HEALTH & SAFETY EDUCATION

FOR

THE

Small Construction Companies

Pamela L. Smith, Consultant and Facilitator
INTRODUCTION TO HEALTH & SAFETY FOR SMALL CONSTRUCTION COMPANIES

TOPICS

- Workplace Safety
  - Workplace and Your Health
  - Basic First Aid for the Workplace
  - Workplace Personal Protection Equipment and Inspections
  - Workplace Emergency Safeguards
  - Workplace Hazard Prevention and Safeguards
  - Public Safety for the Workplace
INTRODUCTION TO HEALTH & SAFETY FOR SMALL BUSINESS

- Laws and Policy
- Public Safety Precautions
- Housekeeping Habits for the Office and Worksite
- Good Ergonomics for Small Businesses
- The Model Employee
Know and implement all NOSHA, OSHA, U.S. Dept. OF Labor, the Arizona Dept. of Labor and local county agencies regulations and requirements.

Know and educate the importance of compliance.

Know and educate the benefits of compliance.

Safety & Health Management Systems

Know and implement a Safety and Health Management System.
OSHA and Other Agencies

- OSHA
- State Occupational Health Agencies
- County Environmental Services
- Local government agencies
Governmental Roles and Responsibilities

- The United States Department of Labor
- State Department of Labor
- County Environmental Services
- Local and city governments
WORKPLACE SAFETY QUIZ

The following questions are multiple choice and true or false. Choose the correct answer. Write the correct answer on your answer sheet.

1. OSHA means:
   Occupational Safety and Health Administration administers employer safety and health laws and guidelines. True or False.

2. Employer laws are administered by which agency?
   a. Local sheriff department
   b. State workers compensation department
   c. State occupational safety and health department
   d. None of the above.

3. It is not an employer’s responsibility to comply with local environmental agencies.
   True or False.

4. It is o.k. to complete general repairs to your employer’s office equipment. True or False.

5. What will you do first if you find a co-worker unconscious from electrocution.
   a. Call 911. Call building maintenance for help.
   b. Administer CPR, then call 911.
   c. Nothing, call 911.
   d. None of the above.
WORKPLACE AND YOUR HEALTH

- The vitality of the company is you!
- Weighing In!
- Substance Abuse
- Indicators of Poor Health and the workplace
Public Safety Precautions for the Workplace

- Work Area

- Housekeeping Rules
Public Safety Precautions for the Workplace

- Electrical Hazard Prevention
- Ergonomics for the Workplace
- Company Policies
BASIC FIRST AID FOR THE WORKPLACE

SAVE A LIFE!
BASIC FIRST AID FOR THE WORKPLACE

- Introduction
- Burns
- External Bleeding
- Amputation
BASIC FIRST AID FOR THE WORKPLACE

- Bone, Tissue and Muscle
- Eye Injury
- Chemical Exposure
BASIC FIRST AID FOR THE WORKPLACE

- Chemical Exposure
BASIC FIRST AID FOR THE WORKPLACE

- Electrical Injury
- Head or Spinal Injury
- Allergic Reaction or Insect Bites
BASIC FIRST AID FOR THE WORKPLACE

- Shortness of Breath or Difficulty Breathing
- Seizure
- Unconsciousness
BASIC FIRST AID FOR THE WORKPLACE

HANDS ONLY CPR

Save life only with hands!

Ref: *International Liaison Committee on Resuscitation (ILCOR)

www.drsvenkatesan.com
BASIC FIRST AID FOR THE WORKPLACE

CPR WITH AN AED

AED aka Automatic External Defibrillator

Give the Shock of Life!
BASIC FIRST AID FOR THE WORKPLACE

➢ Choking
BASIC FIRST AID FOR THE WORKPLACE

Know and educate all emergency contact information and phone numbers including MDS factsheet information.

It is always recommended to be prepared and/or certified to respond to an emergency if an employee or guest experiences the following:

- Allergic Reaction
- Amputation
- Bites and Stings
- Bleeding
- Bone or Tissue Injuries
BASIC FIRST AID FOR THE WORKPLACE

Breathing Problems

Burns

Heart Attack or Cardiopulmonary Arrest

Chemical Exposure

Choking

Electrical Injury

Eye Injury

Seizures/ Shock or Unconsciousness
BASIC FIRST AID FOR THE WORKPLACE QUIZ

The following questions are multiple choice and true or false. Choose the correct answer. Write the correct answer on your answer sheet. Quiz pg 1 of 2.

1. For the purpose of the presentation about Basic First Aid, what does “good faith” mean?
   a. You are an honest bystander.
   b. You are a good citizen.
   c. You may accidently harm someone.
   d. None of the above.

