



## Cell Phone Safety

Cell phones use cellular network technology to send or receive calls. Everyone today has a cell phone. They make getting in touch with anybody at any time much easier, and they can be useful in many other ways.

For example, they can be used for keeping you connected via text, email, and mobile apps. , Searching for directions, watching Netflix, and conducting video calls.

Cell phones also have some disadvantages. They can be a distraction while driving and will cause accidents. They can put people at risk for security or privacy breaches, and they can cause health problems.

The National Safety Council study shows driving and using a cell phone increases the risk of crashing by four times and contributes to 6% of all crashes. OSHA encourages employers to establish work procedures and rules that prohibit employees from texting while driving for job duties.



### Some Safety Rules Include:

- Turn off your cell phone before starting your car or turn on the hands-free mode.
- Never text and drive.
- Turn on the notification that lets people know you are driving and are available via hands free voice.
- Set your destination and book your hotel before you begin driving.
- Have your passenger respond to important messages while you are driving.
- Be a leader for mobile phone safety while driving.
  - Offer to text for other drivers when you are the passenger.
  - Demonstrate to your kids that texting and driving is unacceptable.
- Mobile phones make our lives better, do your part to keep them from ruining a life, or maybe your own.

### Discussion Questions

1. Can anyone describe a near miss or an accident where texting and driving was to blame?
2. What was it like?
3. What did the accident feel like?
4. How bad were the injuries?

### Work Site Review: Hazards/Safety Suggestions

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Company Name: \_\_\_\_\_ Work Site Location: \_\_\_\_\_

Date: \_\_\_\_\_ Start Time: \_\_\_\_\_ Finish Time: \_\_\_\_\_ Foreman/Supervisor: \_\_\_\_\_

### Employee Signatures: (continue on back of sheet if necessary)

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## Demolition Dust

Most of the equipment used to build or demolish structures such as buildings, roads, and bridges creates large amounts of dust. Every structure is different; therefore, prior to demolition the site must be inspected and assessed in order to make a suitable demolition plan. The plan must include all hazards, such as dust emission from masonry, brick crushing, cutting wood, cutting tile, concrete, sanding any surface, or dust from transportation. The health risks from dust depends on the quantity and type of dust at the work site. Crystalline silica can be found in construction materials such as stone, sand, rock, concrete, motors, brick, and blocks. Inhaling of crystalline silica from the air can cause major health problems including lung diseases.



To avoid the health problems caused by dust exposure, hazardous substances can be substituted with non-hazardous materials. Engineering controls must be considered to ensure employees' safety. OSHA requires an engineering survey to be conducted by a competent person prior to demolition. All workers must be protected from dust emissions and health hazards through education, training, and the use of PPE.

### Some Control Methods:

- Good housekeeping.
- Use of wet processes (water sprays).
- Use vacuums, not brooms.
- Efficient transportation and storage.
- Control disposal of dangerous waste.
- Machine cab doors and windows should be closed during demolition.
- Air filters must be in good working condition, and employees must follow all manufacturer recommendations.
- Written schedules must be in place for inspection.
- A non-smoking policy must be implemented.
- To use respirators, employees must have a clean and freshly shaved face.
  - P2 or P3 respirators must be provided to employees.
- To contain the dust, close doors and windows.
- Hang plastic sheets at the work area.
- Use traps or drop clothes to protect you floor at home.
- Turn off your home ductwork.

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## Electrocution

Electrocution is an occupational hazard. Electrical energy is used to perform various tasks at industrial workplaces, so employees must be aware of the hazards it presents. Electrical injuries include electrocution, electrical shock, burns, and falls caused by contacting electrical energy. According to statistics, construction workers have a high rate of electrical injuries. Electrocution can happen by encountering electrical current or live power lines. Engineers, electricians, and other professionals who work with electricity are also exposed to electrical hazards.

The OSHA electrical safety standards are designed to promote the safety and health of all employees who work with electricity. All workplaces must comply with OSHA's electrical standards. All workplaces are required to train and educate their employees to promote a safer workplace and better productivity.



