

Page 1-35

# 30 Hour Construction Industry Outreach Study Guide



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## Table of Contents

Course Description.....	20
Learning Objectives.....	20
Key Terms.....	21
Module 1: Introduction to OSHA.....	36
Module Description.....	36
Module Learning Objectives.....	36
Lesson 1: Introduction to OSHA.....	37
Lesson Focus.....	37
OSHA's Mission .....	37
Who is Covered by the OSH Act? .....	38
State Plans.....	40
OSHA's Impact.....	41
Employer Responsibilities .....	42
Workers' Rights & Responsibilities.....	44
Reporting Safety Hazards .....	49
Enforcing Standards.....	50
Whistleblower Protections .....	51
Worker Resources.....	51
Lesson Summary .....	52
Module 2: Managing Safety and Health .....	53
Module Description.....	53
Module Learning Objectives.....	53
Lesson 1: Accident Costs and Prevention.....	54
Lesson Focus.....	54
Accident Costs .....	54
Safety Programs .....	56
Management Leadership.....	57
Hazard Identification & Assessment.....	57
Education & Training .....	59
Program Evaluation & Improvement .....	59
What is a JHA? .....	66
Hazard Recognition.....	68
Lesson Summary .....	70

Lesson 2: Accident Causation and Investigation.....	72
Lesson Focus.....	72
Understanding Accident Causation.....	72
Types of Hazards.....	72
Accident Theories.....	75
Incident Investigation Techniques.....	79
Lesson Summary.....	80
Module 3: OSHA Focus Four Hazards.....	82
Module Description.....	82
Module Learning Objectives.....	82
Lesson 1: Fall Protection.....	83
Lesson Focus.....	83
Case Study.....	83
Falls.....	83
Leading Edge Work.....	85
Ramps, Runways, and Walkways.....	86
Dangerous Equipment.....	86
Protection from Falling Objects.....	87
Guardrails.....	88
Safety Net Systems.....	89
Types of Fall Protection—Active Systems.....	90
Lesson Summary.....	91
Lesson 2: Inspection and Safety Monitoring Systems.....	93
Lesson Focus.....	93
Inspecting Fall Protection Equipment.....	93
Lifelines, Safety Belts, and Lanyard (PPE).....	94
Positioning Device Systems.....	95
Safety Monitoring System.....	96
Falling Objects.....	97
Fall Protection Plan.....	98
Training.....	99
Case Study.....	99
Lesson Summary.....	100
Lesson 3: Electrocution.....	101

Lesson Focus.....	101
Introduction .....	101
Electricity—The Dangers.....	101
Electricity—How It Works .....	102
Electrical Injuries .....	102
Electrical Shock.....	103
Burns and Arc Flash.....	104
Falls.....	104
Electrical Hazards and How to Control Them.....	104
Hazard—Overhead Power Lines.....	105
Hazard—Inadequate Wiring .....	106
Hazard—Defective Cords and Wires.....	107
Hazard—Damaged Cords .....	107
Arc Flash Hazard .....	108
Lesson Summary .....	109
Lesson 4: Electrical Hazards—Other Preventive Measures.....	110
Lesson Focus.....	110
Grounding .....	110
Hazard—Overloaded Circuits .....	111
Power Tool Requirements.....	112
Clues that Electrical Hazards Exist .....	113
Safety-Related Work Practices .....	114
Avoiding Wet Conditions .....	115
Energized Work.....	115
Examples of the Infeasibility to De-Energize .....	115
Energized Electrical Work Permit.....	116
Approach Boundaries to Energized Parts .....	117
Preventing Electrical Hazards—Personal Protective Equipment (PPE).....	117
Type of PPE for Arc Flash Protection.....	118
Batteries and Battery Charging .....	119
Lesson Summary .....	120
Lesson 5: Struck by Hazards .....	121
Lesson Focus.....	121
What is the Struck-By Hazard? .....	121

