

THE 12 DAYS OF SAFETY



JMC
JM COULL, INC.

THINK SAFE.
WORK SAFE.
HOME **SAFE.**

Presented by the JM Coull Safety Committee
December 2019

The 12 Days of Safety



On the first day of safety, my Super said to me,
“Don’t forget your PPE!”



It goes without saying that you need to dress the part when coming onto the jobsite. This means wearing personal protective equipment (PPE) any time you’re on site, specifically:

- Long pants
- Short-sleeve or long-sleeve shirts (sleeveless shirts prohibited)
- Work boots (safety-toed for operations like jackhammering, demolition, etc.)
- Safety glasses
- Work gloves
- Hardhat (forward-facing brim)
- Hearing protection as necessary
- Hi-visibility safety vest
- **JMC safety manual reference: Section 17**

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On the second day of safety, my Super said to me,
“Remember ladder safety!”



Ladders are a necessary part of the job, and they have their ups and downs (Ha!). In all seriousness, it's easy to take for granted something we all use so frequently and remember that there actually is a proper way for using ladders:

- NEVER stand on the top two rungs – if you can't reach something, get a taller ladder
- Always maintain three points of contact when climbing up or down a ladder
- Use the right ladder for the right job (i.e. don't use a step ladder as an extension ladder)
- Ensure that the ladder is at least 15 feet from an open edge, window, hole, or shaft
- Don't stack items on the ladder to stand on (like the fella above) – get a taller ladder!
- **JMC safety manual reference: Section 11**

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On the third day of safety, my Super said to me,
“Compliance is required!”



JMC expects everyone on our job sites to be accountable for safety. This includes both JMC employees and our subcontractors (and their subs, and their subs...you get the idea). The first step in achieving accountability is ensuring everyone is in compliance with JMC’s safety manual and site-specific safety program. We don’t want to be a scrooge, but this is really nonnegotiable. Non-compliance will have results will be way worse than a lump of coal:

- First offense – written warning & monetary fine
- Second offense – suspension from project for up to 5 days, or monetary fine & meeting with management to discuss corrective actions
- Third offense – permanent removal from the project, monetary fine issued, and meeting with management to discuss corrective actions
- **JMC safety manual reference: Section 3**

So be good for goodness sake...

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On the fourth day of safety, my Super said to me,
“Time for safety inspections!”



Don't panic! All of our projects are inspected at one point or another, either by our third-party safety consultant, CRM, or by OSHA (or both). Inspections may be planned or unannounced (usually the latter). Inspections go much smoother when our project teams have been working together all along to maintain a safe and clean site.

Inspections keep us on our toes to make sure we're performing at a high level when it comes to safety. They identify what we're doing well, and show us where we need to improve, so we can get even better and better. **JMC safety manual reference: Section 16.**

The 12 Days of Safety



On the fifth day of safety, my Super said to me,
“Heavy equipment is... heavy!”



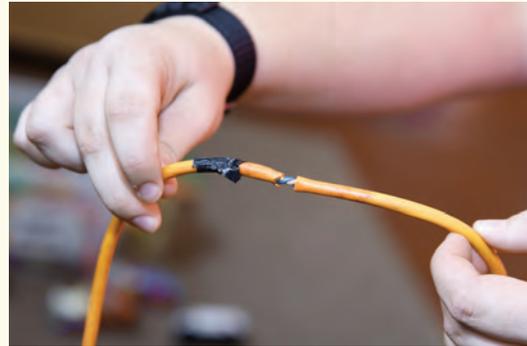
Cranes, lifts, hoists, and excavators. They're all necessary to get the job done, but can pose a huge safety risk when misused. It goes without saying, but it's worth repeating because sometimes we need a reminder (like these guys above). When it comes to heavy equipment, keep this in mind:

- Operators must be trained (or licensed for specific equipment) and must have evidence of training
- Equipment hazards and their associated controls must be documented and reviewed before use
- Operators must wear seatbelts
- Unsafe use of equipment will be immediately stopped by the foreman or superintendent
- Operators are responsible for equipment mobilization, set-up, inspection, and use
- A designated pathway must be established for site personnel working near equipment operations, and/or a full-time spotter must be present
- **JMC safety manual reference: Section 9**

The 12 Days of Safety



On the sixth day of safety, my Super said to me,
“Electrical’s a biggie!”



