written to protect people who work with large machines in shops, plants, and factories. It wasn't written for the construction industry. However, you can still apply the general principles of this standard to the work that you do on the jobsite.

Before you start any work that involves hazardous energy from a tool, machine, piece of equipment, or an industrial process: **1)** make sure you identify and control all hazardous energy, and **2)** release, isolate, or block all stored, hidden, and residual energy in the system. These are two of the steps in any lockout/tagout procedure.

Identify and control all energy sources:

- **Electrical energy:** Unplug, disconnect, or turn off the main electrical disconnect switch. If there are multiple power sources, make sure each one is isolated individually.
- **Mechanical energy:** Block or lock moving or suspended parts before removing any guards.
- **Hydraulic or pneumatic energy:** Turn off the pump or shut off the air supply. Use valves to release pressure from the system and bleed off pressure from lines.
- **Thermal energy,** like hot surfaces or materials: Allow equipment to cool down before performing maintenance or refueling. Install barriers or guards to prevent contact with hot surfaces.
- **Potential energy,** like elevated parts or loads: Securely block or brace these parts or loads so there's no possibility that they can come down.

.....
SAFETY REMINDER

Never remove someone else's lock.

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.