The Danger from Heavy Vehicles .....	121
Internal Traffic Control Plans for Work Zones .....	122
Traffic Control Devices .....	124
Flagger Safety .....	128
Safety Controls.....	130
Danger from Being Struck by Falling or Flying Objects .....	131
Ways to Avoid Being Struck by Falling or Flying Objects .....	131
Properly Use and Inspect Power Tools and Equipment .....	132
PPE for Power Tools and Equipment.....	132
Working Around Cranes and Hoists .....	137
Danger from Constructing Masonry Walls.....	138
Abrasive Wheels and Tools.....	138
The Impact of an Accident on the Employer.....	140
Direct Cost of an Accident.....	140
Indirect Cost of an Accident .....	141
Lesson Summary .....	142
Lesson 6: Caught in Between Hazards .....	144
Lesson Focus.....	144
What is the 'Caught in Between' Hazard? .....	144
General Construction Site Caught-in-Between Hazards .....	144
Material handling.....	146
Preventing Caught in Between Hazards.....	148
Fall Protection .....	149
Common Human Performance Snares .....	149
Multitasking .....	151
Vague Guidance .....	152
Peer Pressure .....	153
Physical Environment.....	155
Mental Stress .....	155
Lesson Summary .....	156
Module 4: Personal Protective Equipment .....	158
Module Description.....	158
Module Learning Objectives.....	158
Lesson 1: Introduction to Personal Protective Equipment.....	159

Lesson Focus.....	159
Overview .....	159
Personal Protective Equipment Standard.....	159
Payment for PPE.....	160
Employer Responsibilities .....	160
Selection of PPE .....	161
Training .....	161
Maintenance.....	162
Recordkeeping .....	162
Employee Responsibilities .....	162
Case Study.....	162
Lesson Summary .....	163
Lesson 2: Eye, Face, and Respiratory Protection .....	164
Lesson Focus.....	164
Eye and Face Protection .....	164
How can eye injuries be prevented? .....	165
Safe Work Practices.....	166
Respiratory Protection.....	166
Selecting the Correct Respirator .....	168
Case Study.....	169
Lesson Summary .....	170
Lesson 3: Head, Hand, Face, and Foot Protection .....	171
Lesson Focus.....	171
Why Head Protection Is Important .....	171
Potential Hazards.....	171
How Hard Hats Protect an Employee's Head.....	171
Occupational Noise .....	172
Caring for Hearing Protection Devices .....	173
Why Hand Protection Is Important .....	173
Potential Hazards to the Hand .....	173
Foot Protection Is Important.....	175
Potential Hazards to the Foot.....	175
Preventative Measures for Foot Safety .....	176
Lesson Summary .....	177

Module 5: Health Hazards in Construction .....	178
Module Description.....	178
Module Learning Objectives.....	178
Lesson 1: Introduction to Hazard Communication Standard .....	179
Lesson Focus.....	179
The Hazard Communication Standard (HCS) .....	179
Hazardous Materials .....	179
Important Definitions .....	180
Lesson Summary .....	182
Lesson 2: Labels, SDSs, Symbols, Hazards, and Training .....	183
Lesson Focus.....	183
Labels.....	183
Safety Data Sheet (SDS) .....	184
Symbols .....	185
Hazards.....	186
Routes of Exposure-Health Hazards.....	187
Basic First Aid .....	188
Blood-borne Pathogens.....	189
Temperature Stress.....	189
Controlling Physical and Health Hazards .....	190
Hazard Communication Program .....	191
Training .....	192
Lesson Summary .....	192
Lesson 3: Hazardous Materials.....	193
Lesson Focus.....	193
Introduction .....	193
Silica.....	193
Asbestos .....	194
PEL—Permissible Exposure Limit.....	195
MDA—Methylenedianiline .....	197
Permissible Exposure Limit.....	197
Emergency Situations .....	198
Medical Surveillance .....	199
Control Methods.....	200

