

Without occasional reminders about jobsite safety hazards, it's easy to slip into bad habits when you're focused on getting the job done.

If you recognize any of these hazards on your jobsite, make sure you protect yourself and your co-workers by taking the appropriate safety measures.

1. Materials Handling

- Evaluate the load.
- Use material handling equipment.
- If you have to lift, lift correctly.
 - Keep your back's natural curves.
 - Keep the load close to your body.
 - Lift with your legs in a smooth motion.

2. Exposed Body Parts

- Always wear the appropriate PPE.
- Wear a hard hat, safety glasses, long pants, work boots and work gloves.
- When appropriate, wear:
 - Hearing protection
 - Face shield
 - Respirator

3. Struck-By Hazards

- Wear a hard hat with bill facing forward to protect your face.
- Place toeboards on guardrail systems.
- Use mesh on guardrail systems.
- Set up barricades, like caution tape, below overhead work areas.

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4. Eye Hazards

- ☐ Always wear safety glasses.
- ☐ Wear safety glasses plus face shield when grinding/welding.

5. Sharp Objects

- ☐ Wear gloves to prevent lacerations and improve grip.

6. Slips & Trips

- ☐ Fall protection starts at ground level. Use good housekeeping practices.
- ☐ Keep areas and walkways clean and clear all day.
- ☐ Clean up slippery surfaces.

7. Exposed Floor Holes

- ☐ Cover any hole 2+ inches in size.
- ☐ Covers must:
 - Support two times the maximum load that is placed upon them
 - Be properly secured
 - Be clearly marked with the word "hole" or "cover"

8. Ladders

- ☐ Never over-reach.
- ☐ Never carry objects in your hands while climbing.
- ☐ Move the ladder as needed.
- ☐ Maintain three-point contact while climbing.
- ☐ Use tool belt or hoist for work materials.
- ☐ Stepladders and straight ladders are **not** interchangeable.

9. Aerial Lifts

- ☐ Make sure guardrails are in place.
- ☐ Keep the gate latched.
- ☐ Use an appropriate fall restraint system.

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10. Perimeter Protection

- Use guardrails to protect exposed edges.
- Guardrails must withstand 200 pounds of force.
- Keep steel cable guardrails tight, secure and flagged every 6 feet.

11. Falls

- Use personal fall arrest systems when appropriate.
- Use compatible harness, locking snaphooks and lanyard.
- Tie off to a proper anchorage point, able to withstand 5,000 pounds of force/per person.

12. Tool Guards

- Make sure all hand tools have guards in place.
- Don't remove or modify tool guards.
- Remove tools with missing guards and tag for repair/replacement.

13. Damaged Rigging

- Inspect rigging before each use.
- Remove damaged or imperfect rigging from service.

14. Electrical Hazards

- Use GFCIs with electrical tools or equipment.

15. Power Cords

- Use proper, heavy-duty extension cords.
- Inspect cords for nicks, cuts, burns, abrasions and defects.
- Ensure plug and ground prong are intact.
- Remove damaged cords from service.

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16. Welding Leads

- Inspect welding leads regularly.
- Ensure electrode holders and welding cables are well insulated.
- Make sure welding unit and work are grounded.

17. Welding Arcs

- Wear proper eye protection to protect against ultraviolet light.
- Use welding screens.
- Keep area clear of combustible materials.
- Always have a Class ABC fire extinguisher handy.

18. Excavations

- Use protective systems for excavations 5 feet or deeper.
- Stay inside trench boxes at all times.
- Never enter an unprotected excavation.

19. Hazardous Materials

- Know what hazardous materials you may be exposed to.
- Check MSDSs for more information.
- Use proper respiratory protection when needed.

20. Confined Spaces

- Follow all permit requirements.
- Do not enter a confined space that has not been tested by a competent person.
- Do not enter a confined space without proper training and protection.

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