

Safety Snapshot # 27

September 1 , 2009

Struck By Hazards

Throughout the life of a project there is the inevitable conflict of man vs. machine. Keep in mind, machine wins all the time.

Here are some tips to prevent serious injury on the job site:

- Pre-Plan and coordinate onsite activities with all parties involved.
- Conduct a Job Hazard Analysis to address the hazards and ways to abate them either through administrative means, engineering means or Personal protective equipment.
- Make sure all loads are stabilized prior to moving them.
- Ensure all back-up alarms are functional at all times.
- In areas of exterior work, block off egress routes into work areas to prevent injury.

Protect the workers at all costs. There is always a safer way to do things if we take the time to plan it.

Cindy L. Spiropoulos
NAWIC National Safety and Health

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Safety Snapshot # 28-2009

September 14, 2009

Electrical Arcing and Blasts

Arcing and Blasts are a potential danger in any electrical device. The heat of an electrical arc can exceed 10,000 degrees Fahrenheit. The surface of the Sun is approximately 9,000 degrees. The arc happens very fast and is accompanied by a blast. The blast happens when the air is superheated by the arc.

- Voltage and distance from the main power supply will determine the magnitude of the arc and blast.
- An arc is created from a short circuit situation, whether it is between two or more phases or to ground.
- The most common is between phases, usually caused by tools that are not insulated. When this occurs, the air between the phases becomes a conductor and uncontrollably looks for the nearest path to ground.
- For example, if the blast occurred in a power panel it has only one place to go and that is out the front where you are probably standing. So you are right in the path of the blast. Also the heat that is generated can melt metal in a matter of milliseconds. Now you have shrapnel flying at you. All this happens in about half a second. There are many personal protective devices out there designed to protect you from these hazards. These devices include flash suits, face shields and gloves. Depending on the equipment and voltage you are working with will determine the severity of an arc if it occurs.

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Safety Snapshot # 29-2009

September 28, 2009

Building L.I.F.E **Living Injury Free Everyday**

What does Living Injury Free Everyday mean?

It means we provide the safest workplace for our employees, contractors, clients and communities in which we work. We safely build the future.

The guiding principles of L.I.F.E:

- All injuries are preventable
- Perform a task only if it is safe.
- Working safely is a condition of employment.
- Practice and expect safe behavior everyday, everywhere.

In the Construction Industry in 2005 there were:

- 1186 Fatalities
- 23 Fatalities per week
- 5 Fatalities per day
- More than 165,000 Lost Time incidents
- Human Life lost due to a lack of planning.

Stop and think for a moment. Am I doing the right thing?

Take a personal commitment to change **Your** Behavior with respect to safety and the others around you.

Cindy Spiropoulos, CIT
NAWIC National Safety and Health Chair

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