Lead .....	201
Worker Protection.....	202
Lesson Summary .....	204
Module 6: Stairways and Ladders .....	206
Module Description.....	206
Module Learning Objectives.....	206
Lesson 1: OSHA Standards and Stairways.....	207
Lesson Focus.....	207
OSHA Standards.....	207
Stairways.....	207
Stair rails and Handrails .....	208
Case Study.....	209
Lesson Summary .....	209
Lesson 2: Ladders and Training.....	210
Lesson Focus.....	210
About Ladders.....	210
Case Study.....	210
Portable Ladders .....	211
Damaged and Defective Ladders .....	213
Case Study.....	213
Double-Cleated Ladders .....	214
Structural Defects.....	214
Training .....	216
Lesson Summary .....	217
Lesson 3: Safety Measures.....	218
Lesson Focus.....	218
General Requirements .....	218
Design, Construction, Maintenance, and Inspection .....	219
Ladder Rungs.....	221
Toe Clearance.....	221
Fixed Ladders: Safety Devices.....	222
Lesson Summary .....	223
Module 7: Concrete and Masonry Construction .....	224
Module Description.....	224

Module Learning Objectives.....	224
Lesson 1: Concrete and Masonry Construction (Part 1).....	225
Lesson Focus.....	225
General Requirements .....	225
Post-Tensioning Operations.....	225
Concrete Buckets.....	225
Personal Protective Equipment.....	226
Bulk Concrete Storage .....	226
Lesson Summary .....	228
Lesson 2: Concrete and Masonry Construction (Part 2).....	229
Lesson Focus.....	229
Lockout/Tagout Procedures .....	229
General Requirements for Formwork .....	229
Shoring and Re-Shoring.....	230
Vertical Slip Forms .....	230
Reinforcing Steel.....	231
Removal of Form Work .....	231
Lift-Slab Operations.....	232
Limited Access Zone for Masonry Construction .....	232
Lesson Summary .....	233
Module 8: Confined Spaces .....	234
Module Description.....	234
Module Learning Objectives.....	234
Lesson 1: Overview of Confined Spaces.....	235
Lesson Focus.....	235
Introduction .....	235
Employer Responsibilities .....	236
Summary of OSHA's New Confined Spaces Standard .....	237
Examples of Characteristics of Confined Spaces.....	239
Hazards.....	240
Atmospheric Conditions .....	240
Safe Work Practices.....	244
Flammable Atmospheres .....	244
Physical Hazards .....	245

Other Physical Hazards.....	246
Prevention Program .....	247
Confined Space Entry Procedures .....	247
Safety Equipment and Protective Clothing .....	248
Training .....	248
Safety Meetings .....	248
Lesson Summary .....	249
Lesson 2: Safety and Training Education.....	250
Lesson Focus.....	250
Duties of Employers and Employees.....	250
Rescue and Emergency Services .....	251
Duties of Authorized Entrants.....	252
Rescue and Emergency Services .....	253
Testing Protocol .....	254
Lesson Summary .....	254
Module 9: Cranes, Derricks, Hoists, Elevators and Conveyors .....	255
Module Description.....	255
Module Learning Objectives.....	255
Lesson 1: General Standards.....	256
Lesson Focus.....	256
Definition of Competent Person .....	256
Hazards Associated with Crane Operations.....	256
Accidents.....	257
Lesson Summary .....	258
Lesson 2: Cranes .....	259
Lesson Focus.....	259
Types of Cranes.....	259
Load .....	260
Guarding .....	261
Sheaves .....	262
Inspection.....	262
Training .....	263
Lesson Summary .....	263
Lesson 3: Cranes and Rigging .....	265

