



Weekly Safety Meetings **Select Edition**

Safety Training for the Construction Industry

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Hudson Bay Insulation Co.

Week of 5/5/2014

Defensive Driving I

A vehicle can be a deadly weapon in the hands of a careless driver. More people are killed or injured in motor vehicle accidents than in any other type of incident, both on and off the job. To protect yourself and others, and to prevent yourself from becoming an accident statistic, you must drive defensively. A defensive driver constantly recognizes and evaluates situations that could result in an accident and avoids them before they occur.

A good driver always thinks ahead: Plan your travel route ahead of time so that you won't have to refer to a map while you drive. Schedule extra time for travel if you are driving an unfamiliar route or you anticipate foul weather. Consider such factors as weather conditions, road and traffic conditions, and how much daylight is remaining. Conduct a pre-trip inspection of your vehicle to ensure it is safe for the trip ahead: check your tires, lights, wipers, and mirrors.

A good driver is always prepared for the worst: Expect that the other driver will always do the unexpected. Leave room for him to pass, change lanes, speed up, or slow down unexpectedly. Keep a safe stopping distance between you and the vehicle in front of you. Anticipate that pedestrians may step into your lane. Be prepared for mechanical failure. Carry emergency equipment including a flashlight, flares, a jack, and a first aid kit.

A good driver always keeps a cool head: Be willing to yield the right-of-way to prevent accidents. Never challenge another driver with words or gestures. Yield to drivers who are determined to get there first. Don't drive aggressively.

A good driver is always alert: Keep your mind on your driving. Don't be distracted by your car radio, cell phone, personal problems, or work-related issues. Always pay attention to the road and the vehicles around you. Be aware of traffic conditions as they change around you. Never drive if you are drowsy. Don't read a book or the paper. Don't shave or put on makeup. Your job is to drive safely, and it's a full-time position while you're behind the wheel.

A good driver obeys all traffic laws: Always wear your seat belt. Don't drink and drive. Follow the posted speed limit. Always use turn signals. Slow down in construction zones. Reduce your chances of being in an accident or causing an accident; drive defensively and make safe driving practices habitual.

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SAFETY REMINDER
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An emotional driver is a dangerous driver.

Don't let anger or impatience distract you from driving safely.

What's more important, getting there or being right?

NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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

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MEETING DOCUMENTATION:

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Week of 5/12/2014

Defensive Driving II

Driving defensively means keeping your eye on the "other guy", while taking responsibility for yourself and your actions. According to the U.S. Department of Transportation there are over 200 million vehicles registered in the United States and that number continues to grow. Exercising caution every time you get behind the wheel is becoming more and more important. Here are a few things to keep in mind:

- Never leave the driveway without securing your seatbelt and making sure all of your passengers do the same.
- Allow sufficient time to get where you're going.
- Don't tailgate. If someone is tailgating you, move over and let them pass.
- Always signal before changing lanes or making a turn.
- Drive with extra caution in fog, rain, snow, or ice. Increase the distance between yourself and other vehicles.
- If you have a front-wheel drive vehicle, make sure the snow tires are on the front wheels.
- Turn your headlights on if your wipers are on.
- Stay alert for animals wandering onto the road, especially in the evening and early morning hours.
- When an emergency vehicle is approaching, carefully move to the right side of the road and stop.
- Approach any accident or fire scene with caution. Reduce your speed and watch for emergency vehicles and personnel.
- Slow down in construction zones and obey signs and flag persons. Watch out for workers and equipment.
- Be cautious when driving around large trucks. Never pull out in front of a truck or cut a truck off in traffic.
- Never drive in a truck's "NO ZONE". If you can't see the driver's face in the truck's side-view mirror, you're driving in the "NO ZONE". Ease off the accelerator until you can see the driver's face.
- Driving safely is your number one responsibility. Keep distractions to an absolute minimum.
- If you have to make a call, use the hands-free feature on your cellular phone or pull over.

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SAFETY REMINDER
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More than 40,000 people lose their lives in motor vehicle crashes each year. Don't become a statistic! Drive defensively.

