



# Weekly Safety Meetings Standard Subscription

Safety Training for the Construction Industry  
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COMPANY NAME: \_\_\_\_\_

Volume 44 Issue 14 April 5, 2021

## Work Zone Safety

Winter's gone, so we take to the roads—to fix them! All across America, in the city and in the country, on highways and side streets, work zones present deadly hazards. Each year there are over 700 deaths in work zones. Whether you're driving through one on your way to the jobsite, or the work zone is your jobsite, you need to take care.

### **Drivers must be especially careful in work zones.**

**Plan ahead.** Give yourself plenty of time for your trip. When you can, avoid work zones altogether. Take an alternate route or follow the available detours. Most navigation apps will steer you around work zones or alter your route when roads are closed.

**Stay alert and focus only on driving.** Watch for signs and markers that provide important information about lane closures, changing traffic patterns, nighttime operations, and reduced speeds. In a work zone, you have to track narrow lanes, signs, bumps, holes, and watch out for work crews. Avoid distractions. Don't eat, drink, use your phone, or adjust the radio. Avoid conversations. If you lose focus for a moment, you could drift out of your lane and run into signs, barricades, construction vehicles, or even workers.

**Slow down in work zones.** Always obey posted speed limits, especially work zone speed limits. Rear-end crashes are common in work zones. Don't tailgate. Keep your distance from the vehicle in front of you. If it suddenly stops short, a little extra distance will help you avoid an accident. Use your turn signal before changing lanes.

Don't cut off other vehicles when you change lanes; they may not have enough time to stop.

**Don't rush.** Expect delays and wait patiently. No meeting or appointment is worth risking your life or the life of a flagger or another construction worker.

### **Workers must plan for safety in work zones.**

**Stay alert and keep yourself safe.** Wear all the necessary PPE including your hard hat, hearing protection, proper footwear, and always wear high-visibility clothing so equipment operators and drivers can see you. Wear Class 2 or Class 3 high-visibility outerwear. Stay behind a physical barrier such as a concrete Jersey barrier whenever you can. If you're a flagger directing traffic, you must be trained and, in some cases, certified.

**Control traffic.** Ensure traffic warning signs are in place to alert motorists to upcoming changes. Protect your work area by using cones, barrels, or other barriers.

**Stay aware of your surroundings.** Don't walk in front of heavy equipment. Don't stand in the blind spots of trucks, loaders, or diggers; if you can't see the operators, they can't see you. Listen for back-up alarms. Always have an escape route in case a vehicle drives into the work zone.

### **SAFETY REMINDER**

**April 26-30 is National Work Zone Awareness Week, but you should practice work zone safety all year long.**

#### NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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

REVIEWED SDS #

SUBJECT:

#### MEETING DOCUMENTATION:

JOB NAME:

MEETING DATE:

SUPERVISOR:

ATTENDEES:

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COMPANY NAME: \_\_\_\_\_

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## What Happens After the Incident?

It's important to report every accident, near miss, and close call that happens on the jobsite. Even when they're minor and nobody gets hurt, these incidents need to be reported to your supervisor. Your report starts the investigation process.

You and your supervisor need to figure out what happened, why it happened, and how to prevent it from happening again. The point is to protect you and your co-workers from injuries and illnesses.

Of course, the very first thing you should do after an incident is assess the situation: Are there hazards that need to be controlled? Do you need to call emergency services? Does anyone need first aid? Once everyone is safe, you can focus on reporting the incident.

### You should report all incidents to your supervisor:

- 1) as soon as possible after they occur,
- 2) before the scene of the incident is disturbed or changes, and
- 3) before you or anyone else involved forgets what happened.

When you report the incident, you may be asked to fill out forms and answer questions. Do your best to give as much information as you can. Your report might include details like measurements; information about equipment, machines, or tools that were involved; environmental conditions like lighting, temperature, noise levels, and visibility; other work that was being done in the area; and

names of anyone else working nearby who saw or heard what happened. You may also want to draw a diagram or sketch of the scene to show how the incident happened or where each person or machine was located.

As you write your incident report, don't assume the person reading it will know anything at all about the jobsite or the situation. That's why the details are important. Someone might read your statement weeks, months, or years after the incident occurred.

Most construction companies have written policies and procedures for reporting accidents, near misses, and close calls. Ask your supervisor for help if you don't understand the process. If you're not comfortable filling out your report in English, it might be better to write it in your first language. The document can always be translated later. It's important to tell your story clearly.

An incident investigation can be a positive experience. It can help boost morale and productivity when people see that the company's focused on improving safety and not just finding fault or laying blame. Incident reporting isn't "snitching." It's a responsible practice that makes the jobsite safer for all of us.

