

ABC Minnesota North Dakota
Courtesy of ABC Minnesota/North Dakota

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Temporary Power

When you do work on a structure before the permanent electrical system is installed, any power tool you use is operated by a temporary electrical system. Using temporary power doesn't mean you can temporarily ignore safe work practices. Whether you're using temporary or permanent power, you have to control electrical hazards.

Temporary power structures look different:

- Temporary power could come from a gasoline-powered portable generator.
- The electrical contractor might mount a temporary power panel on a pole or, depending on the project, on the side of the building.

Once the generator or power panel is installed, you need temporary receptacles so you can plug in your tools. Receptacles should be placed in areas where the weather is not going to affect them. The receptacles might be in junction boxes connected to heavy cords. Some contractors will put electrical receptacles on folding sawhorses so power can be moved around easily. If you have a hand in setting up temporary outlets, consider spacing, location, foot traffic, and general usage. Don't put temporary power receptacles in high-traffic areas where supply cords will be tripping hazards or could get damaged by vehicle traffic.

Follow safe work practices around temporary power:

- Inspect electrical tools and power cords before you plug them in. Take damaged tools and cords out of service.

- Use extension cords that are rated for hard or extra-hard use.
- Only use extension cords that have a ground prong and no signs of damage or fraying.
- Never bypass or "jumper out" a fuse, circuit breaker, or GFCI.
- Check that outlets are secure and don't have signs of electrical damage, like burn marks.
- Always use plugs and outlets. Never plug stripped wires into an outlet.
- Keep cords off of main walkways and travel paths. Run cords overhead when practical, but never hang them with nails or metal wire.
- Avoid running cords through metal studs where they could get damaged.
- Don't overload circuits. A good rule of thumb is "one tool, one cord, one socket."
- Treat temporary electrical power systems with the same care and caution you'd treat permanent power installations.

Are you a qualified electrician? Unless you are, you should never work on (or tamper with) an electrical circuit. If you have a question, or if you have a problem like a GFCI that constantly trips, ask an electrician to help you.

SAFETY REMINDER

Temporary or not, all wiring has to be up to code.

NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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

REVIEWED SDS #

SUBJECT:

MEETING DOCUMENTATION:

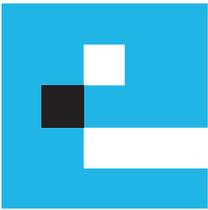
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MEETING DATE:

SUPERVISOR:

ATTENDEES:

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Mold

Molds are tiny organisms that are found everywhere, whether you're outdoors or indoors. Most molds are harmless, but some produce toxins. These toxins can affect us when we inhale them, causing infections or bringing on allergy symptoms. Common symptoms of mold exposure may include: runny nose, eye irritation, cough, chest congestion, sneezing, skin rash, and aggravation of asthma.

You may come across mold problems during restoration or renovation work on an old building. You will almost certainly have to deal with mold when you're working in a building that has water damage from a leaky roof, broken pipes, flooding, etc. Typically, before you can begin the renovation work, you have to eliminate the mold so the building is safe to work in and live in. Let's consider some safe ways to work around mold.

First, get rid of the water and dry out the area. Mold loves a damp, dark environment. Use a wet/dry vacuum to clean up moisture. Circulate the air, use HEPA filters to remove mold spores, and use dehumidifiers to dry everything out.

Once the area is dry, you can start cleaning and removing damaged materials. You can clean mold off of non-porous materials like glass and hard plastic with a combination of water, detergent, and elbow grease. There are also special anti-fungal cleaners designed to clean mold. If you use bleach, never mix bleach with cleaning products that contain ammonia. It is very difficult, and often impossible, to remove mold from semi-porous and porous materials

like wood, drywall, insulation, and carpet. These materials will likely have to be removed and thrown out. They can usually go in a dumpster with ordinary construction waste. In general, anything that's been sitting in water for 48 hours should be thrown away.

