

Weekly Safety Meeting Instructions

HOW-TO CONDUCT A WEEKLY SAFETY MEETING

1. Hold the meeting on the job, preferably where everyone can sit and relax.
2. Hold the meeting at the beginning of the shift, right after lunch, or after a break.
3. Supervisors do not always have to lead the meeting. Encourage other employees in your group to lead a meeting. Task an experienced employee or someone that just attended training with presenting a topic that week.
4. Encourage as much employee participation as possible, yet keep your meeting short. Ask questions about the topic to generate discussion and get employees involved.

Weekly safety meetings have proved their worth by alerting employees to workplace hazards, and by preventing accidents, illnesses and on-the-job injuries.

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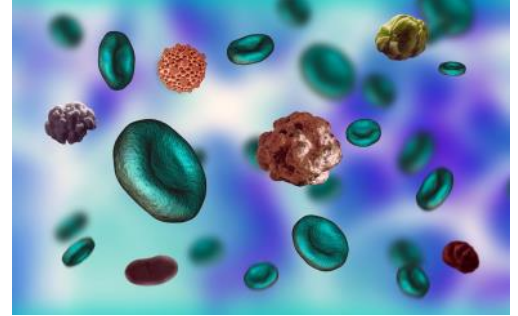


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BLOODBORNE PATHOGENS

What is a Bloodborne Pathogen? A Bloodborne Pathogen is a pathogenic microorganism that is present in the human body and can cause disease. These Pathogens include, but are not limited to:

1. Hepatitis B (HBV)
2. Hepatitis C (HCV)
3. Human Immunodeficiency Virus (HIV)



So, how can we control these exposures? First, any accident involving transfer of blood or bodily fluids should be reported to a supervisor and documented. USE YOUR BARRIERS, latex gloves should be in your First Aid kits. Always wash your hands and arms after helping a victim. All equipment and surfaces contaminated with blood or bodily fluids should be decontaminated with the appropriate disinfectant to eliminate the potential for infection. If you do not have a disinfectant available to you, you can substitute a solution of a quarter cup of bleach per gallon of water.

If there is a significant exposure, such as:

1. Needle sticks
2. Direct contact with mucous membranes (eyes, mouth, nose)
3. Exposure to broken skin

Immediately do the following:

1. Needle sticks – wash with soap and water
2. Exposure to mucous membranes – Flush with water
3. Splashes to eye – flush with clean water or saline

After treating for the exposure, immediately report any exposure to your supervisor, get the exposed individual to the nearest emergency room for evaluation. Both the employee and the source should be tested for potential BBP. And make sure you follow your company's exposure plan for follow ups and treatment.

By: Jonathon Mangus

Work Site Review: Hazards/Safety Suggestions

Company Name: _____ Work Site Location: _____
Date: _____ Start Time: _____ Finish Time: _____ Foreman/Supervisor: _____

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

(My signature attests and verifies my understanding of and agreement to comply with, all company safety policies and regulations, and that I have not suffered, experienced, or sustained any recent job-related injury or illness)

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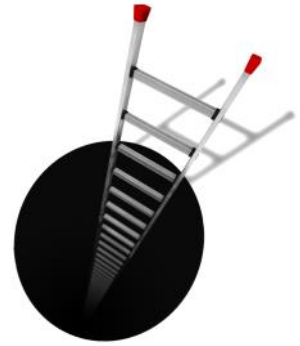
LADDER SAFETY

Ladders are an integral part of most construction companies' daily tasks; an excellent resource for getting you up and down levels. Ladders are one of several choices you have when working from heights. Falls from ladders are some of the most common hazards in the workplace and the construction industry. Over 40,000 workers and over 150,000 homeowners will fall off a ladder into the emergency room each year. So what does all of this mean for you?

When selecting equipment to work from heights, a ladder should be low on the list of equipment to choose from. Completing work while on an extension ladder should be avoided. Extension ladders are designed to get you from one level to another. If you decide to work off of an extension ladder be sure to keep three points of contact while working. Stepladders are a little less hazardous, but are more commonly used for repair and installation work. Always consider other types of equipment to complete the job when working from heights. Scaffolding systems, boom lifts, and aerial lifts may be a better option depending on the task.

So what does OSHA require when working from ladders? Below you will find a list of some specific requirements when working from ladders:

1. Everyone must be trained prior to using a ladder.
2. All ladders must be inspected prior to use.
3. Never exceed the maximum load.
4. Never move a ladder while someone is on it.
5. Setup ladders at the proper angle.
6. Before use, read and understand all operation directions.
7. Use ladders on clean, dirt free surfaces.
8. Always face the ladder when you are climbing up or down. Maintain three points of contact.
9. Tagout any ladder that is unsafe.
10. Never paint a ladder.
11. Extension ladders must overlap by a minimum of 3 rungs.
12. Only one person may use a ladder at a time.



For more information on ladder safety please don't hesitate to call us by dialing 877-209-9648 or email sales@pasafety.com.
By: Scott Teepe Jr.

