



# Weekly Safety Meetings **Select Edition**

Safety Training for the Construction Industry

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Hudson Bay Insulation Co.

Week of 4/7/2014

## Eye Protection

Each year, more than 100,000 workers suffer eye injuries on the job. The most common causes of eye injury are flying particles, falling objects, abrasive wheels, corrosive chemicals, harmful light rays, sparks, splashing metal, and poisonous gases and fumes. Notice that all of these hazards can be found at a construction site. Fortunately, eye injuries are among the easiest to prevent. All you need to do is choose the right eye protection for the job, make sure it fits, and then **wear it!**

Think ahead about the work you will be doing during the day and choose eye protection that is right for the hazards you'll be facing. Consider whether you'll be grinding, chipping, sanding, welding, or working with hazardous chemicals. Determine whether the job requires a full face shield, welding helmet, goggles, safety glasses with side shields, or a combination of these. Select eye protection that will protect against all the hazards to which you will be exposed. Wearing the wrong safety eyewear can also lead to serious eye injury. If you are unsure about what type of eye protection is required for a specific job, ask your supervisor or check Table E-1 in 29 CFR 1926.102.

In order for eye protection to be effective, it must be properly fitted. Eye injuries can occur if objects or chemicals

make their way around or under your eyewear. Try on your protective eye equipment and adjust it before you begin to work. Safety eyewear also needs to be maintained. Scratched and dirty lenses can reduce vision, cause glare, and may contribute to accidents. Inspect your equipment to ensure it is clean and in good working order. Never use faulty safety eyewear.

Most importantly, remember that protective eyewear only protects you when you wear it. Keep the proper eye protection on at all times. Consistent use of safety eyewear reduces your chances of injury by controlling potential hazards. Don't take chances with your eyesight because you're inconvenienced by eye protection or are too vain to wear it.

Keep in mind that conventional sunglasses are not approved safety glasses and are not designed to protect you. If you work out in the sun and need eye protection, select safety glasses with dark lenses. Make sure they also protect your eyes from ultraviolet and infrared radiation.

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**SAFETY REMINDER**  
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**"Hindsight is 20/20" ...unless you can't look back because you've lost your eyesight to an injury!**

**NOTES:**

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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S.A.F.E. CARDS\* PLANNED FOR THIS WEEK:

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REVIEWED MSDS #

SUBJECT:

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**MEETING DOCUMENTATION:**

JOB NAME:

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MEETING DATE:

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SUPERVISOR:

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Week of 4/14/2014

## Confined Spaces—When in Doubt, Check It Out!

Workers die in confined spaces every year; primarily from poor ventilation, but also from falls, drowning, entrapment, and explosions. Would-be rescuers often die with their co-workers by going into the same confined space without adequate protection.

A confined space is any space that has limited or restricted means of entry or exit and is not designed for continuous occupancy. Examples of confined spaces include but are not limited to tanks, vessels, utility vaults, underground sewers, electrical vaults, pits, or storage bins.

There are several issues you need to be aware of with respect to confined spaces. A hazardous atmosphere, with poisonous vapors and gases or a lack of oxygen, can cause suffocation. Other hazardous atmospheres, such as an excess of oxygen or the presence of certain gases, vapors, and dust particles, can cause explosions. Maintain an appropriate oxygen level; it should be at least 19.5% but not more than 23.5%. Certain confined spaces such as silos or boilers may contain materials that could engulf a worker. The shape of the confined space may create an entrapment hazard. Workers should also be aware of the potential for falls, drowning hazards, and the presence of snakes, spiders, or rodents that bite.

You need to know the procedures to be used when doing work in confined spaces *before* you go in:

- Be fully trained in confined space entry.
- Know your employer's entry procedures and requirements. Discuss them with your supervisor.
- Test the air frequently for toxic gases and oxygen level. Don't rely on your senses.
- Ventilate the space and be sure to retest before entering, after breaks or leaving the space for any length of time.
- Follow required lockout/tagout procedures for all energy sources.
- Get permission and post all required permits.
- Have a trained attendant nearby who is in constant contact with you and can call for help.
- Use the required PPE for the job.