### Electrical Safety Practices:

- Use the correct size fuse.
- Inspect extension cords, plugs, and equipment before use.
- Replace or repair damaged equipment.
- Use proper PPE for each task.
- If outlets are very hot, unplug the cord and ask a qualified person to check the outlet.
- Use Ground Fault Circuit Interpreters.
- Do not use electricity in wet work areas.
- Use ladders made of non-conductive side rails if you are working near power lines.
- Use receptacle exposed boxes that are made of non-conductive materials.
- Do not use cords with exposed wiring.
- Fuse boxes and circuit breakers should not be blocked and must be labeled.
- Wet equipment should never be used.
- Do not clean electrical tools with flammable materials.
- Do not carry electrical equipment by the power cord.
- Make sure you read and understand manufacturer operating directions.
- Employees who deal with lockout/tag out must be properly trained.

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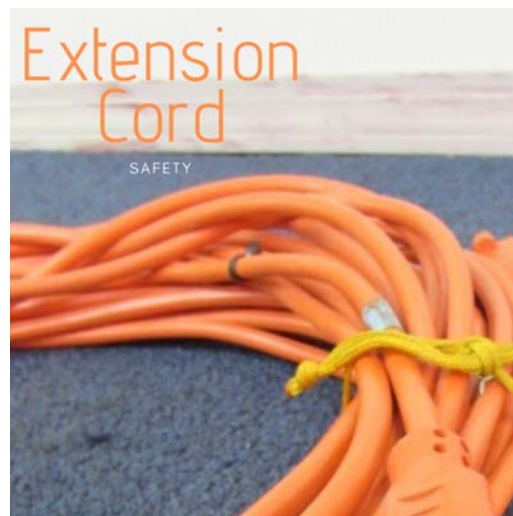


## Extension Cord Safety

Extension cords are the flexible electrical power cables used to make a power tool or device reach farther. Outdoor extension cords have jackets to protect against moisture, oils, other chemicals, or extreme temperature. Many different electrical equipment, machines, and tools are in use every day at the workplace and at home. These are very useful tools, but they can cause fire or electrical shock if not used properly.

Extension cords with two wires can be used to operate small appliances, and three wire types can be used for outdoor and electrical tools. Three wire types should not be plugged into any ungrounded electrical outlets.

Construction and maintenance extension cord requirements are specified by the National Electrical Code for hard usage. The use of unapproved extension cords is a violation of OSHA and NFPA (National Fire Protection Association) codes. According to the OSHA requirement, only approved extension cords are allowed in the workplace as temporary wiring for 90 days.



### Extension Cord Safety:

- All extension cords must have a ground prong.
- Make sure there are no trip hazards when using extension cords.
- GFI protected extension cords must be used in wet or damp locations.
- Do not use damaged extension cords.
- Buy approved cords.
- Use outside marked cords for outside works. Read manufacturer instructions.
- Consider length of cord you need (longer cords cannot handle current as well as shorter cords with the same gauge can).
- Do not power multiple appliances with one cord.
- Do not use inside extension cords for outside.
- Unplug the cord if you are not using it.
- Store extension cords inside.
- Only use extension cords temporarily
- Do not nail, staple, or run cords through walls and ceilings.
- Inspect extension cords before use.

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## Fire Prevention

Every year, many workplaces in the United States are suffering from fires. Fires can cause injuries to employees and can damage property. Most fires are caused by human error. Fires resulting from equipment failure accounts for only about 15% of workplace fires. A fire prevention plan and program is the key to reducing fire hazards greatly in workplace. The OSHA fire standard requires a fire safety program for all workplaces. The requirements for this program include escape routes, fire extinguisher placement and use, a written emergency plan, a map of the workplace with clearly marked emergency exit routes (at least two doors or other means), and, most importantly, training for fire safety and the emergency action plan.



### Fire Safety Includes:

- Keep work area free of paper, wood, cardboard, and other items that can catch fire easily.
- Always check electrical cords and tools before use.
- Do not overload circuits.
- Keep escape routes clearly marked and free from obstructions.
- Do not use elevators as part of an escape route
- Practice good housekeeping at the workplace.
- Place oily rags in metal covered containers to be disposed properly.
- Smoke only in designated areas.
- Never block sprinklers, extinguishers, or emergency exits.
- Post a list of emergency telephone numbers with the company address next to the phone in your workstation. (In case of fire call 911)
- Learn how to use a fire extinguisher.
- For a qualified person: Repair all electrical damage.
- A construction fire plan must be set up before any demolition job.

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