

# Job site safety

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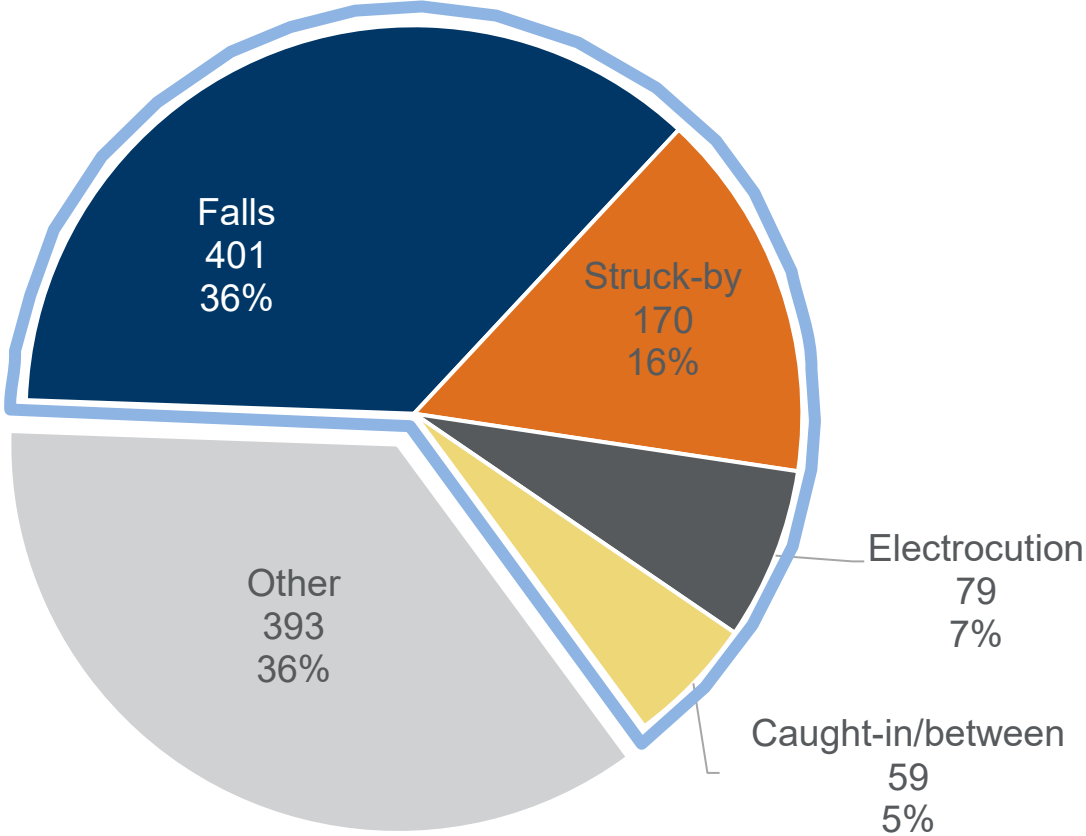
*September 2022*



