



COMPANY NAME: _____

Volume 46 Issue 27 July 3, 2023

Tornadoes

A powerful tornado will destroy nearly anything in its path. It's important to be prepared and stay safe during a tornado, and it's just as important to think about how to stay safe after the tornado is over. There will be a huge mess and you'll need to make sure you stay safe while you're cleaning up.

Prepare for the possibility of a tornado:

- Learn the warning signs of tornado weather,
- Monitor the radio and listen for sirens during tornado watches or warnings,
- Plan where you will take shelter, and
- Prepare the jobsite to minimize damage to structures and heavy equipment.

Stay safe during cleanup: After a tornado has passed, you can encounter all kinds of dangers while you're cleaning up: structural damage, downed power lines, debris, spilled hazardous materials, wild animals, and more.

Buildings and other structures could have been weakened by the storm. They could collapse at any moment, for any reason. Even if a structure or building seems intact, don't go in. You should assume that all structures are unstable until a competent person or professional engineer has checked them out and said they're safe.

Fallen power lines or other damaged electrical equipment could electrocute you. Assume downed power lines and electrical equipment are energized. Don't touch or try to

move anything electrical. Report it to your supervisor immediately and contact the local electric utility.

Cuts and puncture wounds are common during cleanup, but they're avoidable! Watch out for broken glass, nails, twisted metal, splintered wood, and other sharp objects. Wear all the necessary PPE including gloves, steel-toed boots, and eye protection to reduce your chances of getting injured. Watch where you put your hands and feet.

A tornado can scatter chemicals, fuel, and materials that contain asbestos or lead throughout the jobsite. Avoid contact with these and other hazardous materials. Don't try to clean up hazardous material unless you've been trained to do it safely and have all the necessary equipment.

Watch for wild animals like snakes, rats, and raccoons that might be hiding in debris piles.

When you clean up a jobsite after a tornado:

- Make sure all the utilities have been turned off.
- Don't smoke.
- Don't overexert yourself. Drink lots of water and take breaks to rest and cool down.
- Watch your back—use proper lifting techniques.

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SAFETY REMINDER
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After a tornado or a flood, mold can grow quickly. When dealing with mold, wear proper respiratory protection.

NOTES:

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COMPANY NAME: _____

Volume 46 Issue 28 July 10, 2023

Read the SDS to Understand Chemical Hazards

The hazardous chemicals you work with on the jobsite may cause health problems that have severe and even deadly consequences. That’s why every chemical comes with a Safety Data Sheet (SDS) that provides information about how to handle the chemical. SDSs keep you and your co-workers informed and safe—but only if you read them.

You need to read and understand the information in the SDS before you work with a chemical. Then, you have to act on that knowledge and use the chemical safely.

Familiarize yourself with the standard 16-section SDS format so you can easily find the information you need, control chemical hazards, and stay safe. These are the sections:

1. Identification: Provides the product name, manufacturer details, recommended uses, and emergency contact information.
2. Hazard Identification: Highlights the potential hazards associated with the chemical.
3. Composition/Information on Ingredients: Lists the ingredients and their concentrations.
4. First-Aid Measures: Outlines immediate actions to be taken in case of an accident or exposure.
5. Fire-Fighting Measures: Provides guidance on extinguishing fires involving the chemical.
6. Accidental Release Measures: Describes how to handle spills and leaks.
7. Handling and Storage: Offers guidance and precautions for handling and storage.

8. Exposure Controls/Personal Protection: Describes recommended PPE and exposure limits.
9. Physical and Chemical Properties: Details the characteristics like appearance and odor.
10. Stability and Reactivity: Explains how stable the chemical is in normal conditions and what other materials it will react with.
11. Toxicological Information: Provides information on the health effects of the chemical.
12. Ecological Information: Describes the potential environmental impact of the chemical.
13. Disposal Considerations: Lists specific requirements for disposal or recycling.
14. Transport Information: Explains requirements for shipping and transporting the chemical.
15. Regulatory Information: Includes regulations not described somewhere else in the SDS.
16. Other Information: Provides additional information that may be relevant for safe handling and use.

Don’t confuse chemical labels with SDSs. Chemical labels provide a quick reference for important safety information. SDSs offer more detailed instructions on proper handling, safety measures, and first-aid procedures.

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SAFETY REMINDER

After you’ve read an SDS, talk with your supervisor if you have questions about how to use the chemical safely.

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Safety Training for the Construction Industry

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COMPANY NAME: _____

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Is Your Safety Attitude Good or Just Good Enough?

If someone says something is "good enough," they usually mean that it could be better. When it comes to your safety on the jobsite, having a "good enough" attitude is dangerous. A "good enough" attitude means you're just doing the bare minimum to get by, and that you're not putting much effort into making sure everyone is safe. On the other hand, if you have a "good" safety attitude, you prioritize safety and you're proactive about controlling hazards before someone gets hurt, and before equipment or property is damaged. Unfortunately, a "good enough" safety attitude just isn't enough to keep everyone on the jobsite safe.

With a "good enough" safety attitude, you might:

- take shortcuts, ignore safety procedures, take risks, or skip wearing PPE
- make do with a tool that's not right for the job
- skip inspections for PPE, equipment, and machinery since "everything pretty much looks like it's alright"
- ignore near misses because "nothing really happened and nobody got hurt"
- choose convenience over safety
- distract yourself while you work by texting or listening to music
- believe that luck is on your side
- assume that you must be working safely because you haven't been hurt yet

Is your attitude just "good enough?" How did you get here? Maybe you tolerate unnecessary risk because you didn't get enough training and don't understand how to work safer. Maybe you used to work with risk-takers, and you learned to be a risk-taker, too. Maybe you've just developed some lazy habits about safety because you haven't had a bad accident yet. Maybe you're tired, or sick, so you decide to take shortcuts. Whatever the reasons, don't use them as excuses. Change your attitude.