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Week of 5/19/2014

Prompt Care Can Prevent Infection

Cuts, scrapes, and puncture wounds are a part of life. Even when you follow safe work practices, these minor injuries can occur on the job. No matter how careful you are, they also occur off the job, at home, and during vacation. Although we call these injuries "minor," they can become very serious if you don't seek prompt medical attention.

Don't neglect the little things: Many construction workers consider injuries such as burns, cuts, bruises, and punctures of so little importance, that they continue their work and don't bother to get first aid treatment. Actually, it's dangerous to neglect these seemingly minor injuries because they can become complicated by infection. The safe and sensible thing to do is to seek first aid for all injuries. It's no exaggeration to say that when scratches, small abrasions, and burns are uncared for or improperly treated, they can cause major health hazards.

Breaking the protective barrier: Your skin acts as a protective shield or barrier against germs, dirt, and bacteria on its surface. When the skin is broken, the barrier is down and germs swarm into the open wound to multiply and infect it. Once infection develops, unless properly treated, it can spread rapidly. Infection can cause severe pain, permanent disability—even death.

Signs of infection: Pain is often the first sign of infection. Others include inability or difficulty moving the affected part of the body, numbness, redness, swelling, and fever.

Should you suffer these symptoms, even after you have received medical attention, visit a healthcare professional immediately.

First Aid: First aid kits are provided on every job. They are usually located in the office or superintendent's trailer. The main thing to remember is that if you get hurt on or off the job, get the injury looked at by a trained medical professional. Taking the time to receive medical attention can mean the difference between healing and infection.

Beyond First Aid: Wounds that contain foreign materials such as wood splinters, glass, or other small fragments are much more likely to become infected. The longer the foreign material remains in the wound, the more likely it is that an infection will develop. Tetanus can also become a concern with deep wounds or puncture wounds. If you get a puncture wound and have not had a tetanus shot within the last five years, you may need one.

Most small wounds heal in a few days, but you don't want to take any chances with your health. When in doubt, get medical assistance.

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SAFETY REMINDER
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Victims of animal bites and insect stings should seek medical attention! Infections and serious allergic reactions may become life-threatening.

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Week of 5/26/2014

Preventing Deadly Falls

Every year, hundreds of workers die as a result of falls. These deadly falls involve workers falling from roofs, ladders, stairs, steps, moving vehicles, and even falling on the same level. Consider what these statistics reveal about fatal falls. You're exposed to fall hazards whether you're climbing a ladder, working on a roof, or even walking down the stairs.

Falls continue to be the leading cause of death in the construction industry. In the last 10 years, the percentage of fatalities has remained nearly the same. Subpart M (starting at 29 CFR 1926.500) of the Occupational Safety & Health Administration Standards addresses fall protection requirements for the construction industry. Take time to familiarize yourself with these regulations and how to put them into practice; then make fall protection a priority during all construction activities.

Keep in mind that anytime you are exposed to a fall of 6 feet or more to any walking or working surface below (whether it's the ground, a floor, or some other surface), you must use fall protection. The most common fall protection systems are: guardrail systems, personal fall-arrest systems, and safety net systems.

Consider some fatal fall headlines:

- 5 fall, 2 hurt in construction site collapse.
- 24-year-old plumber died when he fell through an unguarded skylight.

- 18-year-old sheet metal helper falls to his death.
- Son sees father fall to his death while jacking a tower crane.
- 23-year-old ironworker falls 85 feet off a steel beam to his death.
- 39-year-old electrician's helper falls through a domed skylight to a concrete floor 16 feet below.
- 21-year-old laborer died after falling 27 feet.
- Son watches as 51-year-old father falls to his death.

This is just a tiny sampling of deadly falls in construction during the past decade. Many—and perhaps all—of these deaths could have been prevented. Stop for a minute and consider how many times you've seen someone fall on a jobsite. That person may have been hurt or killed. You've probably witnessed the dangers of falls first-hand.

When you select or set up a fall protection system, make certain that it is set up, connected, and working properly. Don't become a "Deadly Falls" headline or statistic.

SAFETY REMINDER

A fall protection system will protect you only if you use it correctly. Learn how to use each system properly. If you're unsure, ask questions.

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