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2024-06-03 TBT Unloading Trailers

2024-06-03 TBT Unloading Trailers in Construction

Every day, a significant amount of materials, tools, equipment, etc., are transported and offloaded at construction sites all around the world. While the task of taking a load off of a trailer is usually a straightforward process, there are many things to consider. Just like any other task, there needs to be proper preplanning to ensure a safe and efficient process.

Preplanning the Unloading Process

There are many things that need to be considered before the load just shows up on the site. Proper preplanning and communication with all those involved in the task are critical to ensure the process of receiving loads at the job site goes smoothly.

Two major items to consider:

1. **The load itself-** What exactly is showing up on each trailer, and how is it loaded? What tools, equipment, personnel, etc., will be needed to get the load off of the trailer safely? Work with the trucking company ahead of time to understand how the load is being shipped and what is required to get the load off the trailer at the job site.
2. **Driver expectations-** Do the drivers of the trucks coming onto the site understand what is expected of them? Things such as the entry point to the site, days and times someone is on site to off-load them, PPE requirements, truck and trailer requirements, phone numbers, hazards, etc., are just some items that need to be discussed with the trucking companies delivering materials. An effective way to communicate these items is to provide a site plan document to the trucking company stating any important information needed for the drivers. The drivers should then review and sign the document and have it with them when they come onto the site. It is necessary to state the importance of safety to the drivers while they are at your worksite.

Common Hazards When Unloading Trailers

There are plenty of hazards that should be considered when unloading trailers. Variables such as worksite setup, equipment used, material being offloaded, type of trailer, etc., will determine what the specific hazards are for the task. There are common hazards for unloading activities that can be mentioned here:

- Struck-by hazards are one of the biggest concerns during a work task that involves unloading a trailer. There can be many struck-by hazards, including the actual load or moving equipment.
- Slips, trips, and falls also are a concern. Climbing on and off the trailer poses fall hazards to those individuals assisting in offloading. Poor

2024-06-10 TBT Bees and Wasps Safety

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Almost everyone has experienced some type of bee or wasp sting in their life. Stings from these insects do not pose a major issue for most people. However, for others, there can be a severe allergic reaction that is life-threatening. Even if you have not experienced a severe allergic reaction to stings before, it is possible to have a severe reaction at any point in your life. It is important to avoid bees and wasps as well as to be able to recognize when someone is suffering from a severe allergic reaction from an insect sting.

Bee and Insect Sting Facts

According to NIOSH, thousands of people are stung by insects each year, and as many as 90–100 people in the United States die as a result of **allergic reactions**. This number may be underreported as deaths may be mistakenly diagnosed as heart attacks or sunstrokes or may be attributed to other causes. Most individuals only experience minor swelling and pain after being stung, but many individuals can experience other symptoms after a sting. Insect stings can result in any of the following symptoms:

- Pain
- Redness
- Swelling (in the area of sting and sometimes beyond)
- Flushing
- Hives
- Itching
- Anaphylaxis

Secondary Dangers of Bees and Wasps

Outside of getting stung, there are other problems these insects can cause. Many people panic if there are any bees around them. This causes incidents to occur. For example, a bee enters a window of a **vehicle**. The driver does not pay attention to the road, crosses the centerline, and runs head-on into another vehicle. Another example is an individual working at heights on a ladder. He begins to hammer on the side of a house, disturbing a bee's nest. After the first sting, he panics, which causes him to fall off the ladder.

It is important to consider the secondary hazards these insects can create.

Sting Prevention

Before performing any work in an area, it is important to do a site walk to look for any hazards, including bees and wasps. Oftentimes, people start performing a task not knowing there is an active hive in close proximity to them. Avoiding areas where bees or wasps are, is the most effective way to

prevent stings. If you are severely allergic to bees or wasps, avoid any work that puts you at great risk of getting stung. Wear clothing that covers as much skin as possible when working in areas where there may be bees and wasps. It is harder for stinging insects to sting through clothing.