Lesson Focus.....	265
Cranes and Derricks.....	265
Floating Cranes and Derricks.....	265
Personnel Platforms.....	266
Platform Specifications.....	267
Rigging.....	268
Platform-Related Work Practices.....	268
Lesson Summary.....	269
Module 10: Ergonomics.....	270
Module Description.....	270
Module Learning Objectives.....	270
Lesson 1: Ergonomics in the Workplace.....	271
Lesson Focus.....	271
Introduction.....	271
Musculoskeletal Disorders (MSDs).....	271
Risk Factors.....	272
Forceful Exertions.....	274
Repetitive Tasks or Motions.....	274
Environmental Factors.....	275
Noise.....	276
Lighting.....	276
Lesson Summary.....	276
Lesson 2: Improving the Workplace.....	278
Lesson Focus.....	278
Introduction.....	278
Engineering Controls.....	278
Administrative Controls.....	280
Modifying Work Practices.....	281
Regular Housekeeping and Maintenance.....	281
Use of Protective Equipment.....	282
Training.....	283
General Training.....	284
Lesson Summary.....	285
Module 11: Excavations.....	287

Module Description.....	287
Module Learning Objectives.....	287
Lesson 1: Standards and Protection .....	288
Lesson Focus.....	288
OSHA Standards.....	288
The Dangers of Excavations .....	289
Protection of Employees .....	289
Choosing a Protective System .....	291
Warning System for Mobile Equipment .....	291
Case Study.....	292
Lesson Summary .....	293
Lesson 2: Essentials of Excavations .....	294
Lesson Focus.....	294
Hazardous Conditions .....	294
Water Accumulation .....	294
Emergency Rescue Equipment.....	295
Access and Egress.....	296
Falls and Equipment.....	297
Planning .....	297
Competent Person .....	298
Lesson Summary .....	298
Lesson 3: Soil Classification Systems.....	300
Lesson Focus.....	300
Soil Classification .....	300
Classification of Soil and Rock Deposits .....	302
Manual Tests.....	303
Lesson Summary .....	304
Module 12: Fire Protection and Prevention .....	305
Module Description.....	305
Module Learning Objectives.....	305
Lesson 1: Fire Safety Essentials .....	306
Lesson Focus.....	306
Fires .....	306
Types of Fire .....	307

Fire Extinguishers.....	308
Fire Safety Alarms.....	310
Injuries and First Aid.....	311
Burns.....	312
Lesson Summary .....	312
Lesson 2: Fire Prevention and Safety Measures.....	314
Lesson Focus.....	314
Ignition Hazards .....	314
Temporary Buildings .....	314
Open Yard Storage .....	315
Indoor Storage .....	315
Emergency Planning .....	315
Portable Firefighting Equipment.....	316
Fixed Firefighting Equipment.....	317
Lesson Summary .....	318
Module 13: Materials Handling, Use and Disposal.....	319
Module Description.....	319
Module Learning Objectives.....	319
Lesson 1: The Hazards and Methods of Prevention (Manual Handling) .....	320
Lesson Focus.....	320
Introduction .....	320
Body Movement .....	320
Methods of Prevention .....	321
Lesson Summary .....	323
Lesson 2: Materials Handling Equipment.....	324
Lesson Focus.....	324
Conveyors .....	324
Cranes.....	325
Safety Inspections.....	325
Slings .....	326
Powered Industrial Trucks.....	326
Lesson Summary .....	328
Lesson 3: Ergonomics, Training and Education .....	329
Lesson Focus.....	329

Ergonomics Safety and Health Principles .....	329
Fire Safety Precautions .....	329
Aisles and Passageways.....	330
Training and Education .....	330
Safety and Health Program Management Guidelines .....	331
Material Storage.....	331
Lesson Summary .....	332
Module 14: Motor Vehicles, Mechanized Equipment and Marine Operations; Rollover Protective Structures and Overhead Protection; and Signs, Signals and Barricades..	333
Module Description.....	333
Module Learning Objectives.....	333
Lesson 1: Subpart O-Motor Vehicles.....	334
Lesson Focus.....	334
General Requirements .....	334
Transporting Tools and Materials.....	335
Vehicle Inspection .....	336
Material Handling Equipment .....	336
Lesson Summary .....	337
Lesson 2: Subpart W-Rollover Protective Structures for Material Handling (ROPS)...	339
Lesson Focus.....	339
Introduction .....	339
Design of ROPS.....	339
Labeling.....	340
Lesson Summary .....	340
Lesson 3: Subpart G-Signs, Signals, and Barricades.....	341
Lesson Focus.....	341
Accident Prevention Signs and Tags.....	341
Danger Signs .....	341
Caution Signs.....	341
Exit Signs .....	342
Safety Instruction Signs.....	342
Directional Signs .....	342
Traffic Signs .....	342
Lesson Summary .....	342
Module 15: Safety and Health Programs.....	343

