



Fall Protection – Systems & Guarding

29 CFR 1926.501 · OSHA'S #1 MOST CITED STANDARD

WHY THIS MATTERS

Falls kill more construction workers than any other hazard, and this is the single most cited standard in the country year after year. If you run one talk this month, run this one.

KEY POINTS

- Know your trigger height for this work – then treat the edge as live the moment you are above it.
- Guardrails, safety nets, or personal fall arrest. Pick one and have it in place **before** the work starts.
- Inspect harnesses and lanyards before every use. Cuts, fraying, chemical staining, or a deployed indicator means out of service.
- An anchor point is not wherever you can reach. It must be rated, and placed so a fall will not swing you into something.
- Cover or guard every hole and opening the moment it is created, and mark the cover.

TALK IT THROUGH

- ? Where are we working at height today, and what is protecting each person?
- ? Who inspected your harness this morning, and what did you look for?

ATTENDANCE RECORD

DATE	JOB SITE / LOCATION	LED BY
1		6
2		7
3		8
4		9
5		10



Hazard Communication

29 CFR 1910.1200 · #2 MOST CITED STANDARD

WHY THIS MATTERS

Everyone has chemicals on site, so everyone is covered by this one. Citations usually come from missing labels, missing data sheets, or a written program nobody has read.

KEY POINTS

- Every container gets a label. Transfer something into an unmarked bottle and you have created the violation yourself.
- Learn the pictograms. They tell you the hazard class at a glance, in any language.
- Know where the safety data sheets live and how to reach them **on your shift** — not just that they exist somewhere.
- Read Section 8 of the SDS for the PPE the manufacturer says the product needs.
- New product on site means new training before it gets used, not after someone reacts to it.

TALK IT THROUGH

- ? Name a chemical you used this week. Where is its data sheet?
- ? What do you do if you find an unlabelled container?

ATTENDANCE RECORD

DATE	JOB SITE / LOCATION	LED BY
1		6
2		7
3		8
4		9
5		10



Ladder Safety

29 CFR 1926.1053 · #3 MOST CITED STANDARD

WHY THIS MATTERS

Ladders feel routine, which is exactly the problem. Most ladder injuries come from short climbs and small shortcuts on jobs people have done a hundred times.

KEY POINTS

- **Four to one:** one foot of base out for every four feet of working height.
- Extend three feet above the landing, and tie off the top when you can.
- Three points of contact climbing. That means hands free — so tools go up another way.
- Belt buckle stays between the rails. To reach past that, get down and move the ladder.
- Inspect before use; tag damaged ladders out of service. A bent rail or missing foot is not a field repair.
- Never stand on the top cap or top step of a stepladder.

TALK IT THROUGH

- ? When did you last skip moving a ladder because it was only one more reach?
- ? Is the right ladder available for today's work, or are we improvising?

ATTENDANCE RECORD

DATE	JOB SITE / LOCATION	LED BY
1		6
2		7
3		8
4		9
5		10



Lockout / Tagout

29 CFR 1910.147 · #4 MOST CITED STANDARD

WHY THIS MATTERS

Hazardous energy does not only mean electrical. Stored pressure, springs, gravity, steam, and hydraulics have all killed people who thought a machine was off.

KEY POINTS

- Identify **every** energy source on the equipment, not just the obvious one.
- Isolate, lock, tag, then release stored energy — bleed pressure, block raised parts, discharge capacitors.
- Verify zero energy by trying to start it. Test, do not assume.
- Your lock is yours. One person, one lock, one key, and nobody else removes it.
- Group work means group lockout, with every affected worker protected by their own device.
- Shift change does not clear a lockout. It transfers with a documented handover.

TALK IT THROUGH

- ? What would you do if you found a lock on a machine you needed to run?
- ? On the equipment you service, what stored energy is left after the power is off?

ATTENDANCE RECORD

DATE	JOB SITE / LOCATION	LED BY
1	6	
2	7	
3	8	
4	9	
5	10	



Respiratory Protection

29 CFR 1910.134 · #5 MOST CITED STANDARD

WHY THIS MATTERS

A respirator only works if it is the right one, it seals, and the cartridge is still good. Two of those three get skipped constantly.

KEY POINTS

- Right respirator for the actual contaminant. A dust mask does nothing against vapours.
- Fit testing is not a formality – and it is specific to the make, model, and size you were tested in.
- Seal check every time you put it on. Facial hair in the sealing surface breaks the seal, full stop.
- Know your cartridge change schedule and stick to it. Waiting to smell breakthrough is too late.
- Store clean and dry, out of the sun and away from the contaminant.
- Medical clearance comes first. Breathing through a respirator is work.

TALK IT THROUGH

- ? What are you protecting against today, and is that the cartridge you have on?
- ? When were you last fit tested, and on which model?