If you're removing materials that are contaminated with mold, you'll need to wear PPE such as:

- Non-vented goggles to protect your eyes.
- A half- or full-face respirator rated N95, R95, or P95.
- Gloves that will protect your skin from the cleaning chemicals.
- Disposable coveralls when contamination is bad.

If the mold contamination is widespread, you'll need a mold remediation plan, which may require hiring a contractor who specializes in mold. At the very least, you'll have to take care of the following steps safely:

- Isolate the area to make sure mold spores don't further contaminate the building, especially the HVAC system.
- Use efficient fans with HEPA filters to remove dust and spores.
- Set up a decontamination area so you can exit the work area without carrying mold spores out.

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SAFETY REMINDER
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Do not eat, drink, or smoke in mold remediation areas.

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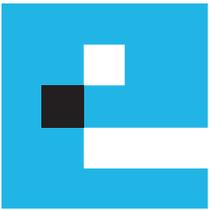
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Sharp Tools

Think about all the tools you use that could be considered sharp. There are knives, chisels, shears, razor knives, punches, axes, metalworking tools, hand saws, circular saws, snips, pruners, and many more. Sharp tools can cause cuts and puncture wounds if they are not handled, used, and maintained properly.

Since you are the person who will use the tool, you have to learn how to use it safely. Using tools, especially power tools, requires training. Don't assume you know everything. Ask for help or read the manufacturer's instructions.

Using sharp tools properly includes wearing the right PPE, like eye protection, gloves, cut-resistant sleeves, hearing protection, and maybe even chain-saw chaps. It's up to you to wear the right safety gear for the task at hand.

Use safe work practices when working with sharps:

- Use the right tool for the job.
- Work in a well-lit space.
- Be sure all guards and safety devices work.
- Ensure the tool is sharp and in good working order. A sharp tool is safer than a dull one.
- Replace loose, cracked, or splintered handles.
- If a sharp tool is broken or damaged, take it out of service.
- Always cut away from your body and face. Never use your leg or knee as a work rest.
- Know where your fingers are at all times.

- If the tool has a retractable blade, retract it immediately after using the tool.
- Keep sharp tools pointed down and away from your body.
- Don't carry an open tool in your pocket. Use a tool belt, apron, holster, or sheath. Never carry a sharp tool by its blade.
- Keep knives in leather pouches or sheaths so you don't reach into a tool bag and get cut.
- When you climb a ladder or scaffolding, carry sharps in a tool belt or hoist them up in a bucket once you reach your destination.
- When passing a sharp tool to another person by hand, do so with the blade pointing down.
- Never throw a sharp tool to another person.
- Throw away dull, broken, or rusty blades. Put them in puncture-resistant containers so no one gets cut after you throw out the blades.
- Always unplug power tools before adjusting or cleaning them.

Stay focused and avoid distractions when you work with sharp tools. Never participate in horseplay. Sharp tools and horseplay lead to accidents and injuries.

SAFETY REMINDER

If you don't know how to use a sharp tool, ask someone who does. Don't risk losing a finger.

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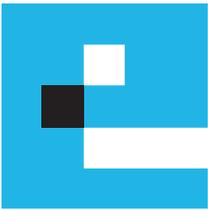
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New Hires

Maybe the new guy on the jobsite has certificates that say he's had specialized training, but does he have practical experience? You've been around the block a few times. Help the new guy or woman get up to speed when it comes to staying safe on the jobsite.

Consider their point of view. Remember how you felt when you first started? You were probably overwhelmed. You had to learn policies, procedures, and all kinds of new information. The sights and sounds of the jobsite were disorienting. Do not tease, haze, play pranks on, or initiate new employees. Help them out instead. Share your hard-won knowledge and help them figure out the jobsite. New hires may not be comfortable asking questions, so you may have to offer to explain and help. Be polite and kind, and encourage them to come to you for help.