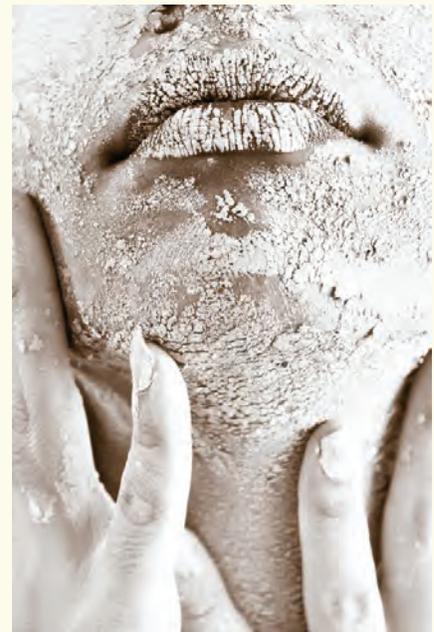
Electrical has the privilege of being #1 when it comes to “red observations” during our project site inspections. In this instance, #1 does NOT equal awesome; it equals high hazard. Many of these are easy to prevent; we just need to continue doing these consistently:

- Electrical subs must have an electrical safety program that meets or exceeds JMC’s requirements.
- Check all extension cords, powers tools, and equipment for damage prior to use – tag anything that’s damaged and remove it from the site
- Generators and temporary power receptacles must be GFCI protected (because electrocution is SO ‘80s)
- Make sure all power cords are grounded and don’t present a trip hazard – if a cord must cross a walkway, aisle, stairs, etc., the cord must be suspended 7 feet above the walking surface
- Only licensed electricians can perform work on electrical equipment, systems, or circuits
- **JMC safety manual reference: Section 8**

The 12 Days of Safety



On the seventh day of safety, my Super said to me,
“Silica is nasty!”



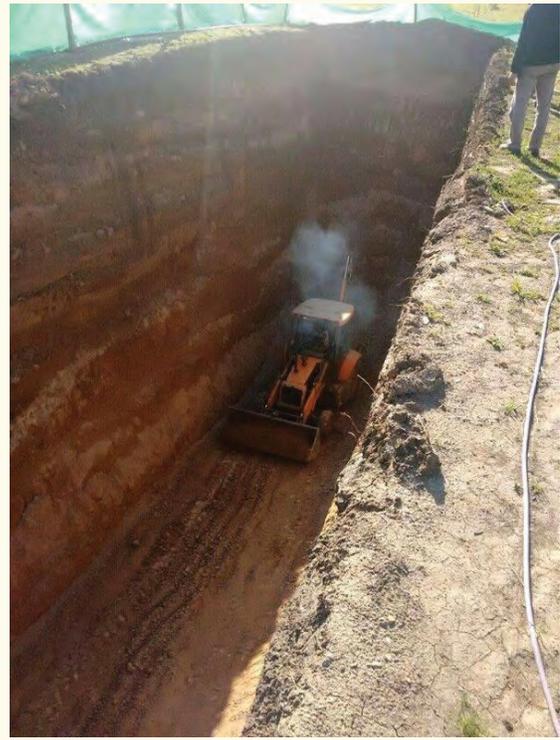
Crystalline silica, which is created during activities such as grinding, saw cutting, jack hammering, drilling, sanding, etc., can pose an extremely hazardous health risk to individuals. Silica has been known to cause lung cancer, respiratory diseases, and kidney disease. Table 1 of OSHA Standard 1926.1153 identifies methods for minimizing worker exposure to silica according to activity performed/equipment used. Copies of Table 1 are available from your project superintendent. **JMC safety manual reference: Section 13.**

“Crystalline” sounds pretty, but this stuff is anything but.