Take these rules and procedures seriously. Check it out! Make sure that every confined space entry ends with a safe exit.

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**SAFETY REMINDER**  
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**If you suspect something is wrong leave the space immediately!**

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SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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Week of 4/21/2014

## Take Your Safety Knowledge Home

All the safety training you participate in at work can also help you keep your family safe at home. Although home should be a place of comfort and safety, accidents and injuries do happen at home. The National Safety Council reports that in the United States, there is a fatal injury in the home every 16 minutes and a disabling injury every 4 seconds. To avoid accidents, you and your family must take a proactive approach toward safety every day.

Falls and poisonings top the list of fatal home accidents. Falls from ladders, from the roof, and on the stairs are the most common. Use your knowledge about ladder safety and tripping hazards at home. Be sure to use ladders properly, clean up spills, maintain adequate lighting in walkways, and keep clutter off the stairs and out of doorways. Prevent accidental poisoning with the training you received concerning hazardous chemicals. Proper labeling, use, and storage are just as essential at home as they are at work. Young children are the most vulnerable, so always keep substances such as cleaning products, garden and garage products, medications, alcoholic beverages, and cosmetics secured and out of their reach. Post the Poison Control Center phone number and other emergency numbers by every phone in your home.

Your training in power tools also applies to powered yard tools. Inspect tools before each use. Keep all guards in place. Always wear the proper personal protective equipment. Don't refuel hot engines; let them cool off. Think about

lockout/tagout precautions before attempting to make any adjustments or repairs. Be sure the engine or motor is off, the switch is secured in the "off" position, all moving parts are stopped and cannot move accidentally, and all power sources are isolated. Keep children away from power tools and lawn mowers. The high-speed, rotating blades of a lawn mower will cut whatever gets in the way—whether it's grass or a child's limb.

On-the-job training has already prepared you to recognize drowning hazards and to understand fire prevention. Never allow children to go swimming without adult supervision. Make sure adults realize that the children should be the focus of their attention—not a book or a telephone conversation. This rule applies to pools and beaches too—don't rely on a lifeguard when your child's life is at stake. When cooking outdoors, keep children away from barbecue grills, hot coals, and propane cylinders. Never start a charcoal grill with gasoline; the vapors can cause an explosion. Use outdoor grills outside—not in a garage or poorly ventilated area. Safety at home starts with talking to your family about the importance of following safety rules.

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**SAFETY REMINDER**  
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**Ensure that you and your family are living in a lead-free environment.**

**If you don't know, get a test kit and find out!**

**NOTES:**

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# Weekly Safety Meetings **Select Edition**

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Week of 4/28/2014

## Hot Weather Safety

Summer is here again; you will be exposed to hot and humid conditions. Hot weather and high humidity can spell disaster. When humidity is high and the body is unable to cool itself sufficiently through sweating, serious heat stress may occur. Because your job is physically demanding, exposure to these conditions elevates your risk for heat stress. This illness can affect your alertness and physical strength, and can cause fatigue and reduced mental capacity. More serious cases can lead to heat cramps, heat exhaustion, and heat stroke.

To protect yourself from heat illness, remember the following:

- Perform the heaviest work during the coolest part of the day—usually the early morning.
- Take time to slowly adjust your body to the heat to build up a tolerance for it.
- Keep your body hydrated. Drink plenty of fluids such as cool water and sports drinks with electrolytes.
- Avoid drinking coffee, tea, and carbonated drinks. They actually increase dehydration.
- Wear light-colored, loose-fitting, cotton clothing.
- Take frequent breaks in cool shaded areas.
- Avoid eating large amounts of food or heavy meals before working in hot environments.

