

## AGC Safety Initiative E-News May 25, 2022

**OUR Safety MISSION:** Help each other enforce safety rules to ensure that every person on construction site goes home safe and healthy at end of the workday.

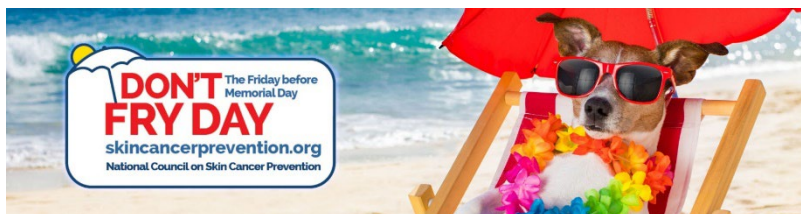
Calendar of Events – [Learn more](#)

[Connecting with the Hidden Workforce of Re-Entry](#) June 9 | 3:00 pm – 5:00 pm | Round the Bend Steakhouse, Ashland

Panel discussion with:

- **Jeremy Bouman** currently serves RISE as the Founder and CEO.
- **Abby Kossov** is the program director of Project Reset, a program in the Nebraska Center for Workplace Development and Education. The program mentors justice-involved individuals into a life changing career in the skilled labor and trades.
- **Lisa Laws** works at the Nebraska Department of Labor as the Reemployment Services Administrator. She is well versed in some of the programs that Nebraska has available to assist with hiring and retaining individuals with a justice-involved background including the Fidelity Bonds Program, WIOA, and WOTC.
- **Marji VoorVart** is the LIFE Employment Coach with Metropolitan Community College's 180 Re-entry Assistance Program (180 RAP).

OSHA withdrew its [Vaccination and Testing Emergency Temporary Standard](#) and will focus on a permanent [COVID-19 Healthcare Standard](#)



To help reduce rising rates of skin cancer from overexposure to the ultraviolet (UV) rays of the sun, the National Council on Skin Cancer Prevention has designated the Friday before Memorial Day as “Don’t Fry Day” to encourage sun safety awareness and to remind everyone to protect their skin while enjoying the outdoors. Please encourage everyone, including non-profit organizations, local, state, and federal governments, public health professionals, and educators to promote the importance of skin cancer prevention and sun-safety behaviors to use the free Don’t Fry Day material and resources. The 2022 Don’t Fry Day Toolkit is available [here](#).

### HEAT STRESS

Workers who are exposed to extreme heat or work in hot environments may be at risk of heat stress. Exposure to extreme heat can result in occupational illnesses and injuries. Heat stress can result in heat stroke, heat exhaustion, heat cramps, or heat rashes. Heat can also increase the risk of injuries in workers as it may result in sweaty palms, fogged-up safety glasses, and dizziness. Burns may also occur as a result of accidental contact

with hot surfaces or steam. Workers at risk of heat stress include outdoor workers and workers in hot environments such as firefighters, bakery workers, farmers, construction workers, miners, boiler room workers, factory workers, and others. Workers at greater risk of heat stress include those who are 65 years of age or older, are overweight, have heart disease or high blood pressure, or take medications that may be affected by extreme heat. Prevention of heat stress in workers is important. Employers should provide training to workers so they understand what heat stress is, how it affects their health and safety, and how it can be prevented. [Learn more](#)

## 15 Workplace Safety Tips Every Employee Should Know

Workplace safety is much more than not having to fill-up a Work Injury Claim Form. Safety measures account for evading every possible foreseeable danger so as to avoid the cascading aftermath of a potential accident. Since an ounce of neglect can cost many lives and irrecoverable damage, it's in the best interest of every employee to stay abreast of all safety measures at all times. Companies take utmost care in complying with safety regulations instead of risking brand reputation and other implications that follow mishaps. When all the safety programs are in place, it's the employee who must follow and execute these safety steps. These essential safety tips for employees are sure to brush up your workplace safety awareness.

