

Employee Name: _____

Safety Tips for the Construction Worker

Fall Protection:

When to use fall protection

_____ Employees working 6 feet high and above must use guardrails, safety nets, or personal fall-arrest systems for protection.

Scaffolds:

Protecting the worker from falling

_____ If 6 feet high or above guardrails must be used.

_____ Area should be fully decked at all times.

Ladders:

At the Beginning of each job

_____ Select the appropriate ladder for your task or job.

_____ Inspect the ladder before you use it. Make sure it's in sound condition; clean and undamaged.

_____ **Angle the ladder properly.** The base should extend not less than 1/4th the ladder's length. The minimum slope should be 50 degrees.

_____ Place a solid rest for the rail tops across window openings.

Precautions

_____ Place both feet firmly on the ladder rungs and steps.

_____ Make sure only one person stands on, or works from, a standard ladder.

_____ immediately inspect any ladder that has collapsed, tipped over, or been exposed to oil or grease. Clean and repair the ladder if necessary.

_____ Remove defective ladders from service. Tag or mark defective ladders with the words: "Dangerous, Do Not Use."

_____ Make sure an extension ladder extends at least 36 inches above an access landing.

_____ Keep the area around the top and bottom of a ladder free of debris.

_____ Keep the load on the ladder (including yourself) below its maximum load capacity.

Don't

_____ Don't paint ladders. Paint conceals defects. Use transparent preservatives instead.

_____ Don't use ladders with broken, patched, oily, or cracked rails, rungs, or steps.

_____ Don't reach out over the side rails, lean, or turn excessively on a ladder.

_____ Don't use a ladder as a guy, brace, or skid.

_____ **Don't stand or sit on the top two steps of a stepladder.**

_____ Don't use a self-supporting ladder without first opening it up and securing the metal spreader or locking device.

_____ Don't load a ladder beyond its maximum load capacity.

Painting:

How do I identify hazardous products?

_____ Notice the warning symbols on labels, and read the precautions. The symbols on a solvent label, for example, may show that it's flammable.

What precautions should I take with hazardous products?

_____ Use protective clothing and eye wear.

_____ Make sure there is an eye wash onsite.

_____ Inside, open the doors and windows.

_____ Eliminate sources of ignition.

_____ Clean up spills promptly.

_____ Safely dispose of clean-up rags.

_____ Follow the directions on the label.

The above information is for baseline training only. It is the responsibility of your onsite supervisor to fully train you on all equipment and on the job safety. By signing below you agree that you have read the preceding information, you will follow all safety policies and procedures, and that you will report any unsafe conditions to Pacific Personnel immediately. By signing you are also acknowledging that you have been given a copy of this form to take with you for your records and for future reference.

If you have any questions regarding safety on the job or how to use the necessary equipment, you may contact **OR OSHA** at the following address and phone number: **OR OSHA, Portland office, 1750 NW Naito Parkway, Ste. 112, Portland, OR 97209-2533, 503-229-5910.** You may also contact the Salem office at there toll free number: **800-922-2689.**

Employee's Printed Name

Employee Signature

Date

Seaside Temps Staff Signature

Date