# AGENDA

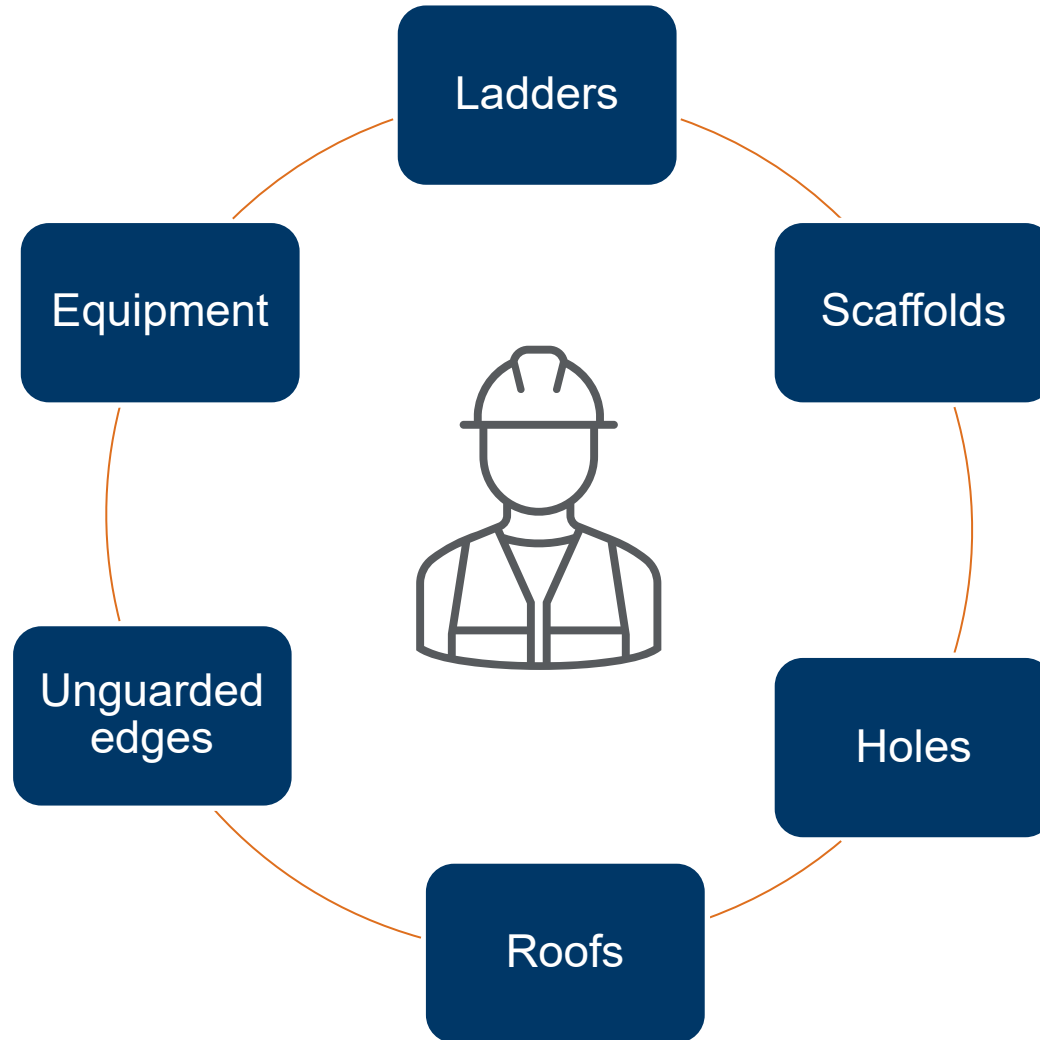
- Falls
- Struck-by incidents
- Electrical hazards
- Caught-in/between incidents
- Driving safety

# Fatalities causes in construction, 2019



# Falls

# Fall hazards



# Fall protection

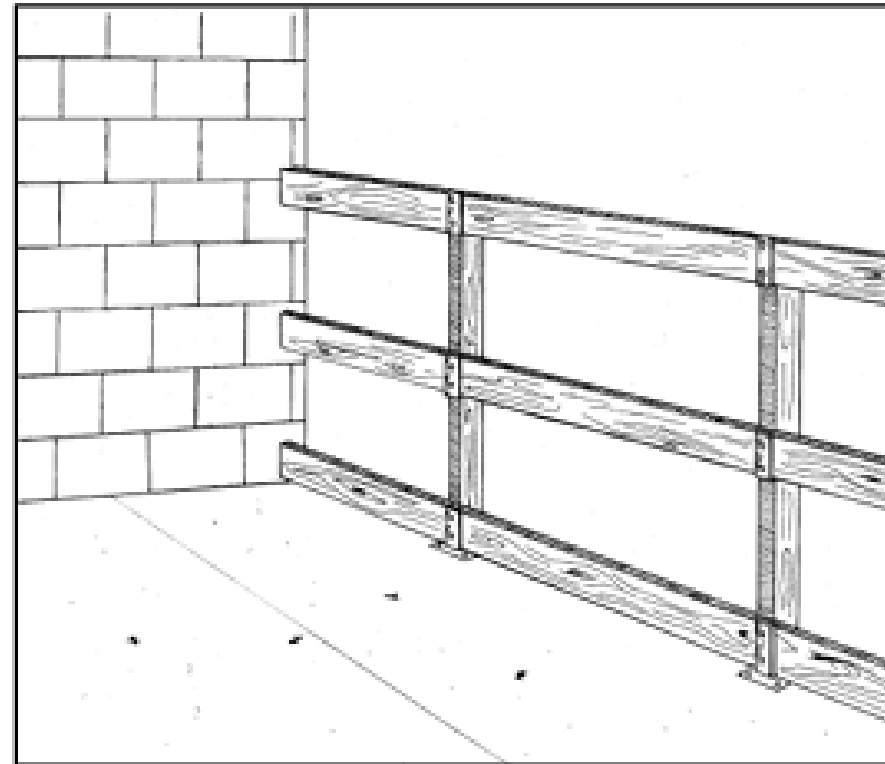
Guardrail systems

Safety net systems

Personal fall arrest systems

# Guardrail systems

- Material should not cause punctures or cuts
- Top rail: 39-45 inches above working level
- Midrail: Halfway between working level and top rail
- Toe boards prevent falling objects
- Must withstand 200 pounds