Module Description.....	343
Module Learning Objectives.....	343
Lesson 1: Effective Program Elements .....	344
Lesson Focus.....	344
Importance of Effective Safety and Health Programs.....	344
Common Characteristics of Exemplary Workplaces.....	344
The Guidelines—General.....	344
Major Elements .....	345
Lesson Summary .....	348
Lesson 2: OSHA Safety and Health Programs.....	349
Lesson Focus.....	349
State Programs .....	349
Consultation Services.....	349
Voluntary Protection Programs (VPPs) .....	350
Strategic Partnership Program .....	350
Training and Education .....	351
Electronic Information.....	352
Lesson Summary .....	352
Module 16: Scaffolds.....	353
Module Description.....	353
Module Learning Objectives.....	353
Lesson 1: Introduction to Scaffolds .....	354
Lesson Focus.....	354
What is a Scaffold? .....	354
Types of Scaffolds.....	354
Lesson Summary .....	363
Lesson 2: Overview of OSHA Directives for the Construction of Scaffolds .....	364
Lesson Focus.....	364
Suspension Scaffolds.....	364
Two-Point (Swing Stage).....	364
Single-Point Adjustable .....	366
Catenary.....	366
Multi-Point Adjustable.....	367
Interior Hung .....	367

Needle Beam .....	368
Float (Ship).....	368
Supported Scaffolds.....	368
Fabricated Frame or Tubular Welded Frame .....	369
Mobile.....	371
Pump Jack .....	372
Ladder Jack.....	373
Lesson Summary .....	374
Lesson 3: Scaffold Safety Measures.....	375
Lesson Focus.....	375
Introduction .....	375
How Do You Minimize the Risks? .....	375
Guardrails.....	375
Guardrails.....	377
Personal Fall Arrest Systems .....	378
Types and Components of Personal Fall Arrest Systems .....	378
PFAS Use Requirements .....	380
Case Study.....	380
Lesson Summary .....	381
Module 17: Tools - Hand and Power.....	382
Module Description.....	382
Module Learning Objectives.....	382
Lesson 1: Safe Use of Hand and Power Tools.....	383
Lesson Focus.....	383
Introduction .....	383
General Requirements .....	383
Hazards of Hand and Power Tools .....	384
Switches.....	385
Power Tools—Precautions.....	385
Lesson Summary .....	386
Lesson 2: Classification of Tools.....	387
Lesson Focus.....	387
Types of Tools.....	387
Abrasive Wheels and Tools.....	387

Guarding .....	388
Pneumatic Tools .....	389
Compressed Air Cleaning .....	390
Liquid Fuel Tools .....	390
Jacks .....	391
General Safety Precautions .....	392
Case Study.....	392
Lesson Summary .....	393
Lesson 3: Mechanical Power-Transmission Apparatus.....	394
Lesson Focus.....	394
Introduction .....	394
Mechanical Power-Transmission Apparatus .....	394
Prime-Mover Guards .....	395
Cranks and Connecting Rods .....	395
Tail Rods or Extension Piston Rods .....	396
Shafting .....	396
Guarding Horizontal Shafting .....	396
Guarding Vertical and Inclined Shafting .....	397
Projecting Shaft Ends.....	397
Pulleys.....	397
Location of Pulleys .....	398
Belt, Rope, and Chain Drives .....	398
Horizontal Belts and Ropes.....	398
Overhead Horizontal Belts .....	398
Vertical and Inclined Belts .....	399
Vertical Belts .....	399
Cone-Pulley Belts.....	399
Belt Tighteners .....	399
Gears, Sprockets, and Chains .....	400
Gears .....	400
Hand-Operated Gears.....	400
Sprockets and Chains .....	400
Openings for Oiling.....	400
Guarding Friction Drives.....	401

