

## Nine Essential Construction Safety Rules

Ensuring a safe construction site requires following **basic safety rules** to prevent injuries and fatalities. These guidelines help workers stay **aware of hazards** and take **proactive measures** to protect themselves and others.



### 1. Always Wear Your Seatbelt

- Whether in a **vehicle or heavy equipment**, seatbelts are essential for **preventing serious injuries or fatalities** in crashes.
- **Motor vehicle accidents** remain the leading cause of **work-related fatalities** in the U.S.

### 2. Inspect Tools and Equipment Before Use

- **Check tools and machinery** before starting work to ensure they are in **safe working condition**.
- **Repair or replace damaged equipment** and verify that **safety features** (e.g., kill switches, guards) are functioning correctly.

### 3. Use Fall Protection When Working at Heights

- **Falls are the leading cause of construction fatalities** (excluding highway collisions).
- Always use **guardrails, full-body harnesses, and self-retracting lanyards** to mitigate fall risks.

### 4. Stay Out of Heavy Equipment Blind Spots

- **Struck-by and caught-in/between incidents** often occur when ground personnel are too close to operating machinery.
- Keep a **safe distance**, establish **eye contact with operators**, and **communicate clearly** before approaching.

## 5. Avoid Being in the Line of Fire

- Stay **clear of potential danger zones**, such as:
  - Under suspended loads
  - Near stored energy sources (e.g., pressurized pipes being cut)
  - Beneath improperly supported machinery

## 6. Maintain Clean Work Areas

- **Good housekeeping** prevents injuries like **slips, trips, falls, and lacerations**.
- **Organize tools and materials properly** to avoid damage and **reduce fire or crushing hazards**.

## 7. Store and Label Chemicals Correctly

- **Hazard communication violations** are among OSHA's most frequent citations.
- Ensure **chemicals are labeled properly** and stored safely to prevent **fires, spills, and corrosive injuries**.

## 8. Communicate Hazards to Others

- Never assume **everyone is aware of a hazard**, especially **new workers**.
- **Update coworkers** on changing site conditions and inform them about potential risks.

## 9. Stop Work If Safety is Compromised

- **Pause work to address hazards** before continuing.
- If necessary, involve **supervisors or safety personnel** to implement proper safety measures.

## Key Takeaway: Safety First, Always

Following these nine fundamental safety rules ensures a safer work environment for everyone. Taking preventative actions, maintaining clear communication, and addressing hazards immediately can reduce risks and save lives on the job site.



# SAFETY TRAINING SIGN IN SHEET

TRAINING TITLE			
DATE & TIME		LOCATION	
COMPANY		TRAINER	