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On the eighth day of safety, my Super said to me,
“We dig excavation!”



Excavation and trenching can be extremely dangerous, so ensuring safety during these activities is particularly critical. According to OSHA, 130 excavation/trenching-related deaths occurred in the US between 2011 and 2016. Of those, nearly half took place between 2015 and 2016 alone. Always remember these items before performing excavation or trenching!

- Call DIGSAFE before any excavation activities
- Ensure the location of underground utilities and structures, including shut-off valves, switches, and devices
- Make sure a competent person is present during excavation and trenching
- Shore trenches that are ≥ 5 ft deep (or cut walls back) to prevent cave-in
- Provide ladders in trenches that are ≥ 4 ft deep (must require no more than 25 ft of lateral travel)
- **JMC safety manual reference: Section 10**

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On the ninth day of safety, my Super said to me,
“Housekeeping, housekeeping, housekeeping!”



It's the job of our superintendents to make sure we leave our project sites neat and tidy each day, but we also expect cooperation from our employees and subs to help make this happen.

- Place trash and debris in receptacles provided; receptacles must be emptied/removed as frequently as prescribed by the local fire department (or client's requirements if more frequently)
- Maintain cords so as not to pose a slip or trip hazard
- Superintendents will designate specific areas on site for eating/breaks – these areas must have rodent-proof receptacles for food waste and trash (receptacles to be emptied daily)
- Smoking is prohibited on all project sites
- Clean tools and equipment and return to protective cases
- Sweep areas where debris has accumulated (note requirements for properly handling silica)
- **JMC safety manual reference: Section 14**

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On the tenth day of safety, my Super said to me,
“Pre-task plans are awesome!”



If required, pre-task plans (PTPs) must be completed by the competent person for each trade (a PTP worksheet is included in Section 29 of JMC’s safety manual). The PTP must be submitted to and reviewed and approved by JMC’s superintendent prior to beginning a particular activity. Your PTP should:

- Break down the task into small steps, identify potential hazards associated with the task, and include measures for mitigating those hazards
- Be used to conduct a safety meeting with all employees who will be involved in performing the task
- Be revised and resubmitted if the operation or job steps change at any point
- Be visibly posted in the immediate area where the task will be performed
- **JMC safety manual reference: Section 25**

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On the eleventh day of safety, my Super said to me, “Absolutely NO drugs or alcohol please!”



The holiday season is a wonderful time of year, but it can also be really stressful (did someone say “in-laws?”). We want you to enjoy yourself, but we also want you and everyone on our job sites to stay safe. JMC maintains a stringent substance abuse policy, where drugs and alcohol are strictly prohibited from our project sites (which also means you can’t show up to the job impaired, either). And yes, even though some states have decriminalized recreational marijuana for individuals 21 and over, it’s still a federal crime, and it still violates our substance abuse policy.

JMC safety manual reference: Section 24.

The 12 Days of Safety



On the twelfth day of safety, my Super said to me,
“Remember scaffold safety!”



Like ladders, scaffolding poses similar potential safety risks with regards to falls, perhaps even more so depending on height and size. Prior to erecting and using scaffolding on any JMC project site, subcontractors must perform the following actions:

- Develop a scaffolding safety plan specific to your operations, which meets or exceeds OSHA requirements
- Have your competent person ensure that anyone potentially exposed to the hazards associated with the scaffolding receives the proper training, knowledge, and skills required to perform their assigned duties
- Ensure fall protection measures are implemented (see Section 11 of JMC’s safety manual)
- Inspect scaffolding prior to allowing any employee to use the scaffold system
- **JMC safety manual reference: Section 21**



JMC



Wishes You
A safe



and
Happy Holiday