



SAFETY

Nebraska Building Chapter

AGC Safety Initiative E-News August 31, 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](#)

OSHA has extended its [revised National Emphasis Program on COVID-19](#) until further notice.

GC & SC Roundtable

Thursday, September 29, 2022 | 3:00 pm - 5:00 pm | Round the Bend Steakhouse, Conference Center, Ashland

Mental Wellness and Suicide Awareness and Prevention

The numbers are jolting - Construction workers commit suicide at three times the national average. More American construction workers die by suicide than from job site injuries or accidents. Construction has the second highest suicide rate of any industry. Learn to recognize the warning signs and how to get help for someone in crisis.

Employment of minors

The Nebraska Dept. of Labor reminds employers that work permits are required for students under 16 years of age. A permit must be obtained from the largest school in their district, including those who are home schooled. Work permits must be reissued each year of employment and when the student changes employers.

[MINOR EMPLOYMENT GUIDANCE](#)

[FAQ](#)

5 tips to reduce repetitive stress injuries

Construction workers: Do you often perform the same task at work over and over again? Do you experience pain afterward? What starts as a minor ache or pain can quickly turn into a more serious condition – a repetitive stress injury. “Returning to the same task without time to recover can damage nerves, tendons, muscles, ligaments and joints,” the Texas Department of Insurance says. “Injuries could include shoulder and low back strain, carpal tunnel syndrome, and tendonitis.”

The department offers these five tips to help workers reduce the risk of RSIs:

1. **Use hand tools the right way.** Make sure you’re using the right tool for the task. It needs to fit your hand and be lightweight, and you need to keep your wrist straight when using it. The handle should also extend past your palm.
2. **Protect your back.** To start, don’t lift more than 50 pounds. Then, avoid working in awkward postures, and don’t twist when lifting. Instead, use a cart, dolly, or forklift, or ask someone to help you.

3. **Avoid overexertion when laying bricks.** “Bricklayers and masons have the highest rates of back and overexertion injuries in the construction industry,” the insurance department says. Reduce the risk by using half-size pallets, two-person lifts, H-blocks, and mortar silos.
4. **Reduce the stress of overhead drilling.** “Overhead and inverted drill presses, some mounted on tripod bases with telescoping poles, allow the upper arms to remain below the shoulder for more comfortable drilling.”
5. **Reduce exposure to vibration.** Vibrations can interfere with your body supplying blood to your fingers, arms, and toes. You should always wear gloves or anti-vibration wraps when using vibrating equipment, make sure heavy equipment has padding, and take regular breaks.

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.