2. For the purpose of the presentation about Basic First Aid for the Workplace, which is a common injury?
   a. Crazy glue is stuck to a co-worker’s finger.
   b. Black eyes from lack of sleep.
   c. An employee is intoxicated with alcohol.
   d. A person fell on a wet floor and is unconscious.

3. When administering Hands Only CPR, it is administered by:
   a. Giving two breaths to the mouth of the person.
   b. Taking the person's vitals.
   c. Check to see if the person is blue.
   d. Give the person 100 compressions to the chest.
BASIC FIRST AID FOR THE WORKPLACE QUIZ

The following questions are multiple choice and true or false. Choose the correct answer. Write the correct answer on your answer sheet. Quiz pg 2 of 2.

4. What will you do if a person suddenly goes into shock?
   a. Offer a cool compress.
   b. Make sure the person is sitting up to breathe.
   c. Elevate the person’s feet above the person’s heart and cover them with a blanket.
   d. Nothing and call 911.

5. Most employers do not require knowledge about hazardous chemicals. True or False.
WORKPLACE PERSONAL PROTECTION EQUIPMENT AND INSPECTIONS

- Hats
- Gloves
- Boots
- Belts
- Clothing
- Vest
- Goggles
- Ventilator
- Earplugs
- Inspection
WORKPLACE EMERGENCY SAFEGUARDS

TELEPHONE NUMBERS

Emergency Numbers
Police............................911
Fire...............................911
Ambulance........................911

Non-Emergency Numbers

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<tr>
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<td>(915) 534-8800</td>
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WORKPLACE EMERGENCY SAFEGUARDS

- Emergency

- 911

- Emergency Routes and Exit Doors

- Sprinkler Systems, Fire Alarms and Fire Extinguishers
Know, educate and implement a fire prevention plan which includes the proper use of fire equipment, alarms and action plans, in case of an emergency.

Includes: sprinkler systems, alarms systems, fire doors, exit lighting; safety doors and hallway mirrors.
WORKPLACE EMERGENCY SAFEGUARDS

- Fire Extinguishers
- Part of the Fire Extinguisher
- Types of the Fire Extinguisher
- P. A. S. S.
REVIEW:

Know and educate all employees of any emergency action plans!

- Includes: accidental, fire and disaster emergencies. Actively participate during emergency preparedness drills!

- Know your role during an emergency!

- Know where and how all emergency equipment and emergency shut offs to equipment operate.

- Review and know all safety responses during an emergency!
WORKPLACE EMERGENCY SAFEGUARDS

➢ Security Precautions

➢ Good Habits

➢ Your Safety
WORKPLACE EMERGENCY SAFEGUARDS

- Severe Weather
  - Violent Storms
  - Earthquakes
- Disasters
- Other Emergencies
- Terrorism

Provided By: Pamela L. Smith, Health and Safety Consultant and Facilitator
WORKPLACE EMERGENCY SAFEGUARDS QUIZ

The following questions are multiple choice and true or false. Choose the correct answer. Write the correct answer on your answer sheet.

1. For the purpose of the presentation about Workplace Emergency Safeguards, a fire ax is a safeguard used by employers.
   True or False.

2. In case of fire, buildings must be equipped with:
   a. Fire extinguishers, automatic sprinkler systems and alarm systems.
   d. None of the above.

3. In case of an emergency while at work, you will call 911. True or False.

4. In case of an emergency like an earthquake, it is best to run out the office building. True or False.

5. Employers have escort service personnel to escort employees to their vehicles. True or False.
WORKPLACE HAZARD PREVENTION & SAFETY CODES

- Hazard Prevention
- Protective Equipment
- Material Data Sheets (MDS)
- Safety Codes
The following questions are multiple choice and true or false. Choose the correct answer. Write the correct answer on your answer sheet.

1. MDS means Material Data Sheet. True or False.

2. Material Data Sheets provide information of who can handle hazardous chemicals while at work. True or False.

3. Employees are to heed warning when a danger sign is present. True or False.

4. Danger signs are:
   a. Red and black
   b. Green and white
   c. Orange and black
   d. None of the above.

5. Biological Hazard signs only indicate warnings to employees. True or False.
Know and educate all safety color codes for marking physical hazards.
CAUTION

No eating

No drinking
WORKPLACE SAFETY SIGNS & SYMBOLS

NOTICE
WASH HANDS BEFORE HANDLING OR EATING FOOD
LAVENSE LAS MANOS ANTES DE TOCAR O COMER COMIDA

DANGER

[Chemical Hazard Symbol]
WORKPLACE SAFETY SIGNS QUIZ

The following questions are multiple choice and true or false. Choose the correct answer. Write the correct answer on your answer sheet.

