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!**

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**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.

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**CONSTRUCTION EDUCATION FOUNDATION**

[www.ovcef.org](http://www.ovcef.org)

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**Mid-America OSHA Education Center**

[www.midamericaosha.org](http://www.midamericaosha.org)

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**ABC**

Associated Builders and Contractors, Inc.

Ohio Valley Chapter

[www.ovabc.org](http://www.ovabc.org)
Welding
• Know what you are welding on (example-hexavalent chromium)
• Protect and inspect welding leads

Fall Protection
• Plan fall protection before work starts
• Always have a plan for tying off when building metal stairs
• Best Practice (most CM’s and GC’s) – Always have fall protection when working anything higher or at 6 feet in height
• First option - tie off above you
• Use and plan for pre-engineered controls when possible such as embedded anchor points and having designed holes in column for tie off points
• When decking use retractable cable (SRL)
• Inspect fall protection PPE as well as anchorage points.
• Maintain 100% fall protection on all leading edge decking activities
• Ensure all fall protection is up to standard (top, mid-rail, etc.)
• Check with the Competent Person or foreman to ensure that the right fall protection is being utilized for the job
• Adhere to site-specific fall protection requirements

Housekeeping
• Always have a clean laydown area to prevent slips, trips and falls.

Rigging
• Block off area (communicate with job site on path of material to prevent overhead hazards for workers)
• Make sure all rigging and signaling are done by a qualified person

Caught In/Between
• Never work under suspended loads unless involved in connecting
• Ensure proper use of tag lines
• Avoid caught in/between areas, watch body position
• Avoid pinch points, connections, caught in-between scenarios
  - Connection Points
  - Placing Loads
  - Swing radius of crane
• Use a pin wrench to align bolt holes for steel, not your fingers
• Use alignment tools

PPE
• Wear proper PPE for the job – safety glasses, hard hats, fall protection etc.

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