

Name:

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# passport to work

Onsite Safety Essentials for  
Construction and Building Workers

Wymogi Bezpieczeństwa Dla Pracowników  
Budowlanych w Miejscu Pracy

the health & safety group

## Introduction

**There are still too many deaths and serious injuries in the construction and building industry.**

**Don't let you or your work mates become another statistic.**

**To keep you and your work mates safe:**



**Plan well. Work as a team. Take pride.  
Be aware!**

*Workers whether directly employed or self-employed have the same safety responsibilities to themselves their work mates and their employers.*

*An employer has the same safety responsibility for all his employees no matter whether they are directly employed or self-employed.*

**As a building or construction worker, you are entitled to:**

- Information and instruction in how to work safely
- Access to washing and toilet facilities
- Provision of the right tools, equipment and protective clothing



*The following information is a checklist of the most common risks in building and construction industry. It is not intended as a comprehensive list, but as a brief guide only. The Health & Safety Group does not accept responsibility for the accuracy of the information provided.*

## Accident Reporting

Ensure you report not just accidents **but near accidents and dangerous situations**. – This is very important because the next time the same thing happens, an accident may well occur.



You are an important link in the chain of communication, don't think twice about reporting anything you consider dangerous.



Know who your nearest first aider is - if an accident does happen, report it straight away.

## PPE (Personal Protective Equipment)

Would it bother you to lose a limb, your eyesight or your life?  
Do you have family or someone close who cares about you?

**Then wear protective equipment and clothing provided.**

Personal Protective Equipment really does protect you and it can stop your life from being ruined. By law PPE must be provided by the employer and worn by you.

### ***To be worn at all times***

Accidents often results in head injuries, so always wear your **safety helmet**. Replace it if it becomes damaged.

**Boots or shoes** with **steel midsoles and toes** must also be worn at all times.



### ***To be worn when required***

Use the right **gloves** for the job you are doing - i.e. heat / sharps resistant.

Wear hearing protection such as **ear protectors** or **earplugs** when noise reaches 85 decibels or more.

Dangerous substances such as asbestos, vapours and gases require you to use breathing protection, such as **masks** or **hoods, goggles, gloves** or **protective clothing**.

For working at heights you need to wear individual **fall arrest equipment** which should include a **safety harness** and a **short lanyard** to break a half metre fall.

Visible jackets are always advisable to wear on site.