

Southern Ute Tribe Best Practice Safety Guidelines for Contractors and Construction

According to the Occupational Safety and Health Administration (OSHA), 6.5 million workers are employed at 252,000 construction sites all over the country. Unfortunately, when looking at all other industries, construction bears the highest fatal injury rate.

Every year, serious injuries and even deaths due to falls from heights, trench and scaffolding collapse, electric shock, blasts, inadequate use of protective equipment, roadway/access and repetitive motions occur needlessly.

Construction safety is important. Please review our Best Practice Safety Guidelines for Contractors and Construction. Review of the <u>29 CFR 1926 Standards for Construction Safety Requirements/Southern Ute Tribal Best Practice Safety Requirements</u> must be understood and complied with.

GENERAL SAFETY PROCEDURE and PURPOSE

The Southern Ute Indian Tribe (Tribe) supports the goal of providing a safe and healthy workplace for all employees. Supervisors and employees share the responsibility for the success of the safety and health program.

These guidelines apply to ALL Tribal projects.

Understanding and following these basic rules can help you protect yourself and others from accidents and injuries. It is also important for you to supplement these safety rules with your own good judgment and common sense.

The Supervisor is the designated site "safety officer" and is responsible for assigning tasks and providing safety instructions. These instructions may be a review of applicable portions of this handbook or they may be site or task specific if conditions or situations warrant.

It is YOUR responsibility to know and apply the rules. It is also YOUR responsibility to inform your Supervisor if you are uncertain of the appropriate safety measures to take or if the task at hand is beyond your training, ability and experience. It is essential that you:

1. Always follow safe work practices and the rules outlined in this handbook.



- 2. Understand HOW each task is to be done-if you do not know, STOP and ASK your Supervisor.
- 3. Never perform work without the required personal protective equipment (PPE) or operate any tool or equipment with safety devices missing or defective. If you have questions or do not understand any part of this handbook you should discuss them with your Supervisor and/or the Tribe's Health and Safety Coordinator.

Construction Site Safety

Contractor Employers and Tribal Departments are held responsible for managing a safe workplace for all employees. Employers and their employees must remain compliant with the construction site safety rules that largely center on potential occupational hazards/requirements in construction industry workplaces.

First and foremost, is the restricted delineation of the construction site to limit access by non-employees, visitors and sight-seeing individuals. Fencing, barriers and appropriate signage must be posted to warn all of specific requirements for entry into the area.

Injury Reporting

- 1. Report all injuries to your Supervisor immediately.
- 2. If you are injured on the job, in the performance of job-related duties, and the injury requires medical attention, you are required to report the event to your company supervisor

Bloodborne Pathogens (Hepatitis and HIV)

Use Universal Precautions (gloves, eye protection, etc.) whenever there is a possibility of contact with potentially infectious materials (PIM) (such as blood and other body fluids). If contact with PIM does occur:

- 1. Immediately following exposure, flush eyes and mouth with water and wash hands and skin surfaces with soap and warm water or antiseptic hand cleanser.
- 2. Notify your Supervisor as soon as possible if you believe you may have been exposed to PIM, but no later than the end of the work shift.

Mandatory Required PPE

Eye and Face Protection

When foreign objects can potentially make their way into workers' eyes during actions such as welding, grinding, nailing, or cutting, then safety glasses or face shields must be worn. Further, eye protection must be used when workers are exposed to electrical systems, chemicals, flying particles, and concrete.



> Foot Protection

As a general construction safety rule, workers must wear boots or work shoes with puncture- and slip-resistant soles. Moreover, safety-toed protective footwear must be worn to prevent crushed toes in the event of heavy objects or equipment falling.

Hand Protection

Construction workers must wear proper safety gloves that fit snugly. For instance, when working with electricity, insulated gloves are required. When working with concrete, heavy-duty rubber gloves are required. Your hands and fingers are your most important tool in your tool box.

