May 2023

- Toolbox Talk - 5.01.2023 - Fall Protection Harnesses
- Toolbox Talk - 5.08.2023 - Hand Tool Safety

Toolbox Talk - 5.01.2023 - Fall Protection Harnesses

Fall Protection Harnesses Toolbox Talk

Falls are the leading cause of death in construction. Almost every workday, somewhere in the United States, a construction worker dies as a result of a fall.

When am I at risk?

If you are working more than 6 feet above the lower working surface and not protected by some form of fall protection; such as guardrails, safety nets, or fall arrest system.

What does a Personal Fall Arrest System consist of?

Fall protection harness

Lanyard

Anchor point



Y **off.**

To stop a fatal fall…

Wear a full body harness.

A proper fall protection harness has straps worn around the trunk and thighs. If you fall, it will distribute “stopping force across your thighs, pelvis, chest, and shoulders to prevent severe injury.

Inspect your harness.

It must be worn properly and be in good condition.

- Check for worn or damaged straps, buckles, D-ring, and lines.
- Follow the manufacturer’s instructions when you put on your harness.
- Make sure all straps are fastened and adjusted correctly.
- Don’t start work until you are satisfied with the condition and fit of your fall protection harness.

Make sure you are connected.

Your lanyard should be attached to the D-ring on your fall arrest harness, then anchored securely to an anchor point. Ask your supervisor if your anchor point can sustain the load without failure.

Guardrails are not anchor p











Toolbox Talk - 5.08.2023 - Hand Tool Safety

S.C. SWIDERSKI LLC

EXPERTISE | EXPERIENCE | INTEGRITY

Hand Tool Safety Toolbox Talk



- Many people take hand tools for granted.
- It's important to use the appropriate tools for each job and to make sure that those tools are maintained in top condition.
- When your tools are taken care of properly, your tasks will be able to be completed more quickly and safely.

Steps to prevent accidents when using hand tools:

1. **Choose the right tool for the job:**
   - Screwdrivers: Correct size and tip of tip.
   - Wrenches: Correct type and correct length of handle.
   - Chisels: Correct type for the material being worked on.
   - Pry Bars: Correct size and style of tip.
   - Hammers: Correct size, style of head face, and type of claw.

2. **Only use tools in good condition:**
   - All tools need to be clean and free of grease, oil, and dirt.
   - Make sure the tool head is tight and secure.
   - Screwdrivers: Square tips are not rounded or twisted.
   - Chisels: Cutting edges are sharp and square.
   - Wrenches: Open ends are not warped or bent.
   - Knife blades: Have sharp cutting edges.
   - Saw blades: Are sharp and do not have any missing teeth.

3. **Use tools correctly:**
   - Only use tools for their intended purpose.
   - Be cautious with metal tools around power sources.
   - Pull wrenches, don't push.
   - Use the full handle, don't choke up on the handle.
   - Don't use cheater bars/pipes on handles.
   - Don't use a screwdriver as a pry bar.
   - Always cut away from yourself.
   - Rakes or hoe type tools are laid with the blade/teeth down to avoid kick up.