Be a role model. Whether you mean to or not, your actions will influence their work habits and help shape their safety behaviors. Protect them from dangers on the job by modeling safe behaviors and avoiding shortcuts and unsafe practices. New people are more likely to make mistakes and have accidents. You're helping everyone on the site when you help new hires stay safe. Seeing you work safely each day is the most powerful safety training.

Here are some specific ways you can help:

- Point out hazards they need to know about.
- Show them the safe work practices you follow and explain why they make the job safer.

- Make sure they're wearing the PPE they need. Think about a hard hat, safety glasses, hearing protection, gloves, high-visibility clothing, and good footwear.
- Introduce new hires to workers who can answer questions.
- Describe the site emergency plan. Make sure new employees know what to do and where to go in an emergency.
- Point out the locations of fire extinguishers and first-aid kits as you walk around.
- Show them how to use tools safely and how to choose the right tool for the job.
- Point out overhead power lines on the site. Explain the need to stay away from cranes working near power lines, and that using metal tools or ladders near power lines can be deadly.
- Describe the dangers of working around heavy equipment, especially near excavations.
- Remind new hires to take care of themselves: Tell them to take breaks, avoid distractions, stay hydrated, and use sunscreen.

SAFETY REMINDER

Workers under the age of 18 are not allowed to operate forklifts. They can't use certain kinds of equipment like circular saws, and they aren't allowed to do wrecking, excavation, or demolition work.

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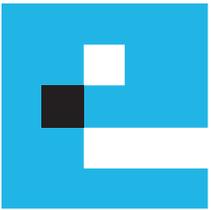
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Heart Attack

Know the symptoms of a heart attack. Sometimes the symptoms of a heart attack come on very quickly and feel intense. Other times they may develop very slowly over hours, days, or even weeks before the actual heart attack. Pay attention to your body. According to the American Heart Association, the most common symptoms for men and women are:

- Pain or discomfort in the chest that lasts more than a couple minutes. It may come and go. This chest pain typically feels like pressure, fullness, squeezing, or just a sharp pain.
- Lightheadedness, breaking out in a cold sweat, nausea, or vomiting.
- Jaw, neck, or back pain. The back pain is often near or between the shoulder blades.
- Discomfort or pain in one or both arms or shoulders.
- Shortness of breath. This symptom can occur with or without chest discomfort.

Call 911 for help. When in doubt, get checked out. This is the best advice if you suspect you might be having a heart attack—or if you see someone else who might be having a heart attack. Even if you're not sure it's a heart attack, call 911. Many people try to ignore, downplay, or deny the seriousness of their symptoms. But when it comes to heart attacks, every minute counts. It's usually better to call for emergency help instead of driving yourself or someone else to the hospital. Paramedics can begin treating the

victim as soon as they arrive at the jobsite. Lifesaving minutes aren't wasted getting to the hospital and sitting in a waiting room.

Let's look out for each other. If you suspect someone is having a heart attack, call 911 and, in the meantime, have them stop what they're doing and rest comfortably. Keep them calm. Loosen any restrictive clothing. If you have an on-site medical team, be sure someone contacts them to come and help. Stay with the person until EMS personnel arrive. Keep an eye out for any changes in the person's appearance. If they lose consciousness, be prepared to administer CPR or Hands-Only CPR. 911 operators are trained to help you with CPR.

Reduce your chances of having a heart attack. There are many risk factors you can't control, like your age and family history, but there are many other ways you can reduce your chances for a heart attack. Stop smoking and breathing second-hand smoke. Know your cholesterol levels and take your doctor's advice if yours is high. Manage your high blood pressure and diabetes. Exercise regularly. Limit your alcohol consumption. Reduce your stress. Eat a healthy diet.

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SAFETY REMINDER
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You have more time for exercise than you think. Even a brisk walk around the block can improve your health. Remember, some exercise is better than no exercise.

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