



Rio Grande Valley Chapter - AGC

SAFETY STAND DOWN – Focus Four Hazards

This information is to help you organize your Stand Down. This is a suggested agenda for the onsite supervision. Please review prior to facilitating the material.

Summary

- Step 1, Pre-Planning:
 - Select one of the Focus Four Topics to be discussed
 - Review and become familiar with the selected topic (Falls, Struck By, Caught In Between, or Electrocution)
 - Review topic with jobsite leadership (Specialty or General Contractors)
 - Assemble the group at 11 a.m. on May 13th
 - Large projects may pick a few spots to hold smaller meetings (i.e. break into manageable groups of 25-30 people)

- Step 2, Purpose for the Stand Down:
 - Demonstrate a strong commitment to safety
 - Identify and control unsafe work practices and conditions
 - Communicate awareness through ownership and employee involvement

- Step 3, Implementation:
 - Introduce Purpose of the Stand Down (Step 2)
 - Break into manageable crews (no more than 15 people)
 - Review topic with each group
 - Have each group audit their respective work areas identifying hazards
 - Have group leaders collect audit information, and return to job team for summary.

- Step 4, Group Summary:
 - Review the selected Focus Four Hazard with all groups
 - Ask group for solutions to these hazards

- Step 5, Close Stand Down

FALL PROTECTION

Falls are the leading cause of injury and death in construction. Employees must be protected from uncovered floor holes and the unprotected edges of floors, mezzanines, balconies, and walkways. Floor holes and edges can pose unexpected hazards when existing covers or guardrails are removed and not replaced. Remember that all workers must be protected from these hazards when they are 6 feet or more above a lower level.

A fall hazard is an unprotected, elevated walking/working surface. You can control most fall hazards by planning your job carefully, training employees how to work safely, and enforcing safe practices with on-the-job supervision.

Fall protection options

With adequate planning and the right equipment, a physical means of protecting employees from falls is usually possible. Although guardrails are the preferred method for fall protection sometimes guardrails are not available or practical. A physical means of fall protection will not allow an employee to fall or will prevent the employee from hitting the ground or a lower level if a fall occurs; examples include guardrails, covers, personal fall-arrest and restraint systems. With any of these systems workers must be trained.

Guardrail systems: Guardrails are the most effective method for protecting employees. Here are some things to remember when using guardrails:

- All openings should have guardrails and toe boards
- All guardrails must meet OSHA 1926.500 requirements
- When working on scaffolding, the ends as well as the front must have guardrails
- When workers need to remove guardrails temporarily, they must use another fall-protection system or method until the guardrails are replaced before leaving the area. Guardrails must not be used as anchor points or attachment points for lanyards
- If you notice guardrails damaged or missing notify your supervisor immediately

Covers: Unprotected roof and floor openings must be covered or guarded. There are some specific rules when covering openings. Here are some things to remember when covering holes.

- Holes larger than 2 inches must be covered
- All covers must be securely fastened over the cover
- All covers must be marked with “hole” or “opening”
- All ladder access opening through floors and roofs must be protected by a guardrail on all sides and require workers to turn 90 degrees before entering ladder

Fall Protection Equipment: Using fall protection equipment is an available option when the work area cannot be protected by guardrails. Here are some things to remember when using personal fall protection equipment:

- All workers who wear a harness must be trained in the proper use, inspection, wearing, storage and limitations of the equipment which is one of the most commonly overlooked aspects
- Each harness and lanyard must be inspected before each use and documented or logged
- Equipment stored onsite is recommended to be inspected monthly when not in use.
- Always read and follow the manufactures recommendations
- When using personal fall protection equipment there are three required parts; the harness, lanyard or decelerating device and anchor point

- Safety harnesses, lanyards, anchor points and all of its hardware must be capable of holding 5000 pounds per person attached.
- Anchor point should be engineered
- Lanyards cannot be wrapped around objects and connected to its self, unless designed to be.
- Lanyards cannot be extended by connecting two lanyards
- When workers on-site are using personal fall protection equipment there must be a site specific rescue plan in place to remove or rescue a worker who falls.

