

Here are several reminders to help keep you from slipping into bad habits while 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. Fires from Hot Work

- Practice good housekeeping
- Isolate ignition sources
- Make fire watch part of the daily routine

### 2. Flammable Liquids

- Keep flammable liquids away from ignition sources
- Store in approved, properly labeled containers with self-closing lids

### 3. Flammable Gases

- Keep flammable gases away from ignition sources
- Inspect regulators and torches before each use

### 4. Compressed Gas Cylinders

- Store and use in a secure, upright position
- Keep wrenches in place when using cylinders that don't have knobs
- Close cylinder valves as soon as your work is done
- Secure valve caps before moving or storing cylinders

### 5. Pressure Testing

- Never exceed the maximum, required test pressure
- Never attempt to conduct pressure testing without the proper training

## 6. Line Breaking

- ☐ Carefully follow the site-specific line breaking plan
- ☐ Determine what material is being transported in the piping system
- ☐ Check MSDS to determine what PPE will be needed
- ☐ De-energize and lockout pumps
- ☐ Carefully depressurize the system

## 7. Stored Electrical Energy

- ☐ Unplug power tools before replacing parts like blades and bits, or before servicing
- ☐ Follow company procedures for working near exposed live parts

## 8. Power Lines

- ☐ Be aware of power lines in your work areas
- ☐ Use non-conductive ladders
- ☐ Watch for equipment such as cranes and lifts that could contact a power line and energize the ground around you

## 9. Welding & Cutting Fumes

- ☐ Position your body so that fumes don't enter your breathing zone
- ☐ Keep your work area as well ventilated as possible and use a respirator when required

## 10. Asbestos

- ☐ Be especially aware of building materials in old buildings (prior to 1980)
- ☐ If old building materials are dilapidated to the point that particles could become airborne, they need to be tested before work continues
- ☐ If you suspect an asbestos hazard, leave the area immediately and contact your supervisor

**Get the job done...safely**

## 11. Lead Based Paint

- Check with your supervisor before heating, cutting or grinding on painted objects
- Make sure paint is properly removed by a trained, qualified person
- Always use proper ventilation
- Use a respirator when required

## 12. Silica

- Use drills with built-in vacuum systems or dust collection cups, or use the wet method
- Use a respirator when required

## 13. Bloodborne Pathogens

- Always assume that human blood and body fluids are contaminated
- Use safety glasses, medical exam gloves, and a surgical mask or a face shield
- If exposed to human blood or body fluids, wash with warm, soapy water and let your supervisor know immediately

## 14. Excessive Noise

- When you can't hear someone speaking in a normal tone 3 feet away, it may be too noisy
- Wear earmuffs or earplugs

## 15. Heat Exhaustion/Heat Stroke

- Avoid becoming dangerously overheated
- Continuously drink plenty of water or other hydrating drinks
- Avoid caffeine
- Take breaks in cool, shaded areas

**Get the job done...safely**

## 16. Hypothermia/Frostbite

- ❑ Avoid losing too much body heat and overexposing body parts to extreme cold
- ❑ Dress properly for the conditions
- ❑ Remember that hypothermia can occur in seemingly mild conditions
- ❑ If you see signs of hypothermia in a coworker, call for emergency medical services immediately, and warm the victim until help arrives

## 17. Inadequate Lighting

- ❑ Make sure there is adequate lighting to prevent falls
- ❑ Keep work areas, walking surfaces and stairways well-lit
- ❑ Notify your supervisor if areas are not well-lit

## 18. Unprotected Stairways

- ❑ Never use a stairway's skeleton frame or use areas where steps and landings aren't installed
- ❑ Avoid metal pan landings unless they are filled with wood or another approved temporary material
- ❑ Only use stairways and landings if they are equipped with a fall prevention guardrail system and handrails

## 19. Falls with Scaffolds

- ❑ Inspect scaffolds before each use
- ❑ Ensure that a competent person has supervised the scaffold erection process, or has inspected the scaffold before use

## 20. Falls from Scaffolds

- ❑ Ensure that proper fall prevention or protection is in place according to your company policy
- ❑ Be especially alert when climbing up or down a scaffold and during the erection process

**Get the job done...safely**