# Safety net systems

- Thirty feet or less below the working surface (vertical distance)
- Clearance underneath the net
- Eight to 13 feet from the working surface (horizontal distance)
- Drop-testing to ensure integrity
- Daily cleaning
- Weekly system inspection



# Personal fall arrest systems

- Designed by qualified person
- Anchorage point can support at least 5,000 lbs. per employee
- Arresting force no greater than 1,800 lbs.
- Limit falls to 6 ft.
- Daily inspections
- Rescue plan



# Ladders

- Use ladders as intended.
- Inspect before each use.
- Place on stable ground.
- Maintain three points of contact.
- Stay centered.



# Scaffolding

- Must be designed by a qualified person
- Capable of supporting four times intended load
- Fully planked
- Fall protection at 10 feet or higher
- Competent person must perform inspections





# Housekeeping

- Reduces risk of falls & other hazards
- Clean up tools & material throughout the day
- It's everyone's responsibility



# Struck-by incidents



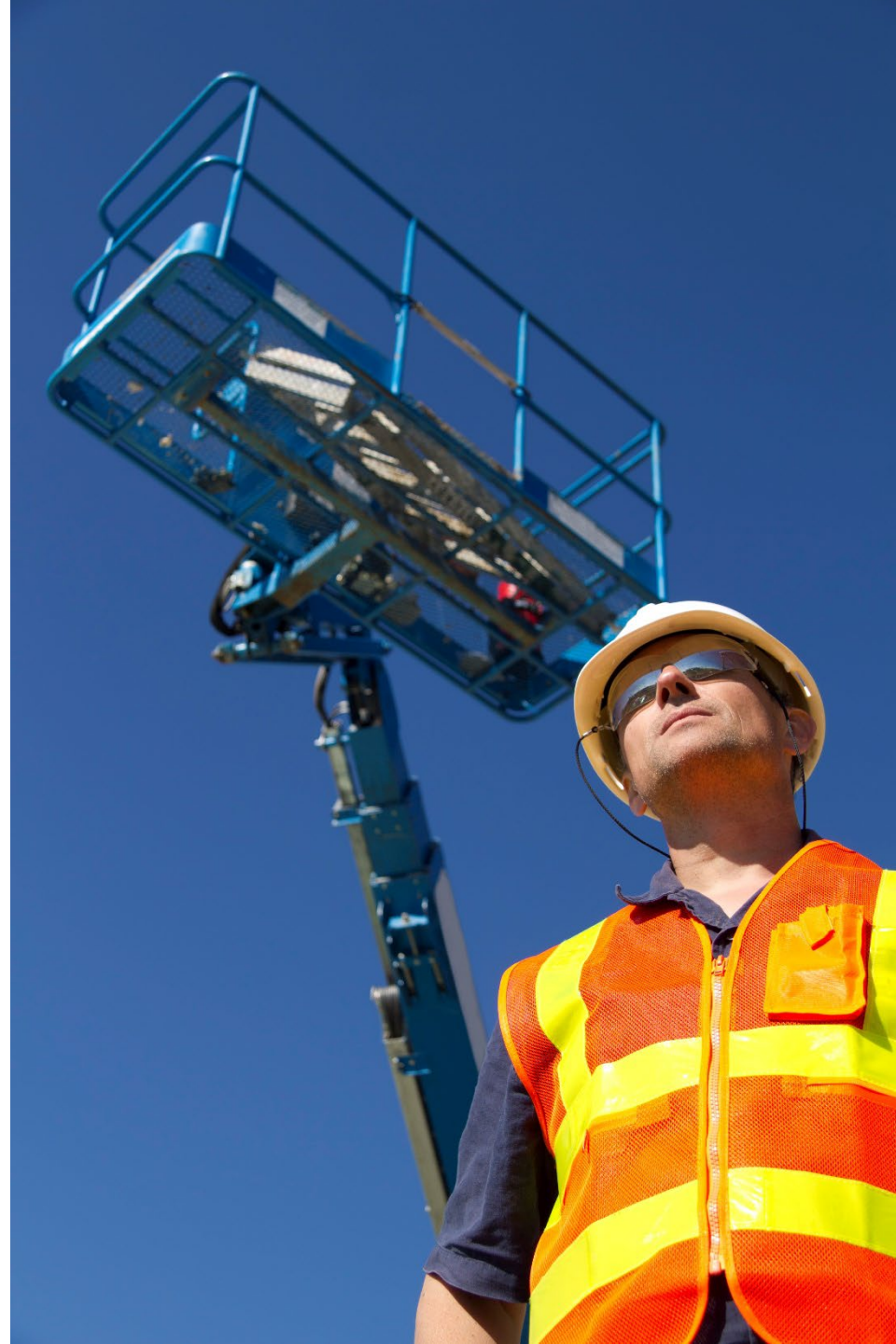
# Falling objects - hazards





# Falling objects – controls

- Toe boards on guardrail systems
- Safe loading & unloading procedures
- Personal protective equipment (PPE)



# Flying objects

Objects that have been thrown, hurled or propelled.

- Do not tamper with machine guards
- Never leave tools unattended
- Unplug tools or turn them off when not in use
- Wear required PPE and inspect it before each use



# Vehicle and equipment incidents



- Avoid standing behind vehicles or heavy equipment
- Ensure employees are out of area before moving
- Utilize spotters / flaggers to guide operators

# Electrical hazards

# Power lines

Contact with overhead or buried power lines can cause electrocutions, burns and falls.

