



COMPANY NAME: \_\_\_\_\_

Volume 46 Issue 6 February 6, 2023

## Burns

In construction, you can suffer a burn injury from chemicals, electricity, heat, or sunlight. **There are many types of burns you can get on the jobsite including:**

- **Chemical burns** from many chemicals including dry cement and wet concrete.
- **Electrical burns** from power lines, utility lines, an arc flash, or live wires.
- **Thermal burns** from coming into contact with something hot: a flame, steam, tar, etc.
- **Sunburns** from working outside in the sun.

**Protect yourself from burns with PPE.** Wear safety glasses, goggles, and face shields to prevent sparks and slag from flying into your eyes. Goggles can also prevent chemical dusts and liquids from getting into your eyes. A Class E or Class G hard hat can protect you from a shock if your head bumps into a power line or an energized conductor. When you're involved in welding or similar activities, wear a welding helmet, welding gloves, and a leather apron since leather is fire-resistant. Safety footwear can protect you from hot liquids, chemicals, or molten metal that splashes on your feet. The right pair of gloves can protect your hands from chemicals and hot surfaces, or provide insulation from electric shock. If you work around hazardous dusts, fumes, or mists, wear a respirator to protect your lungs from chemical burns.

**Follow safe work practices to avoid burns.** Be aware of activities around you that present burn hazards. Follow the

recommendations in the Safety Data Sheets (SDSs) for using, handling, and storing flammables and combustibles. Stay away from power lines. Have utilities marked before you dig. Wear sunscreen, long sleeves, and a hat when you work outdoors.

**Treat minor burns with basic first aid.** Stop the burning process by running cool water on the burn. Remove jewelry, rings, watches, and clothing from the burned area. See a doctor if you're unable to remove these items. Take Tylenol or Advil for pain. Cover the burn with sterile gauze, a bandage, or a clean cloth. Wrap the area loosely, without putting lots of pressure on the burned tissue.

**Keep an eye on the burn.** Seek medical care: if you develop a fever that is not managed with medication, if redness extends beyond the border of the burn, if pain relievers don't help the pain, if the burn is oozing liquid, or if the burn has a bad odor.

**Call 911 for serious burns.** It's a serious burn: if it involves your face, eyes, ears, hands, feet, or groin area; if it covers an area larger than your hand; or if it goes all the way around any limb. Call 911 if the burn is deep, if you lose feeling in the burned area, or if the burned area is charred, translucent, or has skin peeling off.

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**SAFETY REMINDER**  
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**Don't put ice on a burn. Ice is too cold and can actually cause more damage to the skin.**

**NOTES:**

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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

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# Weekly Safety Meetings Standard Subscription

Safety Training for the Construction Industry

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COMPANY NAME: \_\_\_\_\_

Volume 46 Issue 7 February 13, 2023

## Mental Health and Suicide

Life can be stressful. On any given day, you might be worried about problems at work or at home, chronic pain, financial problems, and keeping up a “tough” public image through it all. Stress can have a negative impact on your mental health. People who don’t get help maintaining their mental health can become so anxious and depressed that suicide seems like a good option—but it never is.

Suicide is a leading cause of death among working-age adults. Worse yet, male construction workers die from suicide at a much higher rate than other U.S. workers. Some symptoms of suicidal thoughts include:

- Moodiness, rage, hopelessness, or feelings of deep sadness.
- Social withdrawal, changes in personality, or changes in appearance and hygiene.
- Unusually dangerous or risky behavior.

The good news is that you can help prevent suicide by supporting mental health—yours and your co-workers’.

**Pay attention.** The saying “If you see something, say something” usually applies to safety and security, but it can also apply to mental health difficulties. If you see that someone is in crisis, reach out. Ask, “Are you okay?”

**Listen.** If someone is talking about hurting themselves or committing suicide, take them seriously. Too often, suicidal talk can lead to actual suicide. People talk about suicide because they’re considering it.

**Take action.** If someone is in a mental health crisis or is talking about hurting themselves or committing suicide, stay with them and call for help. Call or text 988 to reach the Suicide & Crisis Lifeline. You don’t have to convince someone to call—you can call for your friend, a co-worker, your child, or anyone. The Lifeline is free and available 24/7 to help people who are in crisis. The counselors at the Lifeline can provide resources, referrals, and a kind ear.

**Take care of yourself.** Build habits that support your own mental health. Exercising, keeping a good sleep routine, eating a well-balanced diet, and working to maintain a network of friends and social connections will help keep your body and mind healthy.

**Be brave enough to talk about your feelings.** When someone asks how your weekend was, answer honestly. Say, “It was a tough weekend, but I got through it.” You don’t have to spill your guts. But you don’t have to keep everything bottled up inside, either.

A suicide can rip the heart out of the crew, a family, and the community. If we talk about preventing suicide today, we might not have to go to a funeral tomorrow.

