

April 2024

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April 15th TBT

Spring Fever Safety TBT 4-15-2024

The recent positive change in the weather has injected “spring fever” into many of us. While we all start to feel more energetic and eager to get out and about, we must also be aware of the extra activity around us.

Springtime safety factors include:

Change of season adjustment

More activity happening in our surroundings

- o Easy to be distracted

ROAD CONSTRUCTION SEASON OPENS!!!

- o April is also “Distracted Driving Awareness Month”

Longer days are usually more fatiguing

Home and recreational projects take more of our energy

Warmer weather safety reminders:

Stay hydrated, even though its not extremely hot, hydration lessens fatigue, helps to prevent colds and reduces allergies

Be careful not to overeat at lunch time to avoid the “post lunch dip” where you become sleepy in the afternoon

Dress for success! Wear breathable clothes and other garments to help with comfort. (under your HI-VIS of course!)

Balance your diet – avoid greasy foods and junk foods

Fatigue Management

Be aware that prolonged sleep deprivation can cause micro-bursts of fatigue during waking or working hours

Try to stay on a fixed sleep / wake schedule. Don't try to "catch-up" on your sleep. It never works!

Find a quiet place to sleep, avoid interruptions like phones and TVs or other electronic devices

Defensive Driving Reminders

Keep looking well ahead, now what you're coming up to

Pay attention to your surroundings

Stay off your phone! Use a hands-free device if its necessary to talk, otherwise PULL OVER and take the call.

Use your running lights, especially in foggy or low light conditions

Watch out for motorcycles, bicyclists, and pedestrians. Warmer weather brings out more activities

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April 22nd TBT

Construction Site Housekeeping TBT 4-22-2024

First off, let's define what housekeeping is. **Housekeeping is the act of keeping your jobsite clean and tidy.** It means garbage is put where it needs to be, material is stacked and organized in an organized fashion. Also, access and egress points are kept clear of debris and material.

Good housekeeping practices on a construction site include:

- Gathering up and removing debris to keep the work site orderly.
- Planning for the adequate disposal of scrap, waste, and surplus materials.
- Keeping the work area and all equipment tidy.
- Designating areas for supplies or waste materials and providing containers.
- Removing combustible materials such as wood and paper from the site promptly.
- Keeping form and scrap lumber with protruding nails cleared away from work areas, passageways, and stairs.
- Promptly removing or bending over protruding nails prior to disposal and storage.

10 Tips for good housekeeping on a construction site

1. Designate an area for rubbish and waste outside and inside the buildings.
2. Stage, stack, and store materials in a safe and orderly manner.
3. Maintain a safe work area. Don't leave scraps and debris laying around causing trip hazards.
4. Keep access routes (stairwells and doorways) clear.
5. Put tools away when you're finished using them.
6. Set an example for others around you.
7. Don't let cables and cords trip you up.
8. If it's broken, FIX IT!
9. Avoid fire risks.
10. Make others aware of hazardous activity.

Keeping your work areas clean during the workday lessens the load on everyone. Doing this reduces risk to slips, trips, and falls. These incidents are the #1 types of incidents in Worker's Compensation claims.

OSHA Standard 1926.25 Housekeeping states:

(a) During the course of construction, alteration, or repairs, form and scrap lumber with protruding nails, and all other debris, shall be kept cleared from work areas, passageways, and stairs, in and around buildings or other structures.

(b) Combustible scrap and debris shall be removed at regular intervals during the course of construction. Safe means shall be provided to facilitate such removal.

(c) Containers shall be provided for the collection and separation of waste, trash, oily and used rags, and other refuse. Containers used for garbage and other oily, flammable, or hazardous wastes, such as caustics, acids, harmful dusts, etc. shall be equipped with covers. Garbage and other waste shall be disposed of at frequent and regular intervals.

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April 27th TBT Safe Lifting Practices

2024-04-27 TBT Safe Lifting Practices

In the construction industry 25% of injuries are back injuries. More than half of the back-related injuries are caused by over-exertion and bodily reaction from lifting, lowering, carrying, pushing, and pulling materials. These practices also are beneficial in the office as well as at home! **Protect yourself by following safe lifting techniques.**

Before lifting:

- Assess the object you are lifting. Get help if needed – do not attempt to lift the load if it is too heavy or awkward.
- Make sure the weight of the load is balanced and will not shift around during transportation.
- Ensure that floors are dry and clear of any hazards.
- Avoid walking on wet, slippery, or uneven surfaces.

When Lifting, Carrying or Lowering:

- Stand close to the object and put yourself in the best position for the lift – avoid reaching, bending or twisting.
- Stand with your feet shoulder width apart, with one foot slightly ahead of the other.
- Squat down and bend at the knees, close to the object.
- Grip the object with both hands.
- Tighten your stomach muscles as you begin to lift to provide back support.
- Lift with your legs, not with your back.
- Lift as smoothly as possible – don't jerk the load.
- While carrying, do not twist or bend at the waist.
- To change direction, shift your foot position and turn your whole body.
- Keep the object as close to your body as possible.
- Bend at your knees to put the object down.

The safest way to lift an object is to tuck your pelvis, bend your knees slightly, hug the load close to you and lift straight up without twisting. When you have overhead loads, get a ladder to be able to reach it better and don't over-extend upwards. Test the load's weight first before trying to grab and go. Don't be afraid to ask a coworker to assist you.

Using proper lifting techniques can help prevent downtime due to avoidable back injuries. With a little practice, precautionary methods such as these can become good daily habits that could help prevent back injuries on and off the job.

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