Operating engineers and other construction equipment operators have a higher rate of injuries and illnesses than the national average. Slips, falls, and transportation incidents can generally be avoided by observing proper operating procedures and safety practices. Bulldozers, scrapers, and especially pile-drivers, are noisy and shake or jolt the operator, which may lead to repetitive stress injuries. 

Bureau of Labor Statistics

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!

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.

Contact us today to find out more!

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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!
1 Heavy Equipment
- Always call O.U.P.S. before you dig.
- Wait 48 hours.
- Respect the markings.
- Dig with care.
- Confirm that you are certified to use this equipment.
- Familiarize yourself with operating manual.
- Manage traffic control.

2 Work Environment Safety
- Have an understanding of the work environment before entering.
- Inspect condition of soil slopes.
- Identify and demarcate underground and overhead utilities.
- Always identify workers, general public and use eye contact.
- Allow passengers only per manufacturer's recommendations.

3 Operator Safety
- Use pre-op inspection checklist: mirrors, back-up alarms, tires and gauges.
- Cell phone use is prohibited while operating heavy equipment.
- Keep cab area clean.
- Always wear seatbelt and PPE (personal protective equipment) as required (safety glasses, hard hat, etc.).
- Do not make sharp turns or swings. Always understand the center of gravity of the machine. Do not exceed rated load capacity.
- Understand your company policy on right-of-way.
- Honk at intersections and before proceeding anytime in reverse. Always make sure there is a clear line of sight and use a spotter when necessary.

4 Employees Working Around Heavy Equipment
- Be familiar with your surroundings – “stay out of the red zone.”
- Do not walk up to operator on their blind side.
- Only approach equipment operator once you have made eye contact with the operator.
- Stay off cell phone.