- Assume that power lines are energized.
- Keep yourself and equipment 10 feet away.
- Use non-conductive type ladders.
- Call 811 before digging.

# Energized sources

A close-up photograph of a person's hands using a clamp meter to measure current in an electrical panel. The person is wearing a dark blue long-sleeved shirt. The clamp meter is black with orange handles. The background shows a rack of electrical components, including circuit breakers and terminal blocks with various colored wires (yellow, blue, red) plugged into them. The scene is brightly lit, likely in a control room or industrial setting.

- Never remove machine guards.
- Use equipment for its intended purpose.
- Remove equipment from service when damaged.
- Never perform maintenance unless trained to do so.
- Follow lockout/tagout procedures for approved maintenance.



# Extension cords



- Inspect cords before use.
- Avoid knotting or bending cords.
- Prevent damage to cords.
- Don't modify cords.
- Do not repair damaged cords.

# Caught-in/between incidents

# Trench cave-ins

- ✓ Never enter an unprotected trench.
- ✓ Only use designated means of entry.
- ✓ Keep spoil piles, material and equipment away from the edge of the trench.
- ✓ Alert your supervisor of any new hazards.



# Caught-in machinery



- ✓ Remove any loose ends from clothing.
- ✓ Do not tamper with machine guards.
- ✓ Follow lockout/tagout procedures for authorized maintenance.



# Crushed between objects

- ✓ Maintain awareness.
- ✓ Never stand between equipment and an immovable structure.
- ✓ Only operate equipment after proper training.



# Driving hazards

# Fatal driving behaviors

More than 90% of car crashes involve human error, per the National Highway Traffic Safety Administration (NHTSA).

