SAFETY AWARENESS

Brief Topic Safety Refresher Training For Associates

On-Site PPE Use

Wear Gloves

Of the many tools that we have available, our hands are the most valuable. They provide us with the dexterity necessary to perform precise maneuvers that even the most advanced technology cannot replicate. Even the simplest tasks are difficult for a person that does not have full use of his or her hands.

Working in construction puts your hands at a higher risk. Hand injuries on the job are quite common, but many are preventable. There are many things you can do to keep your hands safe, and here are a few of the most common.

Always protect your hands by wearing work gloves when handling rough materials or performing operations where you are using your hands to lift or move objects. An Occupational Safety and Health Administration (OSHA) study revealed that 70 percent of workers experiencing hand injuries were not wearing gloves. The remaining 30 percent were making use of damaged, inadequate or inappropriate types of gloves for the job. Choose the right gloves for the task and inspect them thoroughly before use.

Hard Hats

Objects falling from above can pose a serious danger on the job site. It's important to take this risk seriously, as falling objects can lead to lacerations, traumatic brain injuries and even death. One of the best ways to protect yourself from these risks is through the use of hard hats.

While hard hats are required on the job site, it's easy to take the protection they offer for granted.

The following are some safety precautions to consider when using hard hats:

- Always wear a hard hat when required. To ensure your protection, it's crucial to wear the right hard hat for the task at hand. When it comes to hard hat safety, it's important to remember that there are different classes of hard hats:
 - Class C (conductive) hard hats do not provide any protection from contact with electrical hazards.
 - Class G (general) hard hats provide some protection from contact with low-voltage electrical hazards.
 - Class E (electrical) hard hats provide some protection from contact with high-voltage electrical hazards.
- Store hard hats in a secure location. It should be noted that sunlight and heat can weaken hard hats. As such, you should never store hard hats in areas where they are exposed to damaging direct sunlight, like in the back of a car.
- Maintain your hard hat properly. Excessive exposure to paint and cleaning agents can weaken hard hats over time, making proper cleaning and maintenance all the more important. To keep hard hats in good condition, wash them using warm water.
- Follow all manufacturer guidelines related to hard hat usage and replacement. Above all, replace hard hats if there are any signs of damage. Additionally, if the hard hat sustains an impact, you should replace it even if it looks unaffected.

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Injuries to your eyes, nose, mouth and other parts of your face can be life-altering. Personal protective equipment (PPE) is important to prevent injuries to the face. In some instances, it's important to use face shields.

Working in construction means that you will be asked to complete a variety of tasks with plenty of different hazards to be aware of. Many of these will be eye hazards dangerous enough that safety glasses alone do not provide enough protection.

For example, if you are grinding materials, sparks can fly around the glasses. Similarly, when working with chemicals, spatter and splashes can get inside your glasses as well.

Each job site should be evaluated in order to determine what tasks and operations will require the protection of face shields. Some common examples might include:

- Torching
- Grinding
- Working with chemicals
- Chipping
- Sanding

Using Face Shields Properly

While face shields provide a strong and sturdy layer of outer protection, they are not impenetrable or allencompassing when it comes to face safety. Like any PPE, face shields must be used and equipped properly in order to be effective. Keep the following tips in mind in order to make sure that you are getting the most protection out of your face shield:

- Wear safety glasses or other eye protection under face shields.
- Understand the specific instructions and limits of different face shields, as there can be a lot of variety when it comes to the thickness of the shield, or the material and tint of the window.
- Inspect the visor carefully before using it, as scratches, cuts and pitting can affect your vision.
- Store face shields in a clean, dry and cool environment away from any chemicals.
- Clean face shields with mild, soapy water.

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