Keys, Setscrews, and Other Projections .....	401
Collars and Couplings .....	401
Collars .....	401
Couplings .....	401
Guarding of Clutches, Cutoff Couplings, and Clutch Pulleys.....	402
Guards .....	402
Belt Shifters, Clutches, Shippers, Poles, Perches, and Fasteners .....	402
Belt Shifters.....	402
Belt Shippers and Shipper Poles.....	402
Lesson Summary .....	403
Module 18: Welding and Cutting .....	404
Module Description.....	404
Module Learning Objectives.....	404
Lesson 1: General Requirements.....	405
Lesson Focus.....	405
Introduction .....	405
Fire Prevention and Protection.....	406
Case Study.....	407
Welding in Confined Spaces .....	408
Personnel Protection .....	408
Health Protection and Ventilation .....	409
Lesson Summary .....	409
Lesson 2: Oxygen-fuel Gas Welding and Cutting.....	411
Lesson Focus.....	411
Introduction .....	411
Cylinders and Containers.....	411
Storage of Cylinders.....	412
Manifolding of Cylinders .....	414
Service Piping Systems.....	415
Piping Protective Equipment .....	416
Lesson Summary .....	417
Lesson 3: ARC Welding and Resistance Welding.....	419
Lesson Focus.....	419
ARC Welding and Cutting .....	419

Design .....	420
Installation .....	420
Supply Connections and Conductors .....	421
Operation and Maintenance .....	421
Lesson Summary .....	423
Module 19: Silica Exposure .....	424
Module Description.....	424
Module Learning Objectives.....	424
Lesson 1: The Issue .....	425
Lesson Focus.....	425
Silica.....	425
Over Exposure of Silica .....	426
Silica Exposure Limits .....	427
Exposure Assessment Options .....	433
Scheduling Monitoring Option .....	434
Exposure Control Options .....	435
Hazard Communication.....	437
Lesson Summary .....	438
Module 20: Lead Exposure .....	439
Module Description.....	439
Module Learning Objectives.....	439
Lesson 1: Lead in the Workplace .....	440
Lesson Focus.....	440
Introduction .....	440
Lead in the Construction Industry.....	440
Routes of Exposure to Lead.....	441
Activities That Can Cause Lead Exposure .....	441
Signs and Symptoms of Lead Poisoning.....	442
Medical Monitoring .....	443
Exposure Assessment.....	443
Lesson Summary .....	445
Lesson 2: Exposure Reduction & Employee Protection .....	446
Lesson Focus.....	446
Lead Control Measures .....	446

Personal Hygiene and Housekeeping Practices .....	448
Protective Clothing .....	450
Respiratory Protection.....	451
Record Keeping .....	452
Lesson Summary .....	453
Module 21: Asbestos Exposure.....	454
Module Description.....	454
Module Learning Objectives.....	454
Lesson 1: Asbestos in the Workplace .....	455
Lesson Topics .....	455
What is Asbestos?.....	455
Why is Asbestos a Hazard? .....	456
Uses of Asbestos .....	456
Health Hazards of Exposure to Asbestos.....	457
The Respiratory System.....	457
Asbestos-related Diseases.....	458
Lesson Summary .....	460
Lesson 2: Protection Against Asbestos .....	461
Lesson Topics .....	461
Introduction .....	461
Sign Specifications .....	462
Engineering Controls and Safe Work Procedures.....	463
Low-risk Work Activities .....	463
Decontaminating Workers .....	467
Controlling Airborne Asbestos Fibers .....	467
Personal Protective Equipment.....	469
Respiratory Protection.....	470
Employee Notification of Monitoring Results .....	471
Lesson Summary .....	471
Course Summary .....	473

## Course Description

The OSHA 30 Hour Construction Industry Outreach Training course is a comprehensive safety program designed for anyone involved in the construction industry. Specifically devised for safety directors, foremen, and field supervisors; the program provides information on OSHA compliance issues. OSHA recommends Outreach Training Programs as an orientation to occupational safety and health for workers, covered by OSHA 29 CFR 1926. Construction workers must receive additional training, when required by OSHA standards, on specific hazards of the job.