1. First aid kits are usually stored in the bathroom at work. True or False.

2. First aid kits are usually white in color. True or False.

3. Emergency contact numbers are usually kept by the phone only. True or False.

4. Fall Prevention signs are:
   a. Green and white
   b. Orange and white
   c. Yellow and black
   d. None of the above.

5. Your employer implements workplace safety policies just like OSHA. True or False.
PUBLIC SAFETY FOR THE WORKPLACE

- HEALTH CONCERNS
- GOOD HABITS REVIEW
- SAFE WORK ENVIRONMENT
PUBLIC SAFETY FOR THE WORKPLACE QUIZ

The following questions are multiple choice and true or false. Choose the correct answer. Write the correct answer on your answer sheet.

1. What is the best way to prevent the spread of germs in the workplace?
   a. No hand shaking.
   b. Washing hands with soap and water.
   c. Hand sanitizer
   d. B and C

2. What is a blood borne pathogen?
   a. A band-aid
   b. Blood soaked gauze
   c. Sterile needle
   d. None of the above.

3. It is o.k. to use a sharps needle in the break room while at work. True or False.

4. It is o.k. to plug in a computer while at work if there are two electrical wall outlets available. True or False.

5. While an electrical equipment is on fire, it is o.k. to unplug the equipment from the wall outlet before extinguishing the flames. True or False.
YOUR HEALTH & SAFETY IS IMPORTANT!

WORK

&

LIVE

WELL!

Provided By: Pamela L. Smith, Health and Safety Consultant and Facilitator
HEALTH AND SAFETY SERVICES:

- Health and Safety Education
- Implementation of Policy and Procedures
- General Inspections
- Referral Services

Provided By: Pamela L. Smith, Health and Safety Consultant and Facilitator
8/6/2013
HEALTH & SAFETY EDUCATION FOR THE WORKPLACE

PAMELA L. SMITH, HEALTH & SAFETY CONSULTANT AND FACILATOR

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WORKS CITED

American Red Cross  First Aid & Safety Handbook, American Red Cross and Kathleen A. Handal, M.D.  Forward by Elizabth Dole, 1992


WORKS CITED


1. It is important to follow label instructions before the use of hazardous chemicals. Answer: (T/F).

2. The use of protective equipment isn’t required. Answer: (T/F).

3. It is important to shut off electrical equipment, in case of an electrical emergency. Answer: (T/F).

4. OSHA and other agencies help regulate safety matters. Answer: (T/F).

5. The company can be fined or face possible closure, if any health and safety procedures are not followed. Answer: (T/F).

6. It is important to understand all emergency signs and physical hazards. Answer: (T/F).

7. It isn’t important to maintain all office equipment regularly. Answer: (T/F).

8. I will become knowledgeable of all workplace signs. Answer: (T/F).

9. It is important to know where and when all alarm systems operate. Answer: (T/F).

10. First aid response is only important for management employees. Answer: (T/F).
Health and Safety Quiz
Answers Key

Topic:   Instructor:

Date:     

1. Answer: True.
3. Answer: True.
4. Answer: True.
5. Answer: True.
6. Answer: True.
7. Answer: False.
8. Answer: True.
10. Answer: False.
Health and Safety Quiz
Answers Sheet  Topic:  Instructor:
Name:  Date:

1.________________
2.________________
3.________________
4.________________
5.________________
6.________________
7.________________
8.________________
9.________________
10._______________

8/6/2013
Provided By: Pamela L. Smith, Health and Safety Consultant and Facilitator
HEALTH AND SAFETY QUIZ

ANSWER KEY

Topic: Workplace Safety
1. True
2. C
3. False
4. False
5. A

Topic: Basic First Aid for the Workplace
1. D
2. D
3. D
4. C
5. False

Topic: Workplace Emergency Safeguards
1. False
2. A
3. True
4. False
5. False
HEALTH AND SAFETY QUIZ
ANSWER KEY

Topic: Workplace Hazard Prevention and Safety Codes
1. True
2. False
3. False
4. A
5. False

Topic: Workplace Safety Signs
1. False
2. False
3. True
4. C
5. False

Topic: Public Safety for the Workplace
1. D
2. B
3. False
4. False
5. False
Health and Safety for the Workplace Evaluation


On a scale from 1 to 5: 1 = Unsatisfied  3 = Somewhat Satisfied  5 = Very Satisfied
Write a number for an answer.

1. The presentation was comprehensive. Answer: 

2. The presentation was presented with details and examples I could understand. Answer: 

3. The instructor used good grammar and spoke clearly. Answer: 

4. The presentation offered informative and useful topics regarding health and safety. Answer: 

5. Comments: 

____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________