# Fatal driving behaviors

Speeding

Fatigued driving

Failure to wear seat belt

Driving under the influence

Aggressive driving

Distracted driving

Right of way violations

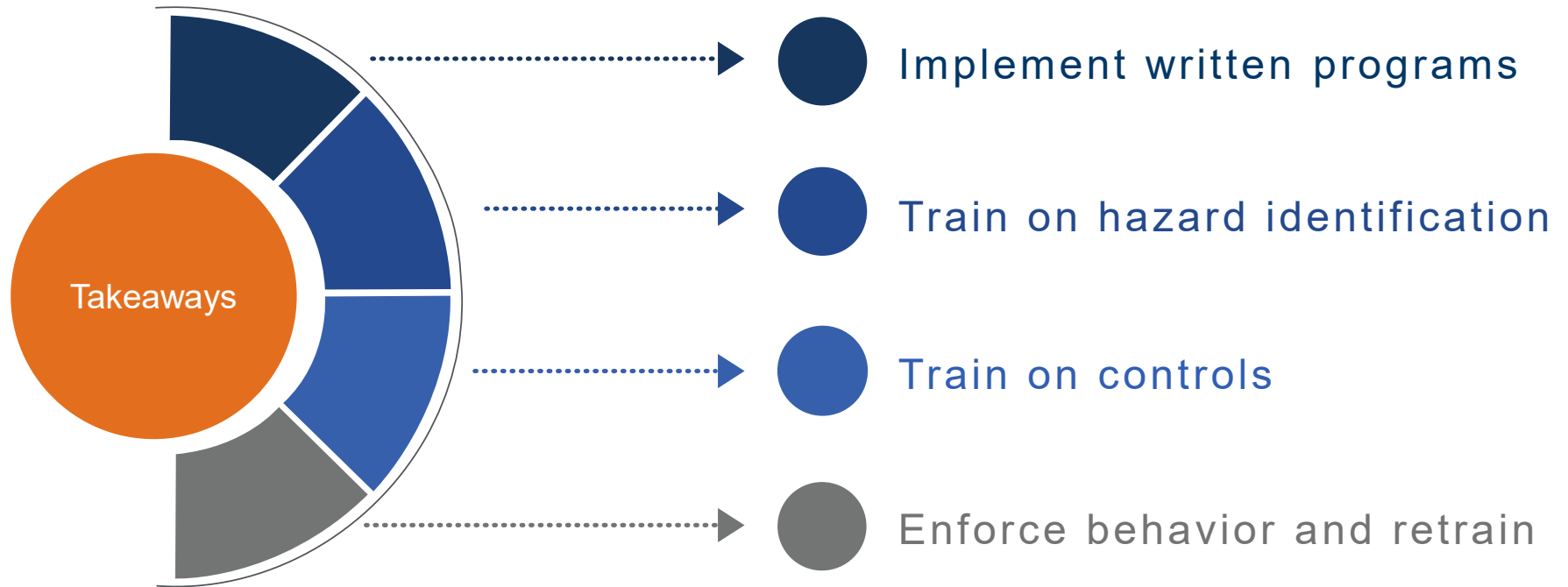
Passing

Tailgating

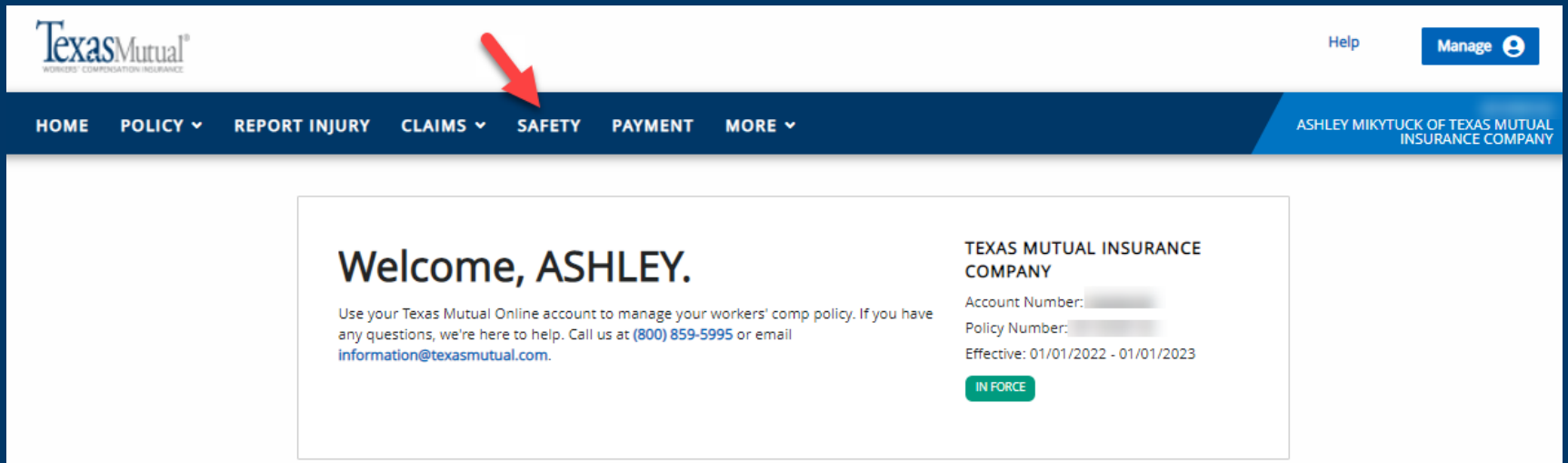


## Driving safety program elements

- Distracted driving
- Fatigue management
- Crash reporting procedures
- Training