- **Declutter Workspace**

The first and foremost safety tip is to keep your workstation clutter-free. Clutter will not only hinder your ability to work efficiently but it also poses a serious threat to your safety. Unable to perform a swift action at the spur of a moment due to an unorganized workstation can prove life threatening not only for you but also for others around you.

- **Create an Ergonomic Workplace**

Ergonomics is not just choosing the right type of office furniture; it is also about organizing your workplace to suit your body & mind. Ergonomics is a science that uses a person's abilities & limitations to improve his interaction with things around him which considerably reduces the risk of injury.

- **Emergency Exit Ways**

One of the safety training modules covered at your workplace would be the fire drill, to get you accustomed in finding your way towards emergency exits. This free safety training is for you to know that the pathway to these emergency exits must be clear of any obstruction. So do not ignore a stationary shelf blocking an emergency exit doorway.

- **Hazardous Zones**

Familiarize yourself with the hazard zones of your workplace and take prompt action if you find something amiss in such high-risk zones. For example, damaged hazard signage is something that needs immediate replacement.

- **Combustible Dust**

Apparently, dust can catch fire and cause an explosion too. It is important to identify areas that can accumulate dust and clean those areas regularly using industrial grade vacuum cleaners

- **Machinery Manual**

Keep the machinery manual handy not only for yourself but also for anyone else who may be using the same machine in another shift. This reduces injury due to improper use or lack of expert knowledge in using a machine.

- **Daily Toolbox Safety Talks**

Toolbox safety talks are everyday prep talks that offer vital safety precautions and tips applicable to that day. It is recommended every employee attends these sessions to be able to take well-informed safety decisions throughout the day.

- **Tools & Machinery Service**

Along with routine servicing, perform a visual inspection of your tools & machinery before using them. Something as simple as debris from your previous task can cause your equipment to malfunction & cause injury to the operator.

- **Protective Gear**

Just like safety barriers are important for machines to be operated safely, protective gears protect

employees from exposure to harmful substances. Protective gear includes but not limited to helmets, protective clothing, safety goggles, gloves etc.

- **Cross-Contamination Hazard**

Cross-contamination proves to be a serious threat mainly in the food processing industry & the chemical industries. Being aware of the seriousness of cross-contamination and measures to avoid is one sure way to eliminate the risk.

- **Hospital Safety Plan**

No doubt being prepared can save lives but in the unfortunate event of a medical emergency at the workplace, employees are required to act in an organized manner to ensure the injured is shifted to a hospital without any delay. Get yourself accustomed to the hospital safety plan of your floor to be prepared for medical emergencies.

- **Warehouse Safety**

Employees need to be well-versed in safety fall prevention and ladder safety training to manage warehouses successfully. Since there is a whole lot of lifting and transportation involved in warehouse management, it is essential to have skill sets needed to prevent objects from falling.

- **Demarcated Unsafe Areas**

Depending on the progress in work, the demarcated unsafe areas change with time in the certain workplace, especially in the construction & mining industries. Pay attention to safety guidelines for the day as what was safe the previous day may not be safe the following day.

- **Utilize Mechanical Aids**

Never take shortcuts to avoid a few extra tasks you may have to do. Utilize mechanical aids when possible instead of doing the task yourself and reduce the chances of injury. For example, fetch a forklift to carry a heavy carton instead of maneuvering it around on your own.

- **Adequate Break Intervals**

Last but not least, getting enough rest and recreation ensures you are alert at the task you are doing. Get sufficient rest & take adequate breaks to return to your task fresh and energetic to reduce the risk of injury.

### **Safety Initiative Goals:**

As an AGC Nebraska Building Chapter member, are you participating with:

- 100% of all AGC members and other contractors on AGC jobsites enforcing OSHA standards as they apply to falls, electrical safety and possible another topic.
- 100% of all AGC members will have set their own company goals to improve safety in their firm and have a way to measure progress towards the goal.
- 100% of all AGC members will encourage and support all contractors on their jobsites to set their own company goals for improving safety.