



CRASH! BOOM! SMASH!

WE NO LONGER WANT TO HEAR THESE SINISTER COMIC BOOK CAPTIONS IN REAL LIFE. SO, LET'S WRITE A DIFFERENT STORY, ABOUT PREVENTING ACCIDENTS AT WORK IN CONSTRUCTION.

SOLVING BIG PROBLEMS WITH SMALL SOLUTIONS

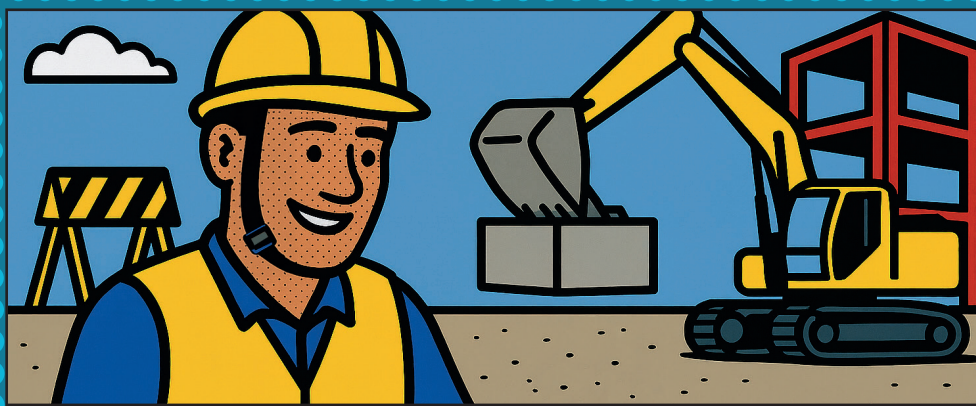
Safety at work is not just about following rules. It can become **a daily habit.**

Adopting a few simple precautions can make a big difference, like keeping your workplace tidy, being alert and promptly reporting any potential hazards and avoiding distractions.

These small and easy solutions can help prevent big problems down the line. Before starting work, always be mindful and pause for a quick hazard check:

- ▶ Make sure the workplace is free of any obstacles and safe.
- ▶ Check the condition and functioning of equipment and tools.
- ▶ Check that personal protective equipment is available and put it on properly.

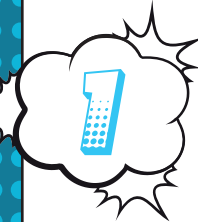
Regardless of their tasks, construction workers have a **shared responsibility** to provide a safe environment. You must take care of yourself, because by protecting your own safety you can also protect the safety of your fellow workers.



HAZARD AWARENESS AND ALERTNESS

The most common accidents in construction are caused by **falls from height, handling and moving operations**, and the incorrect use of **work tools**, including **electrical hazards**.

WHAT TO DO?



1

Be alert and pick up on any small signs. Some of the most frequent accidents are caused by unprotected sides, wall openings, and floor holes, slippery surfaces, defective machinery and unstable loads.



2

Take prompt action to remedy any hazardous situation.



3

Always report near misses to reduce the possibility of recurring accidents with a less fortunate outcome.

PROTECTION UNITES US

Collective protective equipment (CPE)

is designed to make the workplace safe and employers are required to provide adequate training to ensure that all workers can learn about and use CPE correctly.

Scaffolding, parapet walls and fences protect against falls from height; pedestrian tunnels and safety nets protect against falling materials. Securing scaffolding and cordoning off worksites should not be overlooked, to mark safe pathways and keep passageways clear, of debris for example.

Finally, a safe construction site needs adequate lighting and signage (prohibitions, hazards, routes).



Employers are always responsible for putting these measures into place, while site managers have the duty to ensure compliance.

workers, however, may report any malfunctions, shortcomings, or tampering with safety systems to their supervisors and to the Workers' Safety Representative (RLS).

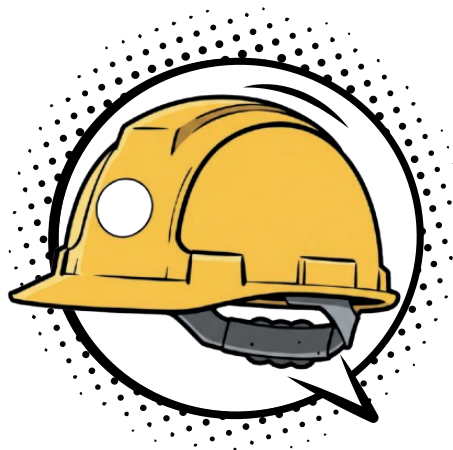


SAFETY STARTS WITH YOU



Personal protective equipment (PPE), such as safety helmets, footwear, gloves and fall arrest systems are not accessories. Using them correctly protects you against impacts, falls, cuts and electrical hazards.

Always make sure you put on your PPE properly, because an unadjusted harness, unfastened helmet or unsuitable gloves can in fact become more dangerous than useful.



Construction workers can contribute to their own safety by checking for **signs of wear and tear** and the **expiry dates** of PPE, as well as by following the instructions provided during mandatory company workplace safety training.

LOAD HANDLING HAZARDS

Tools, bags of cement, beams or bricks. Many construction activities involve manual handling of loads (MHL), i.e. any action involving lifting, lowering, pushing, pulling and moving weights by workers. This entails health risks such as musculoskeletal disorders and **safety risks** such as acute trauma.

What can cause injuries on construction sites?

- 📦 Loads. Heavy or large loads can be unstable or difficult to pick up
- 📦 Environment. Confined spaces, uneven floors, poor lighting or excessively hot/cold conditions.
- 📦 Workers. Lack of experience or training, unsuitable physique.

Prevention requires consistent **information** and **training** activities, the adoption of **health and safety measures**, and the application of correct handling techniques, as well as the provision of essential **support equipment** such as hoists and trolleys.

ELECTRICAL HAZARDS

In construction, electrical hazards consist of **live electrical systems and infrastructure**, such as overhead lines (poles, pylons, building facades), invisible lines (underground or concealed), or generators.

A simple and fundamental precaution workers can adopt is to keep at a **safe distance** **avoid contact**, taking into account the movements of people and work equipment. If keeping at a distance is not possible for any reason then live lines must be disconnected for the time required to carry out the work.

ABOUT SAFETY

Doing the same job day in, day out, over long periods of time, can make you complacent and repetitive work can eventually make you lower your level of attention. This complacent attitude is the cause of many accidents because you come to underestimate the real risks and neglect using safety procedures and personal protective equipment.

Keep in mind that **self-confidence** must never replace caution and **safety at work**.



Find out more about:
rpu.gi/workplace-safety