

## OSHA's Top 10 Violations

Each October, the U.S. Department of Labor releases a list of the most frequently cited OSHA standards during the previous fiscal year (October 2010 to September 2011). Today we're going to discuss OSHA's Top 10 most frequently cited standards for construction. The sad fact is, the list doesn't change much from year to year. Most of these standards made it onto last year's list as well. This list should alert you to the most commonly violated standards so that you can take steps to protect yourself from the most common hazards on the job.

1. 1926.501 Fall Protection: Duty to Have Fall Protection
2. 1926.451 General Requirements for Scaffolds
3. 1926.1053 Ladders
4. 1926.503 Fall Protection: Training Requirements
5. 1926.100 Head Protection
6. 1926.20 General Safety and Health Provisions
7. 1910.1200 Hazard Communication
8. 1926.453 Aerial Lifts
9. 1926.102 Eye and Face Protection
10. 1926.405 Electrical: Wiring Methods, Components, and Equipment

OSHA takes the time to compile the Top 10 list so folks on the ground and safety officers can better look for and correct common unsafe work practices. OSHA writes standards and rules for your safety and well-being. You can find and read all

of OSHA's standards on the OSHA website ([osha.gov](http://osha.gov)). But let's be realistic: safety rules (whether they're the company's or OSHA's) don't actually keep you safe. You keep you safe. You go to work, you notice the hazards on the jobsite, and you follow safety rules—or government standards—in order to work safely and avoid getting hurt. The government cannot regulate you into not getting injured. OSHA can give you guidelines and they can penalize the company, but **only you can choose to do the job safely.**

Take a look at the Top 10. It's ridiculous that anyone would choose to not wear a hard hat on the job. Yet, the 5th most frequently cited standard is Head Protection, which requires hard hats when there's a danger of head injury. Likewise, it's silly to ignore rules about eye protection, ladders, and fall protection. Does anybody want to lose an eye or fall and break a leg? Too many violations—and accidents—come from bad decisions, sheer laziness, or just not understanding the safety rules.

Make sure that you know as much as you can about how to do your job safely. Talk to your supervisor or the company's safety officer. If you're not sure about safe work practices or how your company enforces safety rules, get the answers.

### SAFETY REMINDER

**This Top 10 List is based on OSHA's construction industry data as of December 20, 2011. The numbers may change, but not by much.**

#### NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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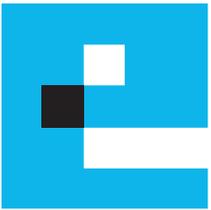


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*These instructions do not supersede local, state, or federal regulations.*



# Lockout/Tagout

Lockout/tagout (LOTO) is a safety procedure designed to protect you and your co-workers from hazardous energy. LOTO is used when you service or maintain machinery and equipment. Think about the machines and equipment that you work with that may need to be locked out. Now consider the different types of energy that are present in those machines: electrical, mechanical, hydraulic, pneumatic, thermal, and chemical. Don't forget stored energy like gravity, springs, tension in belts, and pressurized bladders or tanks. All energy sources need to be isolated and locked out.

### Let's review the basics of lockout/tagout:

- Identify the system that you will be working on.
- Think about exactly what you will be doing, where you will be, and what parts you will be working on or near.
- Inform co-workers and other trades in the area that you will be working on the system.
- Be sure you have a lock with only one key, and a tag with your name and phone number on it.
- Find out if the system is backfed. If it is—even if it's a low-voltage backfeed—you will have to disconnect the backfeed circuit in order to fulfill LOTO procedures.
- Understand the energy: type, amount, hazards, and control methods. Will you open a breaker, remove a fuse, shut off a valve, or insert a plate?
- Follow procedures to shut down the equipment.

- Disconnect electrical power. Disconnect or block and vent pneumatic and hydraulic sources. Release stored pressure. Guard hot surfaces.
- Follow every step in the lockout procedure down to the last detail. Don't take shortcuts.
- Once you are ready and you know the system is clear, lock it out at each energy source. Apply your lock or lockout device. Each person working in the area must install his or her personal lock.
- Try all controls to make sure the equipment does not start. Check and double-check that everything is off downstream.
- When you're finished, remove your tools and clean up the area. Make sure your co-workers and other trades are out of the danger zone.
- Notify everyone that you are going to re-energize the equipment only when you are confident that 1) all workers and tools are accounted for, and 2) it is safe to put the system back into service.
- Remove your locks, but never remove anyone else's locks or tags.
- Carefully re-energize and restart the equipment or have the appropriate operators restart it.

Follow LOTO procedures to prevent accidents and injuries.

