



Onsite Safety Essentials

for building and construction workers

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!



Fire Safety

Clear away combustible waste and materials. Switch off all heat sources after use. Know the escape route for every site. If a fire does start, alert your work mates and leave the site.

Work Equipment

Know how to use it, if you don't know - get the training you need. Keep sharp blades covered when not in use and put equipment away safely.



Slips and Trips

Don't leave obstacles, trailing wires, ropes or string lying around. Clear up wet spills and cover or report damaged flooring. Make sure you have enough light to work safely.

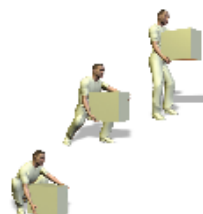
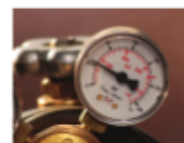


Electrical Safety

Switch all electrical equipment off when not in use and remove from the mains if applicable. Make sure electrical equipment is fused. If any of the wiring is damaged - arrange to get it fixed. Keep water away from electrical equipment.

Gas Safety

Only use gas cylinders if you know how. Be alert to leaking gas from pipes or cylinders. If you smell or hear gas leaking alert your work mates and leave the site.



Manual Handling

Know how to lift safely. The general rule is to bend knees and keep the back straight. Hold loads away and don't twist your body. Where possible share the load with a work mate or better still use a mechanical device to transport the load.



Working at Heights

Working at heights is the most dangerous activity on a building or construction site, so why take the risk? Steady all ladders and when working at heights, use lanyards and harnesses to secure yourself to scaffold or frames.

'Clip on' and secure yourself at all times!

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

Hard hat and crush resistant footwear are a must. Industrial gloves, goggles, masks and ear defenders must also be worn when the situation requires.



COSHH (Control of Substances Hazardous to Health)

Know what you're dealing with when handling hazardous substances, the information should be on the label. Make sure you wear protective equipment such as gloves, eye protection or masks when appropriate.



Accident Reporting

If an accident does happen, report it straight away. Also report dangerous situations. Know who your nearest first aider in the event of an accident.



Lifts and Hoists

Don't operate a hoist unless you know how to. Stay out from under the load at all times. Never overload the hoist and secure the load.



© The Health & Safety Group Ltd
www.hs-group.com