Warning Lines: Only workers engaged in roofing activity are allowed to work under a warning line/monitor system. Here are some things to remember when using a warning line and monitor system:

- The warning line must completely encircle the roof area
- The monitor must be a competent person and have no other duties than watching workers outside the warning line
- Other trades are allowed to work within the warning line area. However, they are not covered by a monitor system when going past the warning line.

Training:

You can't assume that already know how to protect yourselves from falls. You may not be familiar with fall hazards at a new job site. Regardless of the fall-protection system or method used, you must be trained on how to recognize fall hazards and follow safe work practices before you begin tasks that could expose you to fall hazards and before you use fall-protection systems or methods. *Your training must be documented in writing. This documentation explains that you have been trained and that you know what fall-protection systems or methods to use, how to use them, and when to use them regardless of their experience. It includes your name, training dates, and the trainer's signature.*

STRUCK BY HAZARDS

MATERIAL HANDLING

1. Material Handling
 - A. Avoiding overhead suspended loads
 - B. Awareness of workers surroundings
 - C. Proximity in relation to other trades activities
 - D. Coordination of construction sequencing
2. Barricading swing radius of equipment, cranes, pier drillers, track hoes, etc...
3. Proper tool inspections, proper equipment inspections
4. Tools, equipment, and materials not being stored too close to excavation edges and edges of buildings
5. Guardrail system with toe boards installed on scaffolding
6. Securing materials for inclement weather conditions, high winds, storms, etc...

EQUIPMENT OPERATIONS

1. Equipment Operations
 - A. Back up alarms and horns functioning on equipment
 - B. Lights working on equipment
 - C. Operators qualifications / training
2. Equipment inspections
 - A. Daily visual inspections
 - B. Equipment specific inspections, hourly, weekly, monthly, etc...
 - C. Maintenance procedures and documentation
3. Visual distortions
 - A. Glass not cracked or dirty to impair operators vision
 - B. High visibility, reflective vests worn by employees working around equipment
 - C. Awareness training for employees around equipment, it's easier for the employees on the ground to see the piece of equipment than it is for the operator to see the employees
4. Barricading swing radius of equipment, cranes, pier drillers, track hoes, etc...
5. Safe operations of equipment in close proximity to edge of excavations, edge of buildings, etc...

PUBLIC PROTECTION

1. Public Protection is extremely important because the general public needs to be protected from hazards that they are not aware of that might exist on a construction site
2. Controlled Access Zones (CAZ) and barricades set up in areas around buildings for safe access into and out of building, trash chute areas, etc...
3. Use of covered walkways at building access areas

STRUCK BY HAZARDS
PUBLIC PROTECTION (continued)

4. Employee awareness of general safety on construction site, project specific
5. Traffic control
 - A. Lane closure permit
 - B. Traffic control plan
 - C. Barrels, lights, barricades installed according to plan
 - D. Employee training
 - E. Proper PPE, high visibility reflective vests

CAUGHT IN BETWEEN

WHAT IS CAUGHT IN BETWEEN?

EXCAVATIONS - Sides could collapse; other equipment could fall into excavation

MACHINERY/EQUIPMENT - Check your guards, could your shirt, hand, arm or leg be caught or dragged in the moving part.

MATERIAL HANDLING - Loads can shift without warning.

How can You prevent this type of incident?

- Inspect excavations, tools, machinery, stored materials and loads before starting work task.
- Make sure all guards are in place.
- When working with other workers, tell them what you are doing. Watch each other before taking action.
- Look for pinch points, look for a way out, and never think it won't happen to you.

Who is your Competent Person on site for you?

- A Competent Person must inspect excavations before anyone enters the trench at least once daily.
- A Competent Person must inspect Machinery before starting daily. This could be you the operator or your foreman.
- A Competent Person must make sure all loads are secured before moving. The rigger and flagman are competent persons with the proper training.