Learn to recognize the signs and symptoms of heat-related illnesses:

- Signs of *heat cramps* include spasms and cramps in your muscles due to excessive loss of salts through sweating. If this occurs, you should stop, take a break, and replace your body's electrolytes with a drink like Gatorade®.
- Symptoms of *heat exhaustion* include headaches, dizziness, light-headedness, weakness, dry mouth, nausea, rapid breathing, and pale clammy skin. If you experience these symptoms, immediately move to a cool, shaded area to rest. Loosen or remove clothing, and drink some water. If you don't feel better in a few minutes, call 911.
- When *heat stroke* occurs, your body is no longer capable of cooling itself. This is a serious medical emergency. Symptoms include pale or red skin, lack of sweating, confusion, irritability, seizures, and loss of consciousness. Call for emergency medical help immediately. Move the victim to a cool shaded area. Remove any heavy outer clothing and try to keep the person cool.

Never ignore the symptoms of heat-related illness. Tell someone immediately, stop what you're doing, and cool off.

### SAFETY REMINDER

**Even getting a good tan may increase your risk of skin cancer.**

**Protect your skin from the sun with clothing or sun block.**

#### NOTES:

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# FATALITY NARRATIVE

## Roofing Contractor Falls 35 Feet from Roof

**Industry:** Roofing contractors  
**Task:** Inspecting roof  
**Occupation:** Roofing contractor  
**Type of Incident:** Fall

**Incident Date:** Nov. 30, 2012  
**Release Date:** March 12, 2014  
**SHARP Report No.:** 71-129-2014  
**Case No.:** 12WA05001

On Nov. 30, 2012, a 52-year-old roofing contractor died when he fell from a roof. The contractor was hired by a homeowner to repair a roof leak. He and an employee arrived late afternoon at the house, which was located on a hillside. It was raining lightly. The contractor accessed the cedar-shake roof by climbing up a ladder he placed in front of the house. The roof was approximately 6/12 pitch. He walked along the roof to the back of the house to inspect the section of the roof where the leak was occurring. His employee went to a deck on the back of the house where the homeowner had set up a ladder. The employee climbed up the ladder. Just as he got to the top of the ladder, the contractor, who was standing on the roof several feet above him, slipped and fell. As the contractor was falling, he grabbed the employee's extended arm. They both fell and as they did so, they hit and broke the deck railing below.



Photo of incident scene where a roofing contractor fell 35 feet from a roof and his employee fell from a ladder.

The contractor landed 35 feet below on a concrete walkway; the employee landed on the ground. The employee was taken to a hospital with serious injuries. The contractor died at the scene. He was wearing strap-on metal spike rubber pads over the soles of his boots and was not using fall protection.

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### Requirements

- **Fall protection on steep pitched roofs.** Regardless of work activity, employers must ensure that employees exposed to fall hazards of four feet or more while working on a roof with a pitch greater than 4/12 use one of the following systems: fall restraint, fall arrest, or positioning device. See WAC 296-155-24609(7)(a).
- **Inspecting or estimating roof conditions.** While there are some exemptions from fall protection requirements, these exemptions do not apply to persons inspecting or estimating on roofs that would be considered a "hazardous slope" by definition. See WAC 296-155-24605(4)(b).
- **Hazardous slope.** A slope where normal footing cannot be maintained without the use of devices due to the pitch of the surface, weather conditions, or surface material. See WAC 296-155-24603.
- **Steep pitch roof.** A roof having a slope greater than 4/12. See WAC 296-155-24603.

### Recommendations

- **Short-duration roof work.** All personnel who access a roof, even for a short period of time, in order to inspect, estimate, install a fall protection anchor, make repairs, or any other work activity which exposes them to a fall hazard should assess the risk of falling and take appropriate safety measures.

Statewide Statistics: This was number 57 of 64 work-related fatalities in Washington State during 2012, and was number 8 of 8 construction-related fatalities.

This narrative was developed to alert employers and employees of a tragic loss of life of a worker in Washington State and is based on preliminary data ONLY and does not represent final determinations regarding the nature of the incident or conclusions regarding the cause of the fatality. Developed by WA State Fatality Assessment and Control Evaluation (FACE) Program and the Division of Occupational Safety and Health (DOSH), WA State Dept. of Labor & Industries. The FACE Program is supported in part by a grant from the National Institute for Occupational Safety and Health (NIOSH grant# 5 U60 OH008487-09). For more information, contact the Safety and Health Assessment and Research for Prevention (SHARP) Program. 1-888-667-4277.

