## OCCUPATIONAL SAFETY AND HEALTH SIMPLIFIED FOR THE CONSTRUCTION INDUSTRY

GOVERNMENT INSTITUTES
RESEARCH GROUP





## Contents

Pre	ace	ix
1	What Is the Occupational Safety and Health Act,	
	and What Does It Require in the Construction Industry?	1
	What Does the Law Require?	1
	What Are Our OSHA Compliance Obligations?	2
	Are OSHA State-Plan Standards Different than Federal OSHA Standards?	3
	What Are the OSHA Construction Standards?	3
	Must I Have a Copy of the 1926 Construction Standards?	4
	How Can I Find Specific OSHA Construction Standards?	5
2	What Are the Most Serious Hazards in the Construction Industry?	7
	Electrical Incidents	7
	Burns	8
	Contact with Power Lines	8
	How to Avoid Ground-Fault Protection Hazards	10
	How to Avoid Electrical Grounding Hazards	10
	Improper Use of Extension and Flexible Cords	13
	Falls Protection Injuries and Fatalities	13
	Unprotected Sides, Wall Openings, and Floor Holes	14
	How to Avoid Unprotected Openings Hazards	14
	Guardrail Systems	15
	Safety Net Systems	16
	Personal Fall Arrest Systems	17
	How to Avoid Ladder Hazards	19
	Struck-By Injuries and Fatalities	20
	Falling and Flying Objects	22
	How to Avoid Falling Hazards	22
	Constructing Masonry Walls	23
	How to Avoid Masonry Wall Hazards	23
	Trenching and Excavation Injuries and Fatalities	24
	How to Avoid Access and Egress Hazards	26
3	How to Prevent Serious Injuries to Your Spanish-Speaking	
	Employees in the Workforce	27
	Success Story	27

	An Admirable Safety Record	28
	Speak the Workers' Language	29
	Address Cultural Differences	29
	Verify Learning	30
	Follow-up	31
	Wider Application	31
	How to Establish an Effective Training Program for Hispanic Workers	31
	Step 1: Form an Effective Training Team	32
	Step 2: Communicate the Company's Belief in the Importance of Worker Safety	33
	Step 3: Initiate Worker Participation	
	Hazard Identification Contest Rules	35
	Conduct Safety Training	35
	Demonstrate How to Do the Task Safely	36
	Volunteer Workers Need to Repeat the Demonstration	36
	Follow-up	37
4	OSHA's Construction Industry Standards Simplified	39
	Subpart C General Safety and Health Provisions	40
	Subpart D Occupational Health and Environmental Controls	42
	Subpart E Personal Protective and Life Saving Equipment	44
	Subpart F Fire Protection and Prevention	44
	Subpart G Signs, Signals, and Barricades	45
	Subpart H Materials Handling, Storage, Use, and Disposal	45
	Subpart I Tools (Hand and Power)	46
	Subpart J Welding and Cutting	46
	Subpart K Electrical	47
	Subpart L Scaffolding	47
	Subpart M Fall Protection	48
	Subpart N Cranes, Derricks, Hoists, Elevators, and Conveyors	51
	Subpart O Motor Vehicles, Mechanized Equipment, and Marine Operations	52
	Subpart P Excavations	52
	Subpart Q Concrete and Masonry Construction	53
	Subpart R Steel Erection	54
	Subpart S Underground Construction, Caissons, Cofferdams, and Compressed Air	
	Subpart T Demolition	56
	Subpart U Blasting and Use of Explosives	56
	Subpart V Power Transmission and Distribution	57
	Subpart W Rollover Protective Structures; Overhead Protection	57
	Subpart X Stairways and Ladders	58
	Subpart Z Toxic and Hazardous Substances	58
_	New Hexavalent Chromium Standard	59
5	OSHA's Construction Training Standards Simplified	65
	Subpart C General Safety and Health Provisions	66
	Subpart D Occupational Health and Environmental Controls	68
	Subpart E Personal Protective and Life Saving Equipment	78
	Subpart F Fire Protection and Prevention	80
	Subpart I Tools (Hand and Power)	82
	Subpart J Welding and Cutting	83
	Subpart K Electrical	86
	Subpart L Scaffolding	86

	Subpart M Fall Protection	88
	Subpart N Cranes, Derricks, Hoists, Elevators, and Conveyors	90
	Subpart O Motor Vehicles, Mechanized Equipment, and Marine Operations	91
	Subpart P Excavations	94
	Subpart Q Concrete and Masonry Construction	96
	Subpart R Steel Erection	97
	Subpart S Underground Construction, Caissons, Cofferdams, and	
	Compressed Air	102
	Subpart T Demolition	105
	Subpart U Blasting and Use of Explosives	106
	Subpart V Power Transmission and Distribution	107
	Subpart X Stairways and Ladders	110
	Subpart Y Commercial Diving Operations	111
	Subpart Z Toxic and Hazardous Substances	112
6	OSHA's Construction Checklists Simplified	125
	Construction Safety Inspection Checklist (1926)	125
	Administrative Requirements (1904)	125
	Subpart C General Safety and Health Provisions	126
	Subpart D Occupational Health and Environmental Controls	127
	Subpart E Personal Protective and Life Saving Equipment	128
	Subpart F Fire Protection and Prevention	128
	Subpart G Signs, Signals, and Barricades	129
	Subpart H Materials Handling, Storage, Use, and Disposal	130
	Subpart I Tools (Hand and Power)	130
	Subpart J Welding and Cutting	131
	Subpart K Electrical	132
	Subpart L Scaffolds	133
	Subpart M Fall Protection	134
	Subpart N Cranes, Derricks, Hoists, Elevators, and Conveyors	135
	Subpart O Motor Vehicles, Mechanized Equipment, and Marine Operations	137
	Subpart P Excavations	138
	Subpart Q Concrete and Masonry Construction	139
	Subpart R Steel Erection	140
	Subpart S Underground Construction, Caissons, Cofferdams, and	
	Compressed Air	141
	Subpart T Demolition	142
	Subpart U Blasting and the Use of Explosives	142
	Subpart V Power Transmission and Distribution	143
	Subpart W Rollover Protective Structures; Overhead Protection	144
7	Sample Construction Safety Program	145
	Subcontractor Compliance	146
	Emergency Response Plan	148
	First Aid	148
	Policy Statement	150
	Goals	151
	Management Commitment	151
	Safety Committee and Safety Meetings	151
	Assignment of Responsibility	152
	Discipline and Enforcement	154

	Cont	rol of Hazards	155	
	Fire 1	Prevention	155	
	Train	ing and Education	156	
	Reco	rdkeeping and OSHA Log Review	157	
	Accident Investigation Workers Compensation Claims Management			
	Safet	Safety Rules and Procedures		
	Employee Emergency Action Plan for Fire and Other Emergencies Drug-Free Workplace			
	Drivi	ing Safety	161	
	Construction Safety and Health Rules			
	Safet	y and Health Programs	171	
	Appendix A	Safety Meeting Minutes	174	
	Appendix B	Safety Program and Policies and Procedures Acknowledgement	175	
	Appendix C	Accident Investigation Report	176	
	Appendix D	Checklist for Evaluating Qualified Contractors	178	
	Index		181	