“HVACR technicians have one of the highest rates of injuries and illnesses of all occupations. Potential hazards include electrical shock, burns, muscle strains, and injuries from handling heavy equipment. Appropriate safety equipment is necessary in handling refrigerants, because they are hazardous and contact can cause skin damage, frostbite, or blindness. When working in tight spaces, inhalation of refrigerants is also a risk. Several refrigerants are highly flammable and require additional care.”

*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.

**Bureau of Labor Statistics**

**OSHA Training Institute Education Centers**

Mid-America OSHA Education Center

www.midamericaosha.org

**ABC**

Associated Builders and Contractors, Inc.

Ohio Valley Chapter

www.ovabc.org

**CONSTRUCTION EDUCATION FOUNDATION**

www.ovcef.org

**OSHA 10 & 30 Hr Outreach Training**

www.ovabc.org

**SAFETY**

* Call today to find out more! **

**HVAC**

* Call today to find out more! **

**BEST SAFETY PRACTICES SERIES • BEST SAFETY PRACTICES SERIES**
Fall Protection – The number one exposure in the HVAC industry is falls from heights. Pre-planning is especially important to ensure that the right fall protection is available to employees.

Prior to the job startup:
- Height of the work
- Best way to conduct this work (Ladders, Lifts, Scaffold etc.)
- What equipment will be needed and how to use it
- When working at heights will commence

Daily inspection of fall protection equipment is required of the trained user. A monthly or quarterly documented inspection is highly recommended. Fall protection equipment subjected to a fall shall be taken out of service and removed from the jobsite.

Scaffolding – If work will be done at heights determine how employees will be protected from falls;
- Guardrail System
- Fall Arrest System
- Safety Net System

A written plan for how to establish the fall protection system will make sure the right equipment and tools are ready for the installation. Employees must be trained in each system that will be utilized.

Ladders – Prior to using ladders, plan for:
- Use Type 1A, 300lb. (most common) or Type 1AA, 375lb. fiberglass ladders
- Ladder placement - The feet of a ladder should be level and positioned solidly on the ground.
- Determine best type of ladder for situation (extension, step ladder or job made ladder)

When work will be completed utilizing ladders, a visual inspection by the trained user is expected. A monthly or quarterly documented inspection is highly recommended. Employees must be trained in the use of ladders.

Scaffold
Once the appropriate scaffold has been determined, employers must also:
- Make sure users are trained by a qualified person
- Have a competent person train employees who will be assembling/disassembling, moving, operating, repairing, maintaining or inspecting scaffold

Prior to each work shift an inspection by a competent person shall be completed of scaffolds and scaffold components for visible defects which could affect the scaffolds structural integrity. Use the Red, Yellow, and Green tag system to notify every one of the scaffold use status.

Lifts
Before renting/purchasing a lift, determine:
- Height of the work
- Consider the environment when determining the work surface the lift will be placed on and where the work is located
- What will be lifted
- Weight capacity of the lift

When work will be completed using a lift a daily inspection of lifts is required of the trained user. A monthly or quarterly documented inspection is highly recommended. Employers must certify lift operators have been trained in the use of each specific lift type according to the OSHA standards.

PPE
Employers are responsible for requiring the wearing of appropriate personal protective equipment in all operations where there is a potential exposure to hazardous conditions. As a Best Practice, the following PPE will be worn at all times:
- Head Protection
- Eye/Face Protection
- Foot Protection
- Hand Protection – consider a leather or coated cut-resistant glove and possibly Kevlar sleeves when installing ductwork

Employees shall be trained in selecting and using PPE.

Lockout/Tagout
Lockout-Tagout is an integral part of HVAC operations. Employers are responsible for determining (this is not an all-inclusive list):
- Authorized employees and/or affected employees
- Type of energy to be controlled
- Appropriate lockout/tagout system to be used
- Procedures for affixing & removing lockout/tagout devices (one lock per person)

Employers shall document employee training in their company specific Energy Control Program.