



SAFETY TIP OF THE WEEK

FOR THE CONSTRUCTION INDUSTRY



Company _____ Date _____

To encourage all of us to promote safety on a continuing basis, the Builders Exchange publishes a safety tip in each issue of the weekly **Bulletin**. The superintendent/foreman of each job should use this safety tip in a short safety meeting Monday morning. We suggest that this 5-to-10 minute meeting be just before lunch or perhaps right after the morning break. You can then emphasize the SAFETY TIP OF THE WEEK all week long.

Five Common Contributing Factors for Workplace Injuries

Week Ending 4/19/2024

There is a long list of possibilities for what can contribute to or cause a workplace injury. Unsafe conditions and unsafe acts are often the root cause of injuries. Unsafe acts, especially, are a huge factor in the majority of workplace injuries.

According to a study, an estimated 80 out of 100 people who are involved in an incident are at fault for it. In this safety talk, we will look at five common contributing factors to workplace injuries.

The Five Contributing Factors

Distractions- There are many distractions that can take away focus from the work task at hand. These distractions can be in our actual work environment, such as clutter or noise, or a mental distraction. Mental distractions stemming from what is going on in our home life can serve as a huge disruption to getting tasks done safely at work.

Complacency- Many workers do the same tasks over and over for many years. Because of this familiarity with their work, complacency can set in. Complacency leads to taking shortcuts or not following normal work procedures. When this occurs, an injury is more likely to occur on the job.

Poor Housekeeping- Housekeeping is a major issue in some workplaces. Poor housekeeping leads to many different hazards. Some common injuries include slips, trips, falls, lacerations, sprains, and strains. A lack of housekeeping is often a signal that there are larger safety issues at hand.

Poor Preplanning- The lack of planning leads to a huge number of issues. When the hazards of a new task are not evaluated prior to work beginning, hazards are going to be left uncontrolled. This leaves employees at risk for injury. Poor preplanning can also lead to issues with not having the correct equipment, tools, materials, personnel, and training for the work, as well as a lack of time to get the job done. All of these issues have their own unique safety implications.

Taking Shortcuts- A major unsafe act that results in many workplace injuries is taking shortcuts. There are various reasons why a worker takes a shortcut, but eventually, enough safety shortcuts will lead to a workplace injury.

Summary

These are just five of the more common factors that cause or contribute to workplace injuries. Evaluate your work today and see if any of these five items mentioned are at play. Work to eliminate these factors to ensure you are able to work safely.

Special Topics for this Job: _____

MSDS # _____ Reviewed – Title: _____

Present at Meeting:

Supervisor's Signature: _____

Note: These SAFETY TIPS OF THE WEEK are to help members provide a safe workplace and to instruct employees in ways to prevent accidents. Ensure you record the names of those who attend your safety meetings and file this form with your permanent accident prevention records.



SAFETY TIP OF THE WEEK

FOR THE CONSTRUCTION INDUSTRY



Company _____ Date _____

To encourage all of us to promote safety on a continuing basis, the Builders Exchange publishes a safety tip in each issue of the weekly **Bulletin**. The superintendent/foreman of each job should use this safety tip in a short safety meeting Monday morning. We suggest that this 5-to-10 minute meeting be just before lunch or perhaps right after the morning break. You can then emphasize the SAFETY TIP OF THE WEEK all week long.

Cinco factores comunes que contribuyen a las lesiones en el lugar de trabajo

Week Ending 4/19/2024

Hay una larga lista de posibilidades de lo que puede contribuir o causar una lesión en el lugar de trabajo. Las condiciones inseguras y los actos inseguros son a menudo la causa principal de las lesiones. Los actos inseguros, especialmente, son un factor importante en la mayoría de las lesiones en el lugar de trabajo.

Según un estudio, se estima que 80 de cada 100 personas involucradas en un incidente tienen la culpa de ello. En esta charla de seguridad, veremos cinco factores comunes que contribuyen a las lesiones en el lugar de trabajo.

Los cinco factores que contribuyen

Distracciones- Hay muchas distracciones que pueden desviar la atención de la tarea de trabajo en cuestión. Estas distracciones pueden estar en nuestro entorno de trabajo real, como el desorden o el ruido, o una distracción mental. Las distracciones mentales derivadas de lo que está sucediendo en nuestra vida familiar pueden servir como una gran interrupción para realizar las tareas de manera segura en el trabajo.

Complacencia- Muchos trabajadores hacen las mismas tareas una y otra vez durante muchos años. Debido a esta familiaridad con su trabajo, puede aparecer la complacencia. La complacencia lleva a tomar atajos o a no seguir los procedimientos normales de trabajo. Cuando esto ocurre, es más probable que ocurra una lesión en el trabajo.

Mala limpieza- La limpieza es un problema importante en algunos lugares de trabajo. Una limpieza deficiente conduce a muchos peligros diferentes. Algunas lesiones comunes incluyen resbalones, tropiezos, caídas, laceraciones, esguinces y torceduras. La falta de limpieza

es a menudo una señal de que hay problemas de seguridad más grandes entre manos.

Mala planificación previa- La falta de planificación conduce a una gran cantidad de problemas. Cuando los peligros de una nueva tarea no se evalúan antes de comenzar el trabajo, los peligros no se controlarán. Esto deja a los empleados en riesgo de lesiones. Una mala planificación previa también puede provocar problemas por no tener el equipo, las herramientas, los materiales, el personal y la formación correctos para el trabajo, así como la falta de tiempo para realizar el trabajo. Todos estos problemas tienen sus propias implicaciones de seguridad.

Tomar atajos: un acto inseguro importante que resulta en muchas lesiones en el lugar de trabajo es tomar atajos. Hay varias razones por las que un trabajador toma un atajo, pero eventualmente, suficientes atajos de seguridad conducirán a una lesión en el lugar de trabajo.

Resumen

Estos son solo cinco de los factores más comunes que causan o contribuyen a las lesiones en el lugar de trabajo. Evalúe su trabajo hoy y vea si alguno de estos cinco elementos mencionados está en juego. Esfuércese por eliminar estos factores para asegurarse de que puede trabajar de forma segura.

Special Topics for this Job: _____

MSDS # _____ Reviewed – Title: _____

Present at Meeting:

_____	_____	_____
_____	_____	_____
_____	_____	_____

Supervisor's Signature: _____

Note: These SAFETY TIPS OF THE WEEK are to help members provide a safe workplace and to instruct employees in ways to prevent accidents. Ensure you record the names of those who attend your safety meetings and file this form with your permanent accident prevention records.