



PRESENTED BY:

MEETING START TIME:

DATE OF MEETING:

MEETING END TIME:

### Keep the Conversation Going with a Safety Talk Question:

What can be done to improve health and safety, so workers feel safer on our job site?

#### 1. Before Work Begins

- Every project is unique. Complete walkthroughs to become familiar with the site and identify hazards.
- Check to ensure Personal Protective Equipment (PPE) is adequate for the necessary tasks, fits properly, and in good condition.
- Ensure lighting and visibility in the work area is adequate.

#### 2. Housekeeping

- Ensure walkways and work areas remain free of debris, loose cords, and unnecessary equipment or materials.
- Dispose of waste and debris regularly.

#### 3. Ergonomics (preventing injury)

- Stretch and “warm up” pre-shift.
- Use proper lifting techniques (lift with legs, not back) and when possible, use mechanical lifting aids (carts, dollies, hoists).
- Avoid strain from excessive repetition by rotating tasks (ideally every 30 to 60 minutes) or using “micro breaks” (1 to 2 minutes) every 20 to 40 minutes.

#### 4. Equipment Operation

- Always use seatbelts and any other built-in standard safety devices.
- Establish clear communication with spotters (if necessary, use hand signals).
- Before operation, check that coworkers are out of travel paths, swing radius, pinch points, etc.
- Maintain safe speeds and avoid reversing without adequate visibility.

#### 5. Fall Protection

- Cover floor openings and use signs, hazard cones, caution tape, etc. to make these areas conspicuous.
- When working at heights, use guardrails, personal fall arrest systems, and safety nets.

#### 6. Exposure Protection (silica, asbestos, solvents, fumes, dust, etc.)

- Use wet cutting methods, which suppress contaminants at the source.
- Use High-Efficiency Particulate Air (HEPA) vacuums, which maintain air quality by trapping contaminants.

#### 7. Vigilance and Communication

- Immediately cease operations for hazardous conditions: poor visibility, unstable ground, inclement weather, etc.
- Report hazards immediately without fear of retaliation.
- Promote a “safety first” attitude.

#### Sources:

1. <https://www.osha.gov/complianceassistance/quickstarts/construction>
2. <https://osha.prod.pace.dol.gov/sites/default/files/publications/OSHA3886.pdf>

