 Heavy Construction Contractors Association 

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**Toolbox Talks Danger at Work**

# Why does Construction Safety Matter?

The construction site is chock–full of hazards, dangerous machinery and chemicals, and less than aware employees. Add to that a high rate of illness and possibly unreported work related injuries, and you are looking down the barrel of a potentially deadly workplace environment.

Across North America, work related injuries and deaths within the construction field are some of the highest in the world, the numbers are frightening. The good news is that all work–related accidents, injuries and deaths are 100% preventable!



# Thinking Smarter

Being at the point of making work–site safety second nature is the key. Most aspects of construction site safety generally rely on common sense and awareness, but an exhausted, rushed carpenter intent on knocking that final frame wall out at all costs, loses sight of the safety equation. By incorporating the following safety rules at every job site, you can make safety 2nd nature.

* Know the health and safety risks of any hazardous materials you use or handle before you use them. Learn what to do in an emergency situation.
* Inspect all tools and equipment before they’re used. Damaged tools can cause injury.
* Practice good housekeeping. Don’t leave tools or building materials lying around where they can become hazards.
* Know the limitations of your body – don’t overexert yourself. Practice safe lifting and take breaks during repetitive tasks. Use comfortable tools and avoid uncomfortable body positions.
* Practice good personal hygiene. This includes things like washing your hands and face after handling hazardous materials.
* Protect against heat and cold stress. Drink plenty of water in hot weather to avoid heat stroke. In cold weather, wear warm clothing and gloves.
* Protect against short circuits and electric shock by using ground fault circuit interrupters on electric tools used outdoors or in wet or damp conditions.
* Always pay attention to whatever activity you are doing, no matter how routine or tiresome it may seem.

# Final Thoughts

These minimum training and equipment requirements, if followed correctly, will greatly reduce the risk of serious injury on the job site. For more information regarding this subject, please reference the applicable sections of the Occupational Health & Safety Regulation.