If Stung

2024-06-17 TBT Machine Guarding

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Guarding serves to protect employees from hazards created by rotating parts, pinch points, points of operation, and from flying particles and sparks created by the operation of machines. Unintentional contact with moving parts can cause cuts, amputations, burns, and even death.

According to the OSHA, workers who operate and maintain machinery suffer approximately 18,000 amputations, lacerations, crushing injuries, abrasions, and over 800 deaths per year.

General Guard Requirements

OSHA requires any machine part that could cause injury to be safeguarded. Some examples of where guards are required include moving belts, chains, drums, gears, shafts, pulleys, spindles, sprockets, and flywheels. Safeguards must prevent contact with the hazard, should not be easily removed or defeated, and must not create any additional hazards, such as **pinch points**.

Types of Guards

There are various types of machine guards, which serve different purposes. These are the most common types:

Fixed Guards – Guards that are permanently fixed to the machine. Adjusting or servicing of the guard requires the machine to be disassembled. An example is a fan blade or belt and pulley system.

Self-Adjusting Guards – Guards that are designed to automatically adjust to the size of material being fed into the machine. While not in use, the guard returns to a fully closed position. An example is use on a radial arm saw or jointer.

Adjustable Guards – These guards are similar to self-adjusting guards, but these must be manually set. This type of guard is useful when handling materials that vary in size. When improperly adjusted, guards can fail to prevent contact with moving parts. An example is what is used on a bandsaw.

Interlocking Guards – In order for the related machinery to turn on, the interlocking guard must be engaged. When the guard is disengaged or not in place, the machinery will shut off. An example is the guards used on a mixer or picker.

Machine guards should never be modified or removed. Prior to operating machinery, guards should be inspected. Operators should never try to defeat

guards such as two-handed control devices through the use of a “cheater bar” or other means. Prior to adjusting or servicing any machine guard, all applicable lockout/tagout (LOTO) procedures should be followed. Only authorized personnel should conduct servicing of guards. Failure to follow safe work practices can result in serious injury, amputation, or death.

2024-06-24 TBT Workplace Inspections

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Workplace inspections are a basic necessity of any safety program. These inspections should be done prior to the start of work as well as periodically throughout the shift and at the end of the work task. Workplace inspections serve the purpose of identifying any hazards in a work area. After hazards are identified, they need to be corrected before work proceeds or continues. There can always be additional hazards present in any work area that were not planned for.

Hazards in the Work Area

Objects, equipment, people, or even animals find their way into work areas disrupting the work and creating additional hazards. Elimination of hazards is the most effective way to avoid injuries and property damage incidents. It is important to remove any unnecessary people, items, or equipment prior to the start of a work task.

By removing unnecessary personnel from a work area, there are fewer people that have the chance to interfere with the work or be in the line of fire if something were to go wrong. Objects that are not needed in the area create trip hazards or can be struck by moving equipment and should be moved as well.

Biological hazards such as insects or wildlife in work areas can pose many hazards to workers. Insects such as ticks or spiders can carry disease or poison that can affect an individual for years. Insects and wildlife can also distract employees from their work which could cause an injury.

Inspection Focuses

There are many other hazards that can affect a work area. Some of the common items you should look for during a workplace inspection include fire hazards, faulty equipment, broken tools, housekeeping issues, missing equipment guards, missing railings, electrical cord and outlet problems, sharp objects, and missing labels. These are just a few examples- think of hazards unique to your work tasks and work areas.

Summary

There can be a variety of issues in any single work area. It is important to take the time to thoroughly check your work area for hazards and take the steps to mitigate them. Eliminate as many hazards as you can before relying on a less efficient control to protect yourself, such as PPE.

Ask yourself these important questions:

-What are items you look for during your workplace inspections?

-What do you do if you find a problem in your work area during an inspection?

-What is a hazard you discovered while conducting a workplace inspection?