## Learning Objectives

At the conclusion of this course, the student will be able to:

- Explain the importance of OSHA in providing a safe and healthful workplace to workers
- Locate OSHA Standards references applicable to specific hazardous conditions and practices (Introduction to OSHA Standards)
- Recognize the aspects of 1926 Subpart C (General Safety and Health Provisions)
- Implement preventative measures for accidents in their workplace (Subpart D - Occupational health and Environmental Controls)
- Describe types of personal protective equipment (PPE), and the requirements for its use in OSHA standards (Subpart E - Personal Protective Equipment)
- Understand the requirements for fire protection in the workplace (Subpart F - Fire Protection and Prevention)
- Identify the various types of rigging equipment used to protect employees (Subpart H - Rigging; Subpart N - Cranes and Rigging)
- Identify the critical health and safety hazards of welding and cutting in the construction industry (Subpart J - Welding and Cutting)
- Identify common electrical hazards and related OSHA standards (Subpart K - Electrical Standards)
- Understand the importance of scaffolding for workers in elevated workplaces (Subpart L - Scaffolding)
- Implement measures for protecting workers and equipment from dangerous falls (Subpart M - Fall Protection)
- Recognize the hazards associated with working in or around excavation sites (Subpart P - Excavations)
- Understand the safety requirements necessary to protect workers around concrete and masonry jobs (Subpart Q - Concrete and Masonry)

- Protect workers who perform jobs on or around stairways or ladders at worksites (Subpart X - Stairways and Ladders)
- List and describe the hazards and prevention required for confined spaces

## Key Terms

**Acceptable Entry Conditions:** Conditions that must exist in a permit space to allow entry and to ensure that employees involved with a permit-required, confined space entry can safely enter into, and work within, the space.

**Accident:** Harmful event that is unexpected or without apparent cause.

**Acetylene:** Acetylene forms explosive mixtures with oxygen or air. When dissolved in acetone, it is non-explosive and so is stored as such; however, the acetone is under pressure in steel cylinders for commercial use.

**Act:** As a statute, decree, or enactment resulting from a decision by a legislative body.

**Action Level:** The level of lead particulates present in the air that signifies close monitoring is required so that the PEL is not approached. The action level for lead is 30 micrograms per cubic meter (ug/m<sup>3</sup>) for eight hours.

**Administer:** Manage or have jurisdiction over, as in federal jurisdiction in Federal Plan States, or state jurisdiction in State Plan States.

**Amperes or Amps:** The volume of the current flow.

**Anchorage:** A secure point of attachment for lifelines, lanyards, or deceleration devices.

**ANSI:** American National Standards Institute

**Approved:** For the purpose of this course, the word "approved" means equipment that has been listed or approved by a nationally recognized testing laboratory or by federal agencies.

**Article:** A manufactured item other than a fluid or particle:

- Which is formed to a specific shape or design during manufacture,

- Which has end use function(s) dependent in whole or in part upon its shape or design during end use, and
- Which under normal conditions of use does not release more than very small quantities, e.g., minute or trace amounts of a hazardous chemical and does not pose a physical hazard or health risk to employees.

**Asbestosis:** An incurable restrictive lung disease often linked to occupational exposure.

**Atmospheric Tank:** A storage tank which has been designed to operate at pressures from atmospheric through 0.5 psig (pounds per square inch gauge).

**Attendant:** An individual, stationed outside one or more permit spaces, who monitors the authorized entrants and performs all attendant's duties assigned in the employer's permit space program.

