

"Although installing insulation is not inherently dangerous, falls from ladders and cuts from knives are common hazards. In addition, small particles from insulation materials, especially when sprayed, can irritate the eyes, skin, and lungs. To protect themselves, insulators must keep the work area well ventilated and follow product and employer safety recommendations. They may also wear personal protective equipment (PPE), including suits, masks, and respirators, which protects against hazardous fumes or materials."

Bureau of Labor Statistics



OSHA 10 & 30 Hr Outreach Training

The OSHA 10 & 30 Hour Outreach Training Program for the Construction Industry provides voluntary training for workers and employers on the recognition, avoidance, abatement and prevention of safety and health hazards in the workplaces of the construction industry. Through this program, entry-level workers may attend the 10-hour class, while supervisors or workers with some safety responsibility may participate in the 30-hour. These classes provide information regarding workers' rights, employer responsibilities, and how to file a complaint. Through this program, OSHA helps to ensure workers are more knowledgeable about workplace hazards and their rights while contributing to our nation's productivity.

ABC can help you protect your employees and your bottom line by training your employees on how to recognize and avoid unsafe conditions in the workplace.

Contact us today to find out more!



CONSTRUCTION
EDUCATION
FOUNDATION

www.ovcef.org

Mid-America OSHA Education Center

An Authorized

OSHA® Training Institute
Education Centers

www.midamericaosha.org



Associated Builders
and Contractors, Inc.

Ohio Valley Chapter

www.ovabc.org



S · BEST SAFETY PRACTICES SERIES · BE

INSULATION

SERIES · BEST SAFETY PRACTICES SERIE



Safety is #1 with Associated Builders and Contractors. We offer these best practices to help you Increase Productivity by recognizing and avoiding unsafe conditions in the workplace.

Call today to find out more!



Wear Appropriate Safety Gear

- Improperly handled insulation can be hazardous, before you start working with insulation you need to ensure that the safety precautions are being adhered to.
- There are a wide variety of insulation material available such as fiber glass, cellulose, spray foam and rigid foam insulation, all of them can be hazardous if you come in contact with them.
- The tools you need to install or renovate can also pose a danger of injury.
- A documented inspection of all fall protection equipment must be completed prior to each shift. Fall protection equipment subjected to a fall shall be taken out of service and removed from the jobsite.

Wear Proper Personal Protective Equipment

- Ensure you are wearing protective goggles or safety glasses, gloves and clothing that covers your entire body.
- Wearing coveralls or a Tyvek suit, head cover is recommended.
- Wear a full or half-face respirator to ensure harmful substances are not inhaled.

- All personal protective equipment should be properly fitted and worn when required.

Take Care if Fibers Get on Your Skin or Eyes

- If insulation fibers collect on your skin, don't rub and scratch or remove with compressed air. Instead, lay tape, adhesive-side down, and then remove it gently, so the fibers are pulled from the skin.
- If fibers get in your eyes, never rub—flush with water or eyewash solution.
- Contact your doctor if you have continued irritation.



- ***Do not tape sleeves or pants at wrists or ankles. Remove SVF dust from work clothes before leaving site to reduce potential for skin irritation.***

Maintain Adequate Ventilation

- Determine whether your work site needs a dust-collection system.
- Exhausted air containing SVF's should be filtered before being recirculated into inside workspaces.

Keep Dust to a Minimum

- Keep the material in its packaging as long as practical and if possible.
- Tools that generate the least amount of dust should be used. If power tools are to be used, they should be equipped with appropriate dust collection systems as necessary.
- Keep work areas clean and free of scrap SVF material.
- Do not use compressed air for cleanup unless there is no other effective method. If compressed air must be used, proper procedures and control measures must be implemented. Other workers in the immediate area must be removed or similarly protected.

- Where repair or maintenance of equipment that is either insulated with SVF or covered with settled SVF dust is necessary, clean the equipment first with HEPA vacuum equivalent (where possible) or wipe the surface clean with a wet rag to remove excess dust and loose fibers. If compressed air must be used proper procedures and control measures must be implemented. Other workers in the immediate area must be removed or similarly protected.

- Avoid unnecessary handling of scrap materials by placing them in waste disposal containers and keep equipment as close to work areas as possible to prevent the release of fibers.

Leave Adequate Space

- When installing insulation, do not hand-pick insulation around bare stovepipes and electrical fixtures. These require ample space around them to dissipate heat or there is the danger of a fire.
- Ensure that you read labels carefully and prevent the possibility of a fire trap.
- All electrical equipment, motors and heat producing appliances should be treated with care and sufficient space left around them for heat to dissipate.
- ***Free circulation of air is vital around these fixtures to prevent a fire.***