Head Protection

Well-maintained hard hats must be worn for safety precautions in construction when potential for falling objects might be present, injury to the head from fixed objects, and/or any electrical contact. These hats must be thoroughly and routinely examined for cracks, dents, etc.

Hearing Protection

Workers and visitors must be protected against high noise levels or impact high noise levels. Protecting your hearing is crucial to the success of your personal health and wellbeing. You can't reverse hearing loss.

Safety Vests

High visibility while on the construction site identifies you as worker to your workforce for safety awareness and as a designated person with access authority.

Respiratory-

Respiratory equipment may be required for areas where health hazards exist due to accumulations of dust, fumes, mists or vapors. The Tribe will make available these respirators to employees as required by the Safety Data Sheet.

- 1. Use ventilators, fans and air movers as needed to maintain air circulation.
- 2. Dust masks are recommended for dusty conditions and are generally adequate for most work situations.
- 3. Cartridge type respirators are required for hazardous or other toxic conditions. Your Supervisor will provide the appropriate respiratory equipment for this type of work.
 - 4. Proper fitting, medical qualification and training is required for respiratory use.

Scaffolding

Full-planked scaffolds should be sound and always properly inspected with required inspection record tags attached.

All scaffold must be inspected by a qualified person. Any damaged materials should be promptly removed from service.



Only mobile scaffolds should be moved while workers stand on them and only if the workers have been trained to understand and carry out proper safety procedures in construction.

Weather and power lines in the vicinity should be assessed before workers are permitted onto the scaffolding.

Scaffolding platforms must be securely raised and must have proper mid-rails and top railing. Scaffold should never be loaded down with excessive weight.

Working at Heights - Fall Protection

All personnel work at 6' or greater must supplied proper fall -protection/full body harness.

All personnel in fall protection must be anchored-off at approved tie-off points that can withstand a 5000-lb pull force.

All fall protection must be inspected prior to use to check for any defects which effect safe usage.

Electrical Safety

There must never be any work on circuits unless all power has been shut off and the grounds are attached. A tagout (lockout) system should be in place and verified.

Any damaged cords or cables should be replaced. All cords should meet NEC guidelines.

All electrical cords and portable tool cords must be inspected and show proof of inspection- SUIT Quarterly Cord inspection process. Extension cord sets must be three-wired for up to "extra-hard" service.

Electrical tools should be grounded.

Electrical cords with safety defects shall be promptly removed from site, if any issue is discovered.

No "Daisy-changing" of electrical cords is allowed. Do not run cords through doorways-refrain from pinch points.

Workers must be aware of power overhead, and all ladders and other equipment such as scaffolding must be set up at a minimum of 10 feet away from any power lines.

Finally, multi-plug adapters are forbidden as part of the safety guidelines for construction site employees.



FIRE PROTECTION

Upon discovering a fire, follow the procedures listed below:

- 1. Alert others and evacuate the building or leave the area.
- 2. Call 911 if necessary.
- 3. Once you are safe, notify your Supervisor.
- 4. If a fire can be extinguished with a portable extinguisher and PPE is not needed, you may elect to extinguish the fire with a portable extinguisher. Do not attempt to fight a fire if doing so would be dangerous.
- 5. When using a portable extinguisher, remember "PASS": PULL the pin, AIM low, SQUEEZE the lever, and SWEEP from side to side. For actuated extinguishers, actuate the gas cylinder. Stay out of the "line of fire" as the lid could blow off. Always use the correct extinguisher for the class of fire as indicated in the table below. Never use foam or water- based extinguishers on electrical fires.
 - 6. If outdoors, always attack the fire with the wind to your back.
 - 7. Never turn away from the fire; back out.

