

















# SAFETY CALENDAR

## CONSTRUCTION

Keep safety in mind all year long.



Slips, trips and falls are the No. 1 cause of workplace injuries for Missouri contractors with costs averaging \$110,000 per lost-time claim. This interactive calendar offers suggestions of how you might use Missouri Employers Mutual's free resources to help eliminate slips, trips and falls at your job site. It starts with January, but you can start your safety program any time!

JANUARY	FEBRUARY	MARCH	APRIL
<p>Use our <b>DEVELOPMENT GUIDE</b> to start creating your Slip, Trip and Fall Program.</p>  <p><b>CONSTRUCTION</b> Use this guide to help develop your Slip, Trip and Fall Program.</p>	<p>Prevent falls with proper ladder safety. Post the <b>SAFE LADDERS</b> poster where your employees will see it.</p>  <p><b>Construction</b> <b>Safe Ladders</b></p>	 <p><b>Slip, Trip and Fall Prevention</b> Construction-Fall Protection</p> <p>Missouri Employers Mutual <b>WorkSAFE</b></p> <p>Share a short Slip, Trip and Fall <b>SAFETY PRESENTATION</b> at your next staff meeting.</p>	<p>Climbing in and out of machine cabs can put operators at risk for shoulder, back and rib-cage injuries. Cover these <b>3-POINT CONTACT</b> safety tips to help staff avoid injuries.</p> <p><b>TOOL BOX TALKS</b> Machine Three-Point Contact Construction Slip, Trip and Fall Prevention</p>  <p><small>Climbing in and out of machine cabs can put operators at risk for shoulder, back and rib-cage injuries. Falls occur when performing the routine task required that give way or slip. Job site terrain is rough and machine steps can become damaged or fall into disrepair. Review this safety document with your employees.</small></p> <p><b>Tool Box Tips</b></p> 
<p>Construction job site falls are a top cause of employee injuries and deaths. Share the <b>DEATH BY FALL</b> Tool Box Talk to drive home the importance of fall protection.</p> <p><b>TOOL BOX TALKS</b> Death by Fall Construction Slip, Trip and Fall Prevention</p>  <p><small>Job site falls are a top cause of employee injuries and deaths. Roofing contractors, carpenters and laborers working at heights are at risk of fall. Falls from ladders, scaffolds, roofs and equipment are a leading cause of serious injuries and have many employee fatalities.</small></p> <p><b>Tool Box Tips</b></p> <ol style="list-style-type: none"> <li>1. Prepare a fall protection plan for each new job site.</li> <li>2. Present job site falls by using guardrails, personal fall arrest systems and safety harnesses.</li> <li>3. Good quality guardrails must be set up on ALL scaffolds including mobile scaffolds and pumpjacks.</li> <li>4. Each scaffold on a mobile and level base.</li> </ol>  <p><small>Climbing employees on the frame or in ladders can lead to a fatal fall.</small></p>	<p>Summer is a busy time for roofing. Discuss <b>COMMERCIAL</b> and <b>RESIDENTIAL</b> safe practices with your employees.</p>  <p><b>Construction</b> <b>Commercial Roofing Safety</b></p>	<p>Get a grip! Using handrails on job site stairways reduces the number of job site falls. Share the <b>SAFE JOB SITE STAIRWAYS</b> Tool Box Talk at your next safety meeting.</p> <p><b>TOOL BOX TALKS</b> Safe Job Site Stairways Construction Slip, Trip and Fall Prevention</p>  <p><small>Stairways and ladders cause more injuries and fatalities among construction employees. Many of these falls can result in lifetime disabilities and can be difficult to treat. Review these safety tips with your employees.</small></p> <p><b>Tool Box Tips</b></p> <ol style="list-style-type: none"> <li>1. Stairways with four or more risers or more than 30 inches high must have a stair nosing with non-slip tread or edge.</li> <li>2. Install steps between 30 and 50 degrees.</li> <li>3. Must have uniform nose height and tread depth with less than a 1/4 inch variation.</li> </ol>  <p><small>Without the use of guardrails, employees could easily fall.</small></p>	<p>Now is a good time to clean out those unsafe ladders. Cover the <b>LADDER SAFETY</b> Tool Box Talk at a safety meeting.</p> <p><b>TOOL BOX TALKS</b> General Ladder Safety Construction Slip, Trip and Fall Prevention</p>  <p><small>Employees must be trained in ladder safety. Training needs to include: selecting the right ladder for the job, inspecting, load capacity, securing ladders, three-point climbing and the one to four pitch rule. Review these ladder inspection tips with your employees.</small></p> <p><b>Tool Box Tips</b></p> <ol style="list-style-type: none"> <li>1. Always consider fall prevention when using ladders.</li> <li>2. Always inspect ladders before use.</li> <li>3. Verify that the ladder is the correct size and type for the job at hand.</li> <li>4. Secure the ladder to prevent tip over or kick out.</li> <li>5. Use three points of contact when climbing.</li> <li>6. Use ropes to hold equipment or tools.</li> <li>7. Extend a minimum of three feet above the support edge.</li> <li>8. Never use a ladder within 10 feet of an overhead power line.</li> <li>9. Do not overload any ladder.</li> </ol>  <p><small>Remove damaged ladders from use.</small></p>