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**SAFETY REMINDER**  
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**When in doubt, lock it out. People's lives depend on it.**

### NOTES:

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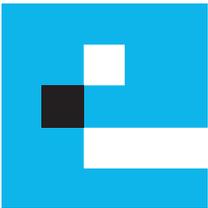


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## Site Security

Jobsite theft, vandalism, and sabotage can not only raise the costs and lower the profitability of a project, but can also be distracting and disruptive for everyone involved. After-hours safety and security is everyone's concern. To keep the jobsite, materials, and the public safe, keep up with your site's security plans and follow all the requirements.

No matter what other protective procedures and devices are in place, you are the most important component in preventing theft and vandalism.

### Here are just a few things you can do to keep the jobsite safe after hours:

- If a security fence is installed around the project, close and lock all of the gates and access points at the end of the day.
- Don't grant unauthorized visitors access to the site at any time. Wear your identification or security badge.
- Store equipment and place tool trailers in areas that are well lit and visible from the street so a security guard or the police can see them.
- Know how to properly activate locks and/or alarms on doors, windows, or gates.
- Tell your supervisor or the security service about burned-out lights, gaps in gates and fences, and doors that don't lock.
- Keep "No Trespassing" and "Danger" signs visible. Don't block them with building materials.

- Remove keys from all mobile equipment at the end of the day and place them in a secure location. A lockable key storage cabinet might be the best place. Leaving keys in equipment makes it too easy for an intruder or prankster to sneak in, jump into the operator's cab, start the machine, and cause havoc or worse.
- Remember to lock oil and gas tank caps. Drop blades, teeth, and buckets to the ground, and otherwise disable or secure equipment.
- When locking gangboxes, use heavy, solid locks. Keep gangboxes away from easy exit routes so it's more difficult for a thief to steal entire boxes. Consider chaining them to poles or columns.
- Keep an inventory of your tools and record their serial numbers to make them easier to recover in case of theft.
- Never remove a tool or any equipment from the jobsite unless you have a tool pass or some other form of written permission approved by your supervisor or manager.
- Stay alert. Report any suspicious activity you notice as you enter the jobsite, during your shift, or as you leave to go home.

### SAFETY REMINDER

**The more difficult it is to steal equipment, the more likely it is that potential thieves will look for easier targets.**

#### NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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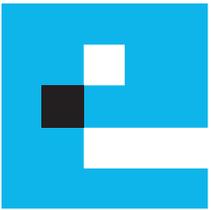


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## Lead Exposure

Lead poisoning is a medical condition caused by high levels of lead in the body. Lead, an elemental heavy metal, is toxic to organs and tissues including the nervous system, reproductive system, bones, heart, kidneys, and intestines. Some acute (or short-term) health effects of exposure to high levels of lead are: respiratory arrest, intoxication, coma, and even death. More common are the chronic effects that occur after a long period of lower-level exposure. These problems can include kidney failure, weight loss, shaking of arms, nervous irritability, and reduced sex drive. Symptoms vary depending on the individual and the exposure. Always be aware of tasks that expose you to lead and learn how to control exposure and protect yourself.

Lead poisoning most commonly occurs when lead dust and fumes are inhaled or ingested. Fumes or dust containing lead can be created when you weld, cut, grind, or sand-blast steel that is coated with lead-based paint. Lead exposure can also occur during roofing, plumbing, demolition of older buildings, and when working with cornices, copper pipe joints, and joining of cast-iron pipe. Lead can be found in paint on older buildings so it's important to be aware of the hazard during demolition work and lead-based paint abatement.

Think about the kinds of work that you do that could expose you to lead. Be sure you know your employer's safety procedures for working with lead. Find out what type of training you will need to complete before you work with lead. Your training should cover ventilation systems, correct use of a respirator, and steps to keep the jobsite as clean as

possible. Lead is also an environmental hazard; be sure that dust, abrasive blasting debris, etc. is cleaned up and disposed of safely and properly. Remember that you must eat, drink, or smoke outside the work area. Wash your hands and face before eating, drinking, or applying cosmetics.

If you are exposed to lead on the job, it's possible for you to carry lead dust home, and expose your family. Infants and young children are particularly vulnerable to lead exposure. They can suffer behavioral problems, learning disabilities, mental retardation, and permanent brain damage. Lead dust can come home on your clothes, shoes, skin, and in your hair. Wear protective clothing to reduce the amount of lead that accumulates on your skin and hair. Put on washable coveralls or disposable clothing before entering a contaminated area. Shower and change out of your work clothes and shoes before you go home.

Lead is dangerous, and you must be cautious. You can protect yourself from exposure to lead with training, by using engineering controls, following safe work practices, keeping the area clean, and using personal protective equipment properly.

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**SAFETY REMINDER**  
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**At home, protect your family from sources of lead such as vinyl mini blinds; old paint on toys, trim, and furniture; lead-glazed ceramics; and drinking water from old plumbing fixtures connected with lead solder.**

**NOTES:**

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