Today is the day that you can change your attitude from "good enough" to "great!" **If you recognize that you're stuck in "good enough," here are some tips to improve your attitude and keep yourself focused on safety:**

- Participate in regular safety training.
- Focus on each step of your work as if you're teaching someone else how to do it safely.
- Make a deal with your co-workers to keep each other safe: you'll call them out when they're not safe, and they'll do the same for you.
- Put physical reminders in your way to make it easy to do the safe thing. For example, put the forklift inspection sheet on a clipboard and leave it on the seat of the forklift so you have to see the inspection sheet before you use the lift.

SAFETY REMINDER

For more energy: exercise regularly, drink less alcohol, eat healthy food, and get enough rest at night.

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Get the Sleep You Need to Work Safely

When you don't get enough sleep, it can be harder for you to concentrate, make good decisions, react quickly, and follow safe work practices on the jobsite. Your brain needs enough sleep to function properly and keep you alert and attentive. A lack of good sleep can increase your risk of having a serious, or even fatal, accident. Jobsites are dangerous, so it's especially important for those of us in construction to get a good night's sleep so we can work safely during the day.

Researchers have found that adults should get at least 7 hours of sleep each night, on average, in order to feel rested, think clearly, and stay focused at work. But don't get caught up on the number 7. Everyone is different, so 7 hours might not be enough for you. Figure out how much sleep you need to feel well-rested and alert during the day. Then, make it a priority to get that much sleep each night.

How will you know if lack of sleep is affecting you at work? Look for these common signs and symptoms:

- **Feeling drowsy during the day:** Do you feel tired or sleepy? Do you struggle to stay awake during the day, especially after lunch?
- **Having trouble focusing and concentrating:** Do you have a hard time staying on task, or are you making more mistakes than usual?
- **Slow reaction time:** Are your reflexes slower than normal? Do you have difficulty catching falling objects or reacting to sudden events?

- **Increased moodiness and irritability:** Are you less patient and more irritable than usual?
- **Physical symptoms:** Do you feel unwell? Do you have frequent headaches, general body aches, muscle fatigue, or a weakened immune system?
- **Problems with memory or reasoning:** Do you struggle to remember instructions or recall details? Do you feel "foggy?"

Here are some good habits to help you get better sleep:

- **Exercise regularly.** Physical activity promotes better sleep. But exercising just before bedtime can keep you awake.
- **Establish a consistent sleep schedule.** Go to bed and wake up at the same time every day.
- **Make your bedroom relaxing.** Keep it cool, dark, comfortable, and quiet.
- **Limit exposure to devices before bedtime.** Blue light from cell phones affects sleep.
- **Prepare your body for rest.** Avoid heavy meals, caffeine, nicotine, and alcohol close to bedtime.
- **Reduce your stress.** Engage in relaxing activities, like reading before bedtime. Practice slow breathing techniques to unwind.

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SAFETY REMINDER
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Try not to rely on sleeping pills. They generally don't help with the underlying cause of your sleeplessness.

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Volume 46 Issue 31 July 31, 2023

Tool Use and MSDs

A musculoskeletal disorder (MSD) is a condition that affects your muscles, bones, tendons, joints, or ligaments. These injuries can develop when you perform repetitive movements, when you overexert your body, if you work in awkward positions, or if you have prolonged exposure to physical stress on your body. On the jobsite, you need to hold, grip, lift, and operate hand tools and power tools all day long. So, all the drilling, hammering, sawing, gripping, twisting, and lifting that you do increases the chances that you'll develop an MSD.

The good news is that you can do a lot to prevent MSDs:

- Before you start your day, warm up to help prepare your body for the work ahead. Gently stretch your wrists, shoulders, back, and neck. Then, during the day, take frequent breaks to stretch and rest.
- Think about your posture. Keep your wrists, arms, shoulders, and back in neutral positions as much as possible. Be aware of how you move when you lift. Use your leg muscles, not your back muscles, to lift and move heavy tools.
- Balance your tool belt so it's not constantly pulling down on one hip.
- Don't wing it. Learn how to use each tool properly, hold it correctly, and operate it safely. Follow the manufacturer's instructions.
- Work in a well-balanced position with a good footing. Don't use tools if you're in an awkward

position or have an unstable footing. Limit the amount of time that you work while kneeling or squatting. Avoid using tools when you have to hold them above your head or when you have to stand on your toes.

- Use tools with features that reduce the strain on your body. Look for cushioned grips, adjustable handles, and vibration-dampening designs.
- Keep tool handles properly maintained. Replace damaged handles. At a minimum, they should be clean and dry so you can get a good grip. A good grip can reduce strain on your hands, wrists, arms, and shoulders.
- Wear gloves with vibration-dampening materials. Use padding to reduce direct contact with hard, sharp, or vibrating surfaces. Make sure the soles of your shoes are clean so you can keep a good footing without sliding around.
- Report any discomfort or pain you feel. It's best to report pain early so you can get the issue addressed promptly. The earlier you address the issue, the easier it is to prevent an MSD.

MSDs develop slowly over time. It's important to catch them early, when the damage can be avoided.

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SAFETY REMINDER

Pain shouldn't be a normal part of the job. Your long-term health depends on how you treat your body today.

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