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**SAFETY REMINDER**  
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**When someone comes to you with a problem, they’re usually not expecting you to solve it. Just listening to them and trying to understand their pain will probably make them feel better and more hopeful.**

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COMPANY NAME: \_\_\_\_\_

Volume 46 Issue 8 February 20, 2023

## Ten Easy Ways to Improve Your Safety

Schedules, productivity, efficiency, and cost are important on the jobsite, but safety is our top priority. There are thousands of ways to work safer. Today, let's discuss 10 ways you can improve your safety now.

**1. Come to work with a safety mindset.** Make safety part of your thought and work processes. Before you start working, start thinking about how you'll do your job safely. Build safety into each moment of your day.

**2. Wear your personal protective equipment.** Inspect it before each use. PPE is designed to protect you from specific hazards, so don't try to modify it. Make sure the PPE fits properly and is right for the job.

**3. Focus on the task at hand.** Avoid distractions. Don't look at your cell phone—that text can wait. Don't think about weekend plans or problems at home. Taking your mind or eyes off of what you're doing can end your life.

**4. Make a pre-task plan.** Take time to fill out a Job Safety Analysis before you begin a task. This process only takes a few minutes and is well worth your time. It's an opportunity to think about each step of the task, the tools needed, the risks and hazards associated with each step, and what you can do to eliminate or control those hazards.

**5. Consider your co-workers.** Look out for their safety when they're working near or below you. Be sure to speak up if you feel that someone isn't taking your safety seriously. Work as a team.

**6. Keep learning.** If there's a process, a tool, or a piece of heavy equipment you want to know more about, take a class, a refresher course, or get a certification. Training can keep you safer and might give you the skills you need to get promoted within the company.

**7. Conduct inspections.** Inspect the tools you use to do your job. Tag damaged tools "Do Not Use" and take them out of service. Inspect your work area at the start of your shift. Look for housekeeping issues like tripping hazards on floors, flammables in the area, or inadequate lighting.

**8. Keep your supervisor informed.** Report problems, unsafe conditions, near misses, accidents, and minor injuries. Let them know when you need additional PPE.

**9. Make safety a daily responsibility.** Conditions on the jobsite change constantly. Re-check the site for hazards frequently. Make sure the safety controls you put in place yesterday are still set up properly today.

**10. Prevent falls.** Wear or use fall protection. Secure ladders before you climb onto them. Use stair rails when you go up or down stairs. Install guardrails around openings in walls for windows and doors, and around holes for shafts, stairwells, and skylights.

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**SAFETY REMINDER**  
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**When you ignore safe work practices, you put everyone's safety in jeopardy.**

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SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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Safety Training for the Construction Industry

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COMPANY NAME: \_\_\_\_\_

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## Struck-By Incidents and Situational Awareness

Being struck by an object is one of the leading causes of construction-related deaths. Most struck-by injuries are caused **1)** by vehicles, **2)** by falling or flying objects, and **3)** during construction of concrete and masonry walls. Situational awareness can help you control your risk for struck-by injuries.

**Moving vehicles** can run you over or pin you against another object. You can get crushed by a falling load or under an overturned vehicle. The bucket of a backhoe could hit you, or you could get crushed in the swing radius of a crane. A swinging crane load could hit or crush you.

**Falling and flying objects** cause injuries that range from cuts and abrasions to concussion and death. Tools and materials can fall on you from scaffolds, aerial lifts, ladders, upper floors, or cranes. Power tools can send chips, work pieces, cutters, and fasteners flying through the air. You're at risk whether you're using the tool or just working nearby.

**Concrete and masonry walls** are extremely heavy. When they're being constructed or lifted into place, these walls can collapse or tip over and instantly crush you.

**Many struck-by hazards can be controlled easily:** Wear a seat belt when you're operating a vehicle. Stay clear of heavy equipment and moving loads. Never work under a load. Secure tools and materials when you work overhead. Wear your hard hat. Avoid working near masonry walls until they're tied into the structure. Stay out of exclusion zones where tilt-up concrete walls are being installed.

**Developing situational awareness is one of the best ways to avoid a struck-by injury.** Situational awareness means just that: being aware of your situation. It means knowing where you are, what's around you, and predicting what's likely to happen next.

It's easier to be situationally aware when you avoid distractions. Turn off the radio in the cab. Put away your phone. And wait until your break to drink coffee or eat.

For instance, say you have to walk across the site. You could have your earbuds in so you can hear your music while you check your phone. Three steps later, you walk right into the swinging bucket of a backhoe. Instead, you could be aware of your situation. You could be listening and notice nearby engine noise. You could look up to see that the backhoe is digging to your left and that the spoils pile is on your right. You can reasonably predict that the bucket will swing from the trench, past you, and over to the spoils pile. Since you're aware of the situation, you can choose to walk around the backhoe and the spoils pile instead of walking into the swinging bucket.

When you can't control your surroundings, situational awareness can help you make safe choices that reduce or eliminate the chances of a struck-by accident.

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**SAFETY REMINDER**

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**On scaffolds, use debris chutes, nets, toeboards, and tethers to prevent objects from striking workers below.**

**NOTES:**

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