

The **BIG 4**

The following hazards represent 80 percent of the work-related deaths in North Carolina...



Falls



Electrical



Struck-by



**Caught In/
Between**

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Safety Tips for the Top 4 Hazards in the Construction Industry



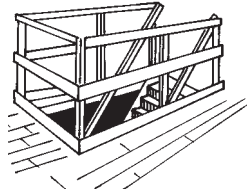
Cherie K. Berry
Commissioner

#1. Falls

When working 6 feet above the ground, or more, use personal fall arrest system (wear safety harness or install guardrails).



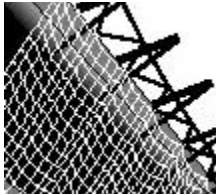
Fall arrest system



Guardrails

When working on steep-sloped roofs (greater than 4 in 12 pitch), wear a safety harness, install guardrails or safety net.

When performing roofing work on low-sloped roofs of less than 4 in 12 pitch), use personal fall arrest or warning line system and safety monitor.



Safety net

When working on scaffolds over 10 feet in height, install guardrail system, fully planked working surface and toe boards.

#2. Electrical

Don't use worn or frayed power or extension cords.

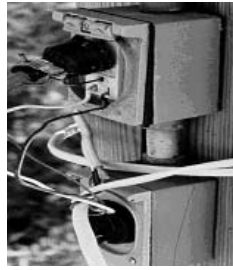
Always install GFCI at temporary power pole or by other means.

Stay 10 feet away from energized power lines. Safe distance includes tools, equipment and employees.



Frayed cord

Check for inadequate wiring hazards. Nonmetallic sheathed cable should not be substituted for hard service extension cords.



Nonmetallic cable improperly connected

Ensure that all extension cords are designed for hard or extra hard service and have a grounding pin on attachment plug.

Double-Insulated Tools

Hand-held tools manufactured with non-metallic cases are called double-insulated.



Double-insulated power drill

If approved, they do not require grounding under the National Electrical Code. Although this design method reduces the risk of grounding deficiencies, a shock hazard can still exist.

#3. Struck-By Hazards

Always wear approved hard hat when working under potential falling debris hazards.

When operating vehicles in reverse, activate backup alarm or use signalman. Use barricade around crane superstructures.



Workers unprotected from falling objects



Don't tamper with safety features

Wear reflective vest when working near or in the vicinity of vehicular traffic.

Ensure nail guns have properly functioning safety devices.

#4. Caught-In Hazards

Install trench boxes or slope side walls of trench.

Use ladders in trenches that are over 4 feet deep for access and egress. Ensure stairways, ladders, ramps or other safe means of egress are provided.

Keep spoil pile 2 feet away from edge of trench.



Spoil pile

Always have a competent person on site at trench constructions. The competent person must have knowledge of soil type, proper sloping techniques, knowledge of rules/OSHA standards for excavation and trenching; must have authority to take prompt corrective measures to eliminate existing and predictable hazards and to stop work when required.

Ensure all power tools and equipment are properly guarded, including circular saws, air compressors and portable cement mixers.

For more information, contact the Education, Training and Technical Assistance Bureau at 1-800-NC-LABOR.