THE CONNECTION

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CONSTRUCTION LABOR SERVICES, INC.

DEMOLITION SAFETY TIPS

Demolition work involves many of the same hazards that arise during other construction activities. However, demolition also involves additional hazards due to a variety of other factors. Some of these include: lead-based paint, sharp or protruding objects and asbestos-containing material.

- Brace or shore up the walls and floors of structures which have been damaged and which employees must enter.
- Inspect personal protective equipment (PPE) before use.
- Select, wear and use appropriate PPE for the task.
- Inspect all stairs, passageways, and ladders; illuminate all stairways.
- Shut off or cap all electric, gas, water, steam, sewer, and other service lines; notify appropriate companies.
- Guard wall openings to a height of 42 inches; cover and secure floor openings with material able to withstand the loads likely to be imposed.
- Floor openings used for material disposal must not be more than 25% of the total floor area.
- Use enclosed chutes with gates on the discharge end to drop demolition material to the ground or into debris containers.
- Demolition of exterior walls and floors must begin at the top of the structure and proceed downward.
- Structural or load-supporting members on any floor must not be cut or removed until all stories above that floor have been removed.
- All roof cornices or other ornamental stonework must be removed prior to pulling walls down.
- Employees must not be permitted to work where structural collapse hazards exist until they are corrected by shoring, bracing, or other effective means.

OHSA Card
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How Healthy is Your Heart

February is American Heart Month. And since heart disease is the number one cause of death in the United States, there's no better time to do a quick review of how to keep your heart healthy and safe.

The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. This year, an estimated 770,000 Americans will have a new coronary attack, and about 430,000 will have a recurrent attack.

Luckily, the chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put you at risk. Additionally, knowing the signs and symptoms of heart attack are crucial to the most positive outcomes after having a heart attack.

Know The Signs and Symptoms

Some heart attacks are sudden and intense; however, most heart attacks start slowly, with mild pain and discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath. This may occur with or without chest discomfort.
- Other signs: These may include breaking out in a cold sweat, nausea, or lightheadedness.

If you experience these signs or symptoms, it is important to act fast and get help. You can save your life by calling 9-1-1 immediately at the onset of heart attack symptoms.

Excerpt from Safety Now Feb. 2009

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REPORTING INCIDENTS AND NEAR MISSES

A safe workplace starts with you. Immediately report safety-related incidents and near misses in which you are involved.

If you witness an injury, send someone for help if necessary. Help and reassure the victim, but do not move an injured person unless the threat of further injury exists. Exercise caution in these situations to avoid injuries or exposure to blood-borne pathogens. If feasible, do not move anything in the area of the incident. Report to the appropriate person quickly and clearly. Offer to help in any way you can. Prompt action can help protect you or a co-worker.

Be sure to report all near misses. The next occurrence could cause an injury unless preventive action is taken. Try to determine what caused the incident and whether safety procedures were followed. A few moments of attention now can prevent future injuries.

Do your part to reduce injuries by:

1. Learning how to prevent dangerous situations.
2. Using safe practices.
3. Reporting incidents and near misses.

2009 Think Safety

Put Near Misses On Alert

1. *Learn to recognize **when you've had a** near miss. Anyone who has thought, **"That was close!,"** has had one.*
2. *Always report near misses as soon as possible.*
3. *Inform supervisors of unsafe acts or unsafe conditions.*
4. ***Don't take shortcuts.** Follow safety rules and procedures to help prevent near misses and injury incidents.*

Preventing Trench Wall Cave-Ins

Excavating and shoring trenches is a job that must be carefully planned and carried out. Each situation is different, depending on the type of soil, the size of the trench, how close the trench is to existing buildings, and the weather. A trench that is inadequately shored for the soil type or moisture level can be a death sentence for those who work below the surface.

When you work on a trench, follow procedures exactly. They have been carefully determined according to federal, state and local regulations for the soil type on your site. Most cave-ins are caused by not using shoring, using inadequate shoring, excavating too close to a building or utility pole, or misjudging the stability of the soil. Keep these points in mind when working with trenches:

Keep trenching machines level to prevent undercutting the soil. Keep the shoring as close as possible to the trenching machine without being damaged by the machine's operation. Pile excavated soil at least two feet from the edge of the trench.

Don't rely on trench shoring to support platforms for equipment such as cement mixers and wheelbarrows. If equipment must be used over a trench, provide extra vertical supporting members between the stringers of the shoring.

Preventing Trench Wall Cave-Ins

The sheeting that forms the wall of the shored trench must extend at least 18 inches above the top of the trench.

Use extra caution when walking or moving equipment around trenches. Equipment or soil dropped into the trench could injure workers below. Tripping on equipment or excavated material and falling into a trench is a common worksite accident. Heavy vibration weakens trench walls. Avoid using vibrating equipment such as jackhammers for rock splitting. Also avoid tamping and backfill operations nearby, unless the trench has shoring adequate to withstand the stresses they cause.

Before getting into any trench, make sure that the cross bracing is in place and tight. Cross bracing may be screw jacks, hydraulic jacks, or timbers, cleated and rigidly jacked or wedged.

When there has been a change in the weather, such as a heavy rain or thawing after a freeze, check with your supervisor before going into a trench. Trench walls that were safe when dry or frozen can collapse when saturated with water or thawed out.

Any time you move earth you create an unstable situation. To keep tons of rock and earth in the unstable arrangement of a trench, pay extra careful attention to the details of digging and maintaining that trench.

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