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**SAFETY REMINDER**  
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**Timely incident reporting can help you and others process workers' compensation claims.**

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## Hard Hats

Wearing a hard hat can save your life. Construction sites are full of hazards that can lead to debilitating and deadly head injuries. Hard hats protect your brain, skull, and scalp from injuries like concussions, skull fractures, cuts and bruises, and traumatic brain injuries. Some hard hats even protect you from electrical burns and shocks.

### On the jobsite, head injuries can occur:

- when falling or flying objects like tools, debris, or materials strike you.
- when you hit your head on an object or structure such as a beam, heavy equipment, scaffolding, or a low ceiling.
- when your head touches an energized electrical conductor or component.

All hard hats have to meet the American National Standards Institute (ANSI) Z89.1 requirements. Your hard hat should have an ANSI label inside. If it doesn't have that label, it might not be OSHA compliant and it might not keep you safe.

### Hard hats come in 2 types:

- Type I protects against impacts to the top of your head. They don't protect against side impacts. These are most common in the U.S.
- Type II protects against impacts from the top, front, back, and sides. Because they offer full protection from side impacts in any direction, they are becoming more popular.

### Hard hats also come in 3 classes based on the kind of protection they provide from electrical hazards.

- Class C hard hats are conductive. They don't offer any electrical protection.
- Class G hard hats will protect you from electrical hazards up to 2,200 volts.
- Class E hard hats will protect you from electrical hazards up to 20,000 volts.

All hard hats come equipped with a suspension system. This system spreads the impact forces across your head to reduce damage to your skull, neck, and spine. Never tamper with, alter, or cut the suspension.

Inspect your hard hat before you put it on. Make sure it's in good condition. Damage like dents, cracks, holes, chips, scuffs, discoloration, or worn spots can prevent the hard hat from protecting you. Don't wear a damaged hard hat. Get a new hard hat if it's taken a blow or an electrical shock. When you put it on, put it on properly. Don't wear it backwards and don't wear a ball cap under it. Doing things like that will change how it protects your head.

You can find hard hats with special features like air vents, attachments for hearing protection, and cold-weather liners. Whatever hard hat you choose, make sure you wear it.

### SAFETY REMINDER

**Use your head! Always wear a hard hat on the jobsite.**

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COMPANY NAME: \_\_\_\_\_

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## Hands-Only CPR

Maybe you learned CPR, but your training was a while ago and you've forgotten. Maybe you're not comfortable giving rescue breaths. Traditional CPR requires alternating 30 chest compressions with 2 rescue breaths. When you consider the current pandemic, how we're trying to stay 6 feet apart, and that we're wearing masks to prevent the spread of COVID-19, it's important to keep in mind that rescue breaths are potential health hazards. The good news is that CPR can be effective without rescue breaths.

**Hands-Only CPR:** The goal of CPR is to help oxygenated blood move through the body to prevent organ and brain damage. In 2008, the American Heart Association approved Hands-Only CPR. This method works for most people. Chest compressions alone can keep someone alive until an ambulance arrives. Traditional chest compressions with rescue breaths are better for victims of drug overdose and drowning. But for victims of sudden cardiac arrest, Hands-Only CPR is very effective at saving lives.

**If someone collapses on the job, first call 911. Then:**

- Before starting treatment, look for hazards like live power lines or open gas lines. Control the area around the victim before you start first aid.
- Check breathing. The victim may be gasping for breath or may have stopped breathing. Look to see if the chest rises and falls. Don't put your ear to their nose.
- Mask up. You and the victim should continue to wear masks. If only one is available, put it on the

victim to protect yourself from aerosolized droplets that may contain Coronavirus.

- Call for help. Have someone get the AED machine if there's one close by. Have a second person go wait at the entrance to the jobsite for the paramedics.
- Roll the victim onto their back and kneel down next to them.
- Start Hands-Only CPR. Stack your hands on top of one another. Place the heel of the bottom hand in the center of the chest. With your arms straight, start the chest compressions, pushing down. The 911 operator can coach you.
- Push hard and fast. You want to aim for 100 compressions per minute. If you push to the beat of the song "Stayin' Alive" by the Bee Gees, you'll be doing it right.
- Keep going until the paramedics arrive. If you get tired, have a co-worker take over.
- Use an AED if one is available. AEDs are safe and easy to use. When you turn it on, the machine tells you exactly what to do.

Keep doing compressions until the victim begins breathing or until a paramedic arrives to take over.

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**SAFETY REMINDER**  
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**Every minute that CPR is delayed, the victim's chance of survival decreases by 10%.**

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