

WEEKLY SAFETY MEETING

Vol.23 | No.31 | Week of 07-30-24

CRUSHED BY & STRUCK BY INJURIES

Date: _____

Job Name: _____

“It's bad luck to walk under a ladder because it's bad to be struck by a falling bucket or tool. Don't tempt fate.

Think about how often you've taken a chance and put yourself at risk. Have you worked within the swing radius of a crane? Have you been a spotter for heavy equipment and placed yourself between the equipment and a wall? Have you ever darted across the path of a dump truck without making sure the driver sees you and waves you across? If you answered "yes" to any of these questions, you can consider yourself lucky that you're here to tell the story. Many risk-takers aren't so lucky. You've been trained to recognize and avoid these hazards. Remember your training: stay out of danger zones.

Stay protected in trenches. Never enter an unprotected trench. You may convince yourself that going in there for a few minutes is okay, but a cave-in could happen in just seconds. Your decision to take that risk could be the last one you ever make. Make sure you can identify the signs of a safe and an unsafe trench (hint, the safe one has a trench protection system). Unless a competent person assures you that the trench walls are stable or properly supported, don't go into the trench.

Work safely around heavy equipment. Keep your distance when you're working around moving equipment. Never pass in front of a machine until you have made eye contact with the operator and he gives you permission to pass. Don't walk behind moving equipment where the operator can't see you. Don't stand between a fixed object (such as a wall or a post) and any equipment; the operator could move the unit or the load and crush you. Get out of the way when you hear a back-up alarm. Wear high-visibility clothing so operators can see you, especially in the evening and during the night.

Always be aware of your environment so you don't set yourself up for a crushed-by or struck-by injury. So far, we've been talking about how to avoid being killed. But it's important to prevent crushed-by and struck-by injuries when you're working with smaller equipment, too. Keep your head up when you walk around the jobsite. Don't use your phone or look at it while you walk. Keep your hands out of the point of operation of power tools and small equipment. Stack building materials in stable, secure piles so that they won't fall over on you. Wear your hard hat to protect your head and brain from falling and flying objects. Don't work under scaffolding or platforms that are in use. At home, make sure that your furniture, shelving, and TV are secured to the wall so they don't tip over and hurt or crush your kids, your legs, or your toes.

Supervisor Signature: _____



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MEETING ATTENDEES

Date: _____

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Print: _____

Signature: _____