<p>Bucket truck operations present hazards that can easily cause injury or death. Follow the tips in the <b>BUCKET TRUCK SAFETY</b> Tool Box Talk to reduce your employee's exposure to injury.</p> <p><b>TOOL BOX TALKS</b> Bucket Truck Safety Construction Slip, Trip and Fall Prevention</p>  <p><small>Bucket trucks are a much safer and efficient option when compared to ladders on scaffold site. However, bucket truck operations can expose employees to hazards that could result in injury or death. Follow the tool box tips below to reduce your exposure to injury.</small></p> <p><b>Tool Box Tips</b></p> 	<p>Use this month to check your job sites for hazards. The <b>HAZARD ID CHART</b> can help you identify potential risks.</p> <p><b>HAZARD IDENTIFICATION/INSPECTION GUIDE</b></p> <p><b>Purpose:</b> This guide provides supplemental information to assist employees in recognizing common sources of slips, trip and fall hazards on various grounds.</p> <p><b>Inspection Checklist Guide</b></p> <ul style="list-style-type: none"> <li>• Comprehensive facility and grounds inspections by trained employees to identify slips, trip and fall hazards are recommended at least annually, ideally prior to the rainy season.</li> <li>• For higher slip, trip and fall risk areas, a formal inspection is recommended at least on a quarterly basis; more frequently depending on the likelihood for changing conditions.</li> <li>• For these inspections, it is ideal that the following departmental representatives participate, including: central administration, site principal, maintenance, safety and cost-control.</li> </ul> <p><b>Recommended inspections should include evaluation of the following:</b></p> <ul style="list-style-type: none"> <li>• <b>CONDITION OF FLOORS, CURBS AND STEPS</b> Floors should be clean of dirt and debris, free of water accumulations, grease and/or oils. Working surfaces should be as even as possible. Curbs should be fast and free of lips. Steps should be evenly spaced in height and depth. Nosing, paint or equivalent markings should be applied when conditions present that present a potential slip, trip or fall hazard.</li> <li>• <b>FLOOR MAINTENANCE PROTOCOL</b> Floor care procedures should be in writing and in accordance with the product manufacturer specifications for the type of</li> </ul>	<p><b>TOOL BOX TALKS</b> Job Site Slips, Trips and Falls Construction Slip, Trip and Fall Prevention</p>  <p><small>Slips, trips and falls are a leading cause of injury on a construction job site. These types of hazards are easy to overlook, but can be prevented through awareness, housekeeping and training.</small></p> <p><b>Tool Box Tips</b></p> <ol style="list-style-type: none"> <li>1. All employees are responsible for removing and preventing oils, lvs and fat hazards.</li> <li>2. Wear appropriate footwear for general construction job site hazards.</li> <li>3. Prohibit and use great care through muddy areas.</li> </ol> <p>Keep the job site clear of debris and extra materials.</p> <p>Winter weather is on the horizon. Review the <b>JOB SITE SLIPS, TRIPS AND FALLS</b> Tool Box Talk to remind employees about common injuries to avoid.</p>	<p>Got painters? They are exposed to some of the same fall risks as your roofers. The <b>SAFETY FOR CONSTRUCTION PAINTERS</b> Tool Box Talk covers several tips to keep them safe.</p> <p><b>TOOL BOX TALKS</b> Construction Painter Safety Construction Slip, Trip and Fall Prevention</p>  <p><small>Painters must be able to reach the far and high corners of structures like scaffolding, ladders and high angles. Hazards can be exposed to toxic, electric shock and crushing chemicals. Ladders, aerial lifts and scaffolding are used from drywells on both conditions. Review this safety document with your employees.</small></p> <p><b>Tool Box Tips</b></p> <ul style="list-style-type: none"> <li>• Skin barriers in approved containers.</li> <li>• Keep chemical containers labeled.</li> </ul> <p>Reduce direct skin contact with chemicals. Wear appropriate protective gloves.</p>
<p><b>SEPTEMBER</b></p>	<p><b>OCTOBER</b></p>	<p><b>NOVEMBER</b></p>	<p><b>DECEMBER</b></p>

To download **EVEN MORE** free resources, visit our website [www.worksafecenter.com/ConstructionSTF.page](http://www.worksafecenter.com/ConstructionSTF.page) dedicated to eliminating slips, trips and falls.