# Resources



The screenshot shows the Texas Mutual website interface. At the top left is the Texas Mutual logo with the tagline 'WORKERS' COMPENSATION INSURANCE'. To the right of the logo is a red arrow pointing to the 'SAFETY' menu item in the navigation bar. The navigation bar includes 'HOME', 'POLICY', 'REPORT INJURY', 'CLAIMS', 'SAFETY', 'PAYMENT', and 'MORE'. In the top right corner, there is a 'Help' link and a 'Manage' button with a user icon. Below the navigation bar, a blue banner identifies the user as 'ASHLEY MIKYTUCK OF TEXAS MUTUAL INSURANCE COMPANY'. The main content area features a welcome message: 'Welcome, ASHLEY.' followed by instructions to use the online account to manage the workers' comp policy. To the right, the 'TEXAS MUTUAL INSURANCE COMPANY' details are listed, including the account number, policy number, and effective dates (01/01/2022 - 01/01/2023), with an 'IN FORCE' status indicator.

**Texas Mutual**  
WORKERS' COMPENSATION INSURANCE

Help [Manage](#)

HOME POLICY ▾ REPORT INJURY CLAIMS ▾ **SAFETY** PAYMENT MORE ▾

ASHLEY MIKYTUCK OF TEXAS MUTUAL INSURANCE COMPANY

**Welcome, ASHLEY.**

Use your Texas Mutual Online account to manage your workers' comp policy. If you have any questions, we're here to help. Call us at [\(800\) 859-5995](tel:8008595995) or email [information@texasmutual.com](mailto:information@texasmutual.com).

**TEXAS MUTUAL INSURANCE COMPANY**

Account Number: [REDACTED]  
Policy Number: [REDACTED]  
Effective: 01/01/2022 - 01/01/2023

**IN FORCE**



# Resources

The screenshot shows the 'Safety Resource Center Dashboard' with a navigation menu and a list of resources. A red arrow points to the first item in the list.

**Safety Resource Center Dashboard**

**Access Grants**

**Safety Resources** | e-Learning | Safety Tools | Alerts

Free and discounted safety resources

Take steps to prevent and manage accidents with thousands of free and discounted safety resources, including educational materials, classes, presentations, videos and more.

- [Safety and employer resources catalog](#) **UPDATED**
- [Safety webinars](#)
- [Safety courses at local colleges](#)
- [Online OSHA training](#)
- [Texas Mutual events](#)





Refine your search

Audience

- Company / Employer (81)
- Employee / Individual (58)

Employer Content

Featured

Health & Wellness

Human Resources

Industry

Insurance Coverages

Legislation & Compliance

Line of Business

Locations

Risk Management

Safety

Series

Type / Format



**Technology Playing It Safe: Workstation Ergonomics**  
Provide employees with these tips to prevent strain and fatigue associated with poor workstation ergonomics.

[View](#)



**Toolbox Talk: Ergonomic workstation: Are you comfortable?**  
This TXM Toolbox Talk provides tips for setting up an ergonomic workstation.

[View](#)



**Computer Workstation Ergonomics Guide**  
Millions of people work with computers every day. This guide from the Occupational Safety and Health Administration (OSHA) illustrates simple, inexpensive principles that will help you create a safe and comfortable computer workstation.

[View](#)



**Technology Playing It Safe: Using Dual Monitors the Strain-free Way**  
Educate tech workers using dual PC monitors on workstation setup to avoid strain with this employee flyer.

[View](#)



**Toolbox Talk: Working Remotely**  
This TXM Toolbox Talk discusses tips for staying healthy while working remotely including setting up an ergonomically friendly workstation, taking breaks and sticking to a work-life balance.

[View](#)



**Playing It Safe: Putting Your Workstation to Work**  
This flyer outlines tips employees can take to ensure their workstation is ergonomically correct.

[View](#)



**Remote Workstation Checklist**  
Employers can use this checklist when reviewing and planning a remote workstation setup for current employees or when planning a remote onboarding process.

[View](#)



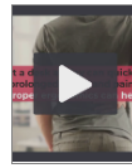
**Ergonomics Workstation Checklist**  
This checklist is designed to help you evaluate your computer workstation and your video display terminal (VDT) to prevent common stresses and injuries associated with use.

[View](#)



**Playing It Safe: Using Dual PC Monitors the Safe Way**  
Educate employees on proper workstation setup and ergonomic practices to eliminate strain when using dual PC monitors.

[View](#)



**5 Ergonomic Tips for Employees – Video**  
This video provides employees with five ergonomics tips for their workstations.

[View](#)

# Q & A

# Thank you!

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*844-WORKSAFE (967-5723)*  
*safety@texasmutual.com*

