

# March 2022

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# Lockout Tagout

## Lockout Tagout

The unexpected start-up of machines or equipment or the release of stored energy can cause injury to you and your co-workers. If effective, your company's lockout/tagout program can prevent your exposure to accidental, injurious, and even life-threatening situations from energized equipment.

### **Controlling energy sources**

Many energy sources require lockout/tagout procedures to protect you from the release of hazardous energy. Some of these include electrical, mechanical, pneumatic, hydraulic, chemical, and thermal sources. Some of the problems an accidental release of hazardous energy could cause are (1) unintentional equipment start-ups, (2) electrical shock, or (3) other releases of stored, residual, or potential energy. These accidents often occur when someone takes a shortcut during machinery servicing, or when employees don't understand the equipment or the lockout/tagout procedures for the job.

### **What is lockout/tagout?**

**Lockout** is the process of turning off and locking out the flow of energy from a power source to a piece of equipment or a circuit, and keeping it locked out. Lockout is accomplished by installing a lockout device at the power source so that equipment powered by that source cannot be operated.

**Tagout** is placing a tag on the power source. The tag acts as a warning not to restore energy-it is not a physical restraint. Tags must clearly state: Do Not Start (or Operate).

Both locks and tags must be strong enough to prevent unauthorized removal and to withstand various environmental conditions. Some examples of lockout/tagout requirements of the OSHA construction regulations are:

### ***Electrical controls, equipment, and circuits***

Tag all controls that are to be deactivated during work on energized or de-energized equipment or circuits.

Render equipment or circuits that are de-energized inoperative and attach tags at all points where such equipment or circuits can be energized.

Place tags to plainly identify the equipment or circuits being worked on.

## ***Mechanical Equipment***

Employees are not permitted to perform maintenance or repair activity on equipment (such as compressors, mixers, screens, or pumps used for concrete masonry construction activities) where the inadvertent operation of the equipment could occur and cause injury, unless all potential hazardous energy sources have been locked out and tagged.

Tags must read **Do Not Start** or similar language, so the equipment is not operated.

Don't take shortcuts. Participate fully in your company's lockout/tagout safety training to prevent injury and/or death to you and your fellow employees.

# OSHA's Focus Four

OSHA's Focus Four Campaign is a long running emphasis program on the activities that are statistically the most likely to cause an injury or fatality.

## **Those include:**

Falls

Caught-in-Between

Struck By

Electrocution

## **Points to Remember:**

Falls include, falls from ladders, falls from roofs, trip and falls and falling over a leading edge. Elimination of working at height is the preferred control method but handrails, guardrails, warning lines, barricades and fall protection systems are also acceptable control methods.

Caught-in-between hazards include but are not limited to, crushing injuries, having any part of your person trapped between two objects such as a dock and a vehicle. Again, elimination of the hazard is always preferred by not being near an area that one could be caught-in-between. Back-up alarms on vehicles, posting warnings in areas of danger and proper guarding of exposed machine parts are also important controls.

Struck-by hazards are usually falling or flying objects that an individual could be

impacted by. This might be material dropped from above or something that got away from a process that sent that object flying across a jobsite. Some controls might include toe boards, proper stacking of material and restraint of that material and guards on grinders and saws to direct the particulate

generated from the work process. Avoiding being in the line of fire and situational awareness also are acceptable control methods.

Electrocution is death by electrical current. Only qualified persons are allowed to

perform energized work within the boundaries of the NFPA 70E standards.

Approach

boundaries, arc flash training, proper arc flash PPE and energized work permits all help the qualified worker performs this work safely. But in the end the only completely safe way to work on electrical equipment is in a de-energized state.

# Safety Teamwork

## Safety Teamwork

**Safety** is a cooperative undertaking requiring a total safety consciousness on the part of every employee. No one likes to see someone injured, but if an accident occurs, in addition to treating the victim, prompt reporting must take place and corrective action taken to prevent additional problems. Proper planning, a good safety program, the right tools, and communication combine to prevent accidents.

**Good housekeeping** must always be practiced in and around your work areas. Return unused material to the proper storage place. Personal Protective equipment must be worn when the task requires it. Clothing and footwear should be suitable for the job. Set the example -- do what is right and never take chances or short cuts -- they cause accidents and injuries.

**Alcohol and drugs have no place on a construction worksite.** They will impair your motor skills and judgment. Employees should be alert to see that guards are kept in place and properly adjusted. Never handle electrical equipment unless you have been trained to do so. Follow lockout/tag out procedures wherever applicable for routine servicing, repair, or relocation of electrical, hydraulic, or pneumatic equipment.

**Teamwork, planning, and safety training** go a long way in having a safe work environment. Know your limits -- ask for help -- take as much training as the company offers -- and look out for one another. If you do all the above, you know that your job will be safer for you and your co-workers.

# The Basics of Head Protection

## The Basics of Head Protection

Few injuries are more fatal or more damaging than head injuries. Concussions, brain injuries, permanent or temporary brain damage are just a few of the possible outcomes of a blow to the head. Additionally, workers who are exposed to potential electric shock need to protect against that as well. Basic to any workers Personal Protective Equipment is the hard hat. Hard hats are designed to protect workers against electrical hazards, burns, falling objects, collisions with fixed objects and flying debris.

### **Points to Remember:**

How do I know if I need to be wearing a hard hat?

- a. Is there a possibility that something might fall from overhead?
- b. Are there any exposed electrical components (wiring, conductors, etc....) that might encounter your head?
- c. Are there fixed objects that are low enough that they might be bumped into?

*If you answered "yes" to anyone of these questions, then you should be wearing a hard hat.*

Hard hats are tested to withstand the impact of an eight-pound weight dropped five feet.

That impact is about the same as two-pound wrench or hammer falling twenty feet and striking your head.

All the information on the rating can be found on the inside tag or sticker of your hard hat.

As an object falls it picks up speed and force. While it may be hard to believe, even an object as small as a washer or bolt can inflict massive damage to your brain if it strikes your unprotected head.

Your hard hat is designed to deflect falling or flying objects and to absorb some of the shock of impact.

Additional shock is absorbed by the suspension system, which distributes the force over a larger area of the head and neck.

Hard hats, when fitted correctly, should not bind, slip, fall off or irritate the skin. Always follow the manufacturers instructions for proper fitting procedures.

Before wearing, carefully inspect the hard hat, including all components and accessories, for any signs of damage. Look for dents, cracks, holes due to penetration, or any other damage due to impact, wear, or rough treatment.

Any hard hat that has received an impact may have a reduced ability to protect a worker and should be removed from service

Contact your manager immediately if a replacement hard hat is needed.