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RESPIRATOR SAFETY

Many different companies use respirators while working. Respirators are used to protect workers against oxygen deficient environments, smokes, mists, harmful dusts, gases, sprays, and other materials. If you or your workers will be wearing a respirator, there are several things for which you must account. First, your company will need a written respiratory protection program. Second, a competent person should select the respiratory protection that will be needed for the employees. If you are using a chemical, the Safety Data Sheet should provide you with what the manufacturer would recommend. Depending on the type of respirator to be used, there will be different fit testing and medical requirements.



One of the most common and easy to implement respirators are the dust mask respirators. Models like the N-95 and N-100 can be used without seeing a doctor for a pulmonary test. However, a documented fit test shall be conducted prior to having any employee use the respirator while working. While these models of respirators are the easiest to get up and running, there are few drawbacks. Dust mask respirators are good for 8 hours and then have to be thrown away, so sometimes it can be difficult to have enough of them at each project. Also, if you have someone on the crew who has a beard, they will have to shave it off in order for this model of respiratory protection to be effective. Also, these models of respirators are prone to have leaks, especially when turning your head, or looking up or down. Be sure to read all of the manufactures instructions prior to implementing the dust mask style respirators.

Other common types of respirators include the half and full mask respirators. Prior to use, these respirators require a pulmonary exam by a doctor is required to ensure that your employee is capable. One major drawback to this style of respirator is that you have to be cleanly shaven. Another drawback is that improper cleaning of these style respirators can result in heavy fines.

Lastly, maybe the best style of respiratory protection would be a PAPR. This device doesn't require a seal, pulmonary test, or even a fit test. You may look a little bit like Darth Vader, however the filtered positive pressure air will ensure that you don't get the contaminant into your respiratory tract.

For more information on respiratory protection, please don't hesitate to give us a call. You can reach us by dialing 877-209-9468 or email sales@pasafety.com. By: Scott Teepe Jr.

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SCAFFOLDING SAFETY

According to statistics, nearly seventy percent of injuries involving scaffolds are caused by support giving, slipping, or falling objects. According to OSHA, almost fifty percent of these accidents could be prevented by following OSHA standards. Other common hazards include falls from heights due to the lack of fall protection, scaffold collapse from overloading, being struck by falling tools, materials, and debris. And there is always a risk of electrocution if power lines are near by.

Scaffold furnishings must meet OSHA Requirements. Footing or anchorage must be rigid and able to carry four times the maximum intended load. There can be no loose brick, boxes, or blocks used to support the scaffold.

So what are some basic safety protection items that you can implement to reduce the risk of being injured when working from a scaffold?

1. Employees must be trained on the OSHA safety standard for scaffolding.
2. The company must have a scaffolding safety plan in place.
3. Scaffolds must be inspected regularly and prior to use and must be recorded.
4. Do not move scaffolds horizontally or rock them while they are being used.
5. Any damaged area of a scaffold must be repaired.
6. Do not overload scaffolds.
7. Sizes must meet the American Lumber Standards.
8. Manufacturer's instructions must be followed.
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11. Do not work on scaffolds if weather conditions are unsafe.
12. Do not work under scaffolds unless wire mesh has been installed to protect employees from falling objects.
13. Use fall protection on scaffolds of ten feet or more.
14. For access to scaffolds use a ladder. Do not climb across braces.
15. Do not slide down ropes or cables used for bracing.
16. Scaffolds must be kept clear of loose tools and debris.



By: Roxanne Rebel

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WHY DO YOU NEED CPR AND FIRST AID TRAINING?

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Are you aware that OSHA, the Occupational Safety and Health Administration, requires that there be a First Aid provider on every jobsite? Not only that, but you are also required to provide a stocked First Aid kit.

First Aid and CPR are essential trainings to have especially when you are the first link in the chain of survival. It can take emergency medical support on average 8-12 minutes to arrive on scene. Your brain can only survive for about 10 minutes without oxygen, this is why basic CPR is so important.

CPR stands for cardiopulmonary resuscitation and first aid. There are two types of CPR, compression only CPR, and high-quality CPR. We are going to focus on compression only CPR today because this is something that anyone can do without training. To perform compression only CPR, follow these simple steps:

1. Bending at the waist, use upper body weight to push straight down on chest at least 2 inches.
2. Lift hands and allow chest to fully return to its normal position.
3. Move immediately into the downstroke of the next compression.
4. Avoid leaning on chest at the top of each compression.
5. Continue compressions at a rate of 100-120 times per minute.
6. Do not stop until EMS arrive.

Now that we've discussed compression only CPR, let's talk about First Aid. First aid equipment and supplies should be stored where they can be reached quickly and easily in case of an accident. These supplies should be inspected frequently, to ensure they are kept in sanitary and usable condition and re-stocked after use. Here are a few things to remember when administering First Aid:

1. Always use a barrier (rubber gloves, face shield)
2. Make sure you and the victim are not in any danger
3. Calm the person, and check for normal breathing
4. Prevent continued loss of blood
5. Treat for shock
6. If unsure of the severity of an injury, activate EMS.



By: Jonathon Mangus - Senior Safety Specialist

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