ATTENDANCE RECORD

DATE	JOB SITE / LOCATION	LED BY
1		6
2		7
3		8
4		9
5		10



Scaffolding

29 CFR 1926.451 · #6 MOST CITED STANDARD

WHY THIS MATTERS

Scaffolds get erected under time pressure and then used by crews who were not there when they went up. Both halves of that create risk.

KEY POINTS

- A competent person inspects before each shift and after anything that could have affected it.
- Look for the tag. No tag, or a red tag, means you do not get on.
- Fully planked, with guardrails and toeboards where required, and safe access that is not the frame itself.
- Sound, level base plates and mudsills. Never blocks, buckets, or scrap.
- Do not alter a scaffold to make your work easier. Removing one brace is somebody else's collapse.
- Keep the platform clear – and mind clearance to power lines before anything goes up.

TALK IT THROUGH

- ? Who is the competent person for the scaffold you will use today?
- ? What would make you refuse to climb one?

ATTENDANCE RECORD

DATE	JOB SITE / LOCATION	LED BY
1	6	
2	7	
3	8	
4	9	
5	10	



Fall Protection – Training & Competence

29 CFR 1926.503 · #7 MOST CITED STANDARD

WHY THIS MATTERS

Fall protection appears twice on OSHA's top ten — once for the systems, once for the training. Owning the gear is not the same as knowing how to use it, and inspectors ask about both.

KEY POINTS

- Training must be delivered by a competent person and cover the specific hazards on your site.
- It is not one and done. Retrain when the site changes, the equipment changes, or use shows it did not stick.
- Written certification with name, date, and trainer is the part that gets asked for — and usually missing.
- Everyone who could be exposed gets trained. That includes the person going up for two minutes.
- Rescue is part of the plan. Suspension trauma starts in minutes, so know who is coming and how.

TALK IT THROUGH

- ? If someone fell into their harness right now, what happens next, and who does it?
- ? Can you put your hands on your own fall protection training record?

ATTENDANCE RECORD

DATE	JOB SITE / LOCATION	LED BY
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		



Powered Industrial Trucks

29 CFR 1910.178 · #8 MOST CITED STANDARD

WHY THIS MATTERS

A loaded forklift can weigh four times a car and steers from the rear. Most serious incidents involve a pedestrian who assumed they had been seen.

KEY POINTS

- Only trained, evaluated, and authorised operators. Familiarity is not certification.
- Pre-shift inspection every shift – forks, tyres, horn, lights, brakes, leaks – and out of service if it fails.
- Respect the load chart. Capacity drops as the load goes higher or further out.
- Travel with forks low and tilted back. Load blocking your view means you travel in reverse.
- Sound the horn at corners and doorways, and make eye contact with pedestrians before moving.
- Forks down, neutral, brake set, key out before you step off. Never lift a person on the forks.

TALK IT THROUGH

- ? Where do trucks and people cross paths here, and what keeps that safe?
- ? What was on your inspection sheet this morning?

ATTENDANCE RECORD

DATE	JOB SITE / LOCATION	LED BY
1		6
2		7
3		8
4		9
5		10



Eye & Face Protection

29 CFR 1926.102 · #9 MOST CITED STANDARD

WHY THIS MATTERS

Eye injuries are almost entirely preventable and almost never partly disabling — they tend to be all or nothing. The protection costs a few dollars.

KEY POINTS

- Match the protection to the hazard: impact, dust, splash, or radiation each need something different.
- Safety glasses need side shields. Everyday prescription glasses are not PPE.
- Goggles for liquids and fine dust, because glasses leave gaps by design.
- Grinding and chipping need a face shield **over** glasses, not instead of them.
- Correct shade for welding and cutting — and flash affects bystanders too.
- Scratched or pitted lenses get replaced. You will take them off if you cannot see through them.
- Know where the eyewash is before you need it, and that it takes fifteen minutes of flushing.

TALK IT THROUGH

- ? What is the nearest eyewash station to where you are working today?
- ? When do you take your glasses off, and why?

ATTENDANCE RECORD

DATE	JOB SITE / LOCATION	LED BY
1	6	
2	7	
3	8	
4	9	
5	10	



Machine Guarding

29 CFR 1910.212 · #10 MOST CITED STANDARD

WHY THIS MATTERS

Guards get removed for a reason that made sense at the time, and then never go back. That gap is where hands and fingers go.

KEY POINTS

- Every point of operation, nip point, rotating part, and source of flying chips needs guarding.
- A guard that is removed, propped, tied back, or bypassed is not a guard. Report it, do not work around it.
- Guards go back on before the machine restarts, including after maintenance.
- Never reach into a machine to clear a jam while it can move. That is a lockout job.
- Anchor machines that walk, and keep the operating area clear.
- No loose clothing, no jewellery, no dangling ID or long hair near rotating equipment.

TALK IT THROUGH

- ? Is there a machine here running with a guard that is not right? Say so now.
- ? What is the procedure for clearing a jam on the equipment you run?

ATTENDANCE RECORD

DATE	JOB SITE / LOCATION	LED BY
1	6	
2	7	
3	8	
4	9	
5	10	