



California Construction And Industrial Materials Association

- 1) Be prepared for an emergency. Emergencies in your work area can happen at any time and come in many forms. You can suddenly be faced with a medical emergency, fire, chemical or gas leak, or even a natural disaster. Do you know what to do?
- 2) Know what your roles and responsibilities are in your Emergency Response Plan. If you do not have specific duties, you should quickly turn off equipment or systems you are operating, alert others about the emergency. Follow instructions and proceed to a safe assembly point for roll call.
- 3) Practice fire prevention so you never have to speak about it from experience.
- 4) Make sure you know the location of the fire extinguishers in your work area and how to use them.
- 5) Personal Protective Equipment only works if you use it – and use it properly.
- 6) Secondary containers for chemicals must be labeled with substance or common name of the chemical, and have a hazard warning statement unless all the contents of the container are used immediately.
- 7) Make sure you have a clear path before you lift and carry items.
- 8) Stretching can help reduce your chances of having a back injury.
- 9) If the object you have to lift is too heavy for you, get someone to help you or use a mechanical lifting device.
- 10) To prevent electrical shock, inspect tools for frayed or damaged cords and ensure they are properly grounded.
- 11) Make sure that the interlocks for that equipment are turned off before trying to start equipment to verify lockout is complete.
- 12) An easy way to tell if a ladder is extended 36 inches above a landing surface is to count the number of rungs the ladder extends above the landing or elevated landing. The rungs are one foot apart, so three rungs is 36 inches above the landing.
- 13) You can climb up or down a ladder using three points of contact without stopping to reposition your hands every two rungs. If climbing hand over hand, you will momentarily only have two points of contact each time you move one of your hands.
- 14) Have equipment specified in your fall protection rescue plan readily available and ready for use prior to starting any work that requires the use of personal fall protection equipment.
- 15) When working around mobile equipment, be aware that blind spots do exist and that the operator may not see you.