What should the Competent Person be looking for when he or she inspects the work place?

EXCAVATIONS

- Need to be Benched, Sloped, or Shored.
- Must have access when excavation is 4 ft. or more in depth, within 25' of walking distance within the trench.
- Soil piles need to be a minimum of 2 ft. away from the side of excavation and properly barricade around excavations.

MACHINERY

- Look for guards make sure they are in place and secured.

EQUIPMENT

- Check back up alarm, is the horn working, is the glass free of cracks and clean.
- Before working on equipment make sure to lockout/tag-out or block energy sources.

MATERIAL HANDLING

- Before picking up loads or moving loads make sure they are secured or stacked properly.
- Use proper rigging.
- Keep your hands and feet away from and in between the loads you are moving.

ELECTROCUTION

Inspection of extension cords / power tools

All employees should be inspecting their tools on a daily basis before use; any defected tools should be given to your supervisor and taken out of service or repaired.

Extension cords should be of a heavy duty type and should have no damage to the insulation. The ground prong should also be in place before using.

Three conductor “flat” cords or two conductor cords shall not be used.

Aluminum ladders

Aluminum ladders are conductors of electricity and their use should be discouraged on a construction project.

GFCI Protection – 100%

GFCI protection is required on all 120 volt 15 and 20 amp circuits which are used for temporary power.

If GFCI’s are not used the contractor can use the assured grounding program

Welding machine receptacles, generators and house power receptacles should also be protected by GFCI’s.

Lockout / Tag-out Programs

Electrical contractors should all have a complete and comprehensive lockout / tagout program. All trades on site should always respect a lockout / tagout; it shall only be removed by the individual that put it in place.

Exposure to energized components

Electrical contractors will be responsible for protecting the other trades from the hazards of electricity.

Panel covers, switch gears, junction boxes, disconnects, etc should be closed and secured if energized and labeled as such.

Energized electrical rooms should have a door in place and be locked to prevent unauthorized entry.

Temporary Lighting

It is everyone’s duty to protect the temporary lighting on the project and report areas that are too dark to work in.

Temporary lighting should be at least 7 feet above the floor and guards should be in place on each lamp.

Electrical work to be done by electricians

Do not attempt to tamper with, repair or work on electrical systems unless you are qualified and authorized to do so.

Overhead / underground power hazards

All trades should be aware of the electrical hazards in their work areas. Care should be taken and the minimum clearances should be observed when working around overhead power lines.

Underground feeders should be located prior to digging on any project.

Signage “Danger”

Danger Signs or High Voltage signage should be in place to inform others of electrical hazards.

Testing of circuits and equipment

Circuits and equipment should be tested to assure they are deenergized, no one should ever assume that electrical systems or apparatuses are off.



Stand Up For Safety – May 13, 2009

Associated General Contractors of America, Inc. - Rio Grande Valley Chapter



Suggestions to Prepare For A Successful Safety Stand-Down

1. Make sure everyone in your organization knows this is your top priority.
2. Designate a Coordinator to schedule participation on all your jobsites.
3. Start early. Identify members of your management team that will participate in conducting 'Stand-Up' meetings.
4. Send out an announcement to the owner, owner's rep, architects, engineers or others associated with your projects. Give them the opportunity to participate.
5. Send out an email or letter to the management of each of your subcontractors respectively requesting their cooperation and participation.
6. Place different members of your management team (upper & middle managers, project managers, estimators, etc.) on separate projects during the Stand-Down to reinforce the commitment of your company's leadership to safety.
7. The suggested time to conduct the Stand-Up meeting is 1 to 1½ hours before lunch. Some participants have indicated that they may include a Safety lunch on certain jobs.
8. Post flyers on your jobsite promoting the Safety Stand-Down and inform everyone on the site of the upcoming Safety Stand-Down so workers can plan around it and know that is expected of them.

