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.

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.

OSHA 10 & 30 Hr Outreach Training
www.ovabc.org

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!

Bureau of Labor Statistics

“Millwrights, Industrial machinery mechanics and machinery maintenance workers have higher rates of injuries and illnesses than the national average. To avoid injuries, workers must follow safety precautions and use protective equipment, such as hardhats, safety glasses, steel-toed shoes, gloves, and earplugs.”

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OSHA 10 & 30 Hr Outreach Training
www.ovabc.org

www.ovCEF.org

www.midamericaosha.org

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1. **Ladders**
   - Tie off/secure ladders
   - Inspect ladder before use
   - Extend ladder 3 feet above the working edge
   - Ensure properly rated as 1A or better
   - 4:1 ratio -- ensure extension or job made ladder is at proper angle
   - Belt buckle rule -- belt buckle must remain inside the rails of the ladder
   - 3 points of contact

2. **Welding, Cutting and Grinding**
   - Proper clothing, PPE, properly rated shield and hand protection
   - Avoid awkward positioning or positioning too close to weld fumes
   - Ensure manufacturers guidelines are followed for grinding disc and guarding

3. **Fall Protection**
   - 100% tie off full body harness
   - Use of SRL vs lanyards to minimize fall
   - All inspect fall protection equipment prior to use
   - Fall protection required on work surfaces at or above 6 feet (unless owner has more stringent rules)
   - Proper training use and inspection of all fall protection equipment
   - When using lifts, keep both feet on platform floor, and gates and chains in place
   - Fall protection is required in all aerial lifts and is highly recommended for all sublifts
   - Locate correct anchorage points
   - Guardrails and cover wall openings
   - Written fall and rescue plan

4. **Rigging**
   - Proper use of tag lines
   - Verify lift plans are being followed
   - Ensure proper rigging
   - Protect straps and chains from sharp edges
   - Use double legs for long loads
   - Tie up unused legs
   - Hooks facing out
   - Use double legs for long loads
   - 45 degree or greater sling angle
   - Always pull along the plane of an eye bolt
   - Always choke through a shackle
   - A trained qualified rigger must be used

Contact OVABC today for more information:  info@ovabc.org | 866.444.4412 | www.ovabc.org