**Audible Backup Alarms:** These devices must be installed on heavy construction vehicles and maintained in proper working order. They sound an alarm to nearby workers that a dangerous vehicle is backing up.

**Authorized Entrant:** An employee who is authorized by the employer to enter a permit space.

**Authorized Person:** A person assigned by the employer to perform a duty or to be at a particular job site.

**AWG:** American wire gauge (AWG), which is one measurement standard used to size wire.

**Barricade:** An obstruction to deter the passage of persons or vehicles.

**Bearer (Putlog):** A horizontal transverse scaffold member (which may be supported by ledgers or runners) upon which the scaffold platform rests and which joins scaffold uprights, posts, poles, and similar members.

**Beryllium:** A steel-gray, light, strong, brittle, toxic, bivalent metallic element used chiefly as a hardening agent in alloys.

**Blast Area:** The area where explosives are loaded and blasting operations are carried out.

**Blasting Agent:** Any material or mixture that consists of a fuel and oxidizer used for blasting, but is not considered an explosive. The ingredients in the blasting agent are also not classified as explosives.

**Blasting Cap:** A metallic tube that is closed at one end and contains a charge of detonating compounds that can be detonated from the flame of a safety fuse placed into the open end of the tube.

**Block:** Sheaves or grooved pulleys in a frame with a hook, eye, and strap.

**Bloodborne Pathogens:** Infectious microorganisms found in human blood can cause diseases such as Hepatitis B and C and the Human Immunodeficiency Virus (HIV).

**BLS:** Bureau of Labor Statistics

**Boatswains' Chair:** A single-point adjustable suspension scaffold consisting of a seat or sling designed to support one employee in a sitting position.

**Body Belt:** A strap with means both for securing it about the waist and for attaching it to a lanyard, lifeline, or deceleration device.

**Body Harness:** A design of straps which may be secured about the employee in a manner to distribute the fall arrest forces over at least the thighs, pelvis, waist, chest, and shoulders, with means for attaching the harness to other components of a personal fall arrest system.

**Boom:** An inclined spar, strut, or other long member supporting the hoisting tackle.

**Boom Angle Indicator:** An accessory device that measures the angle of the boom base section centerline to horizontal load and the weight of the object being lifted which includes load blocks and hooks, wire ropes, rigging, boom attachments, and ancillary attachments.

**Boom Stops:** A device used to limit the angle of the boom at its highest position.

**Brace:** A rigid connection that holds one scaffold member in a fixed position with respect to another member or to a building or structure.

**Brake:** To slow or stop motion by friction or power.

**Cadmium:** A bluish-white malleable ductile toxic bivalent metallic element used especially in protective plating and in bearing metals.

**Catastrophic Release:** A major uncontrolled emission, fire, or explosion, involving one or more highly hazardous chemicals, that presents serious danger to employees in the workplace.

**Chemical:** Any element, compound, or mixture of elements and/or compounds.

**Chimney Hoist:** A multi-point adjustable suspension scaffold used to provide access to work inside chimneys.

**Chock:** A wedge or block used to keep a vehicle parked on an incline from rolling.

**Chromium:** A blue-white metallic element found naturally only in combination and used especially in alloys and electroplating.

**Circuit:** Completion of the path of the current; including a voltage source, conductors, and the load (such as a lamp, tool, or heater).

**Closed Container:** A container so sealed by means of a lid or other device that neither liquid nor vapor will escape from it at ordinary temperatures.

**Combustible:** A material having a flashpoint of 100 degrees Fahrenheit, or above.

**Combustible Liquids:** Any liquid having a flash point between 140°F and 200°F.

**Combustion:** Burning of a material, i.e., a chemical change accompanied by the production of heat and light.

**Competent Person:** A person who has authorization to take corrective action and is able to recognize existing and predictable hazards.

**Concrete:** A mixture of cement, sand, aggregate, and water in specific proportions that hardens to a strong stony consistency over varying lengths of time.

**Conductors:** Materials that contain free electrons that allow current to flow through the material.