A. General Requirements—

- 1. Minimum of a 2A rated fire extinguisher for each 3,000 sq. ft. of building space and at least one 2A extinguisher on each floor with a minimum of 100 feet travel distance between extinguishers.
- 2. Minimum of 10B rated fire extinguisher is required wherever more than 5 gallons of combustible or flammable gas is used on the jobsite.
- 3. Minimum of 20B is required wherever more than 60 gallons of flammable liquid storage areas.
 - 4. Good housekeeping is the best fire prevention measure.
- 5. Approved metal safety cans are highly encouraged for fuel storage and use. All fuel storage cans must be labeled. Plastic fuel storage cans are strongly discouraged.
- 6. Maintain full charge on all extinguishers and know the location of extinguishers in your work areas.
- 7. Ensure that access to fire extinguishers is not blocked or obstructed by any object or materials.

WELDING and CUTTING

A. General Requirements—

1. Notify your Supervisor if you need to perform any hot work, such as welding, burning, hot tapping, cutting, grinding, brazing, soldering, heating, riveting, working near open flames, a Hot Work Permit is required in locations where flammable or other hazardous materials are or might be present.



- 2. Inspect all equipment prior to use to make sure hoses, leads, regulators, etc. are in good condition.
- 3. Inspect the work area and remove any combustibles or flammables so sparks or molten metal will not cause ignition.
- 4. The appropriate fire extinguisher must be readily available for all welding and cutting.
- 5. Wear proper eye protection at all times. 6. Never weld or cut on barrels, tanks, piping, or other systems which may have contained either combustibles or other unknown products.

B. Welding—

- 1. Electric arc welding must have proper grounding.
- 2. Protect others from welding flash by shields or isolation.
- 3. Do not leave a rod in the electrode holder when you lay it down. Dispose of stub ends properly-not on the floor.
- 4. Wear an approved welding hood with proper shade lenses and welding leathers.
 - 5. Never do electric arc on a metal ladder.
- 6. Ventilate work area and take extra precautions when welding galvanized, coated or stainless steel.
 - 7. Turn off welding machines when not in use.
 - 8. Protect welding lead from damage.

C. Cutting—

- 1. Inspect gauges and hoses before each use.
- 2. Before connecting regulators, carefully open the cylinder valve slightly to remove any foreign particles and close immediately.
 - 3. Make sure the torch handles set has back flow preventers installed.
- 4. Valve/Gauge settings for cutting: Acetylene-open cylinder 1/4 to 1/2 turn with gauge pressure set at 5 to 10 pounds per square inch (psi) and never exceeding 15 psi. Oxygen-open cylinder wide open; set gauge pressure at 25 to 35 psi.
- 5. When lighting a torch, open the acetylene valve on the torch before opening the oxygen. Use approved sparks lighter never use matches, cigarettes or molten material.
- 6. Maintain gas cylinders in the vertical position and secured at all times with all valves in the closed position and cylinder caps on when in storage, transit or not in use.
 - 7. Keep oil and grease away from torch sets.
 - 8. Never lift cylinders with slings.
- 9. Oxygen and acetylene (or other fuel gas) cylinders in storage must be separated from each other by 20 feet or by a 5-foot barrier that has a 1-hour rating.
- 10. Never leave or store torch cylinders in an enclosed area or container that is not adequately ventilated.



Elevated Work Surfaces

Materials should be securely fastened when stored atop elevated work surfaces. These surfaces should bear handrails at the point of entry and exit, and guardrails when more than 48 inches above ground level. Load capacity should be posted, and 4-inch toe-boards must be in place when the elevated surface is exposed to objects which could potentially fall.

Floor Openings

Floor openings of 12 inches or more must be covered securely or surrounded with a guardrail on all sides (except for stairway openings, of course). Floor openings warning signage must be posted. Toe-boards must be installed around permanent floor openings.

EXCAVATION and TRENCHING

A. General Requirements—

- 1. A competent person or designated site Supervisor/spotter must be on site for all excavations.
- 2. Do not dig in an area unless your Supervisor has received approval, including clearance from the appropriate utility notification center, commonly known as "One Call" or "Call Before You Dig." The federal 811 service will connect you with your State One Call Center.
- 3. All excavations or trenches 5 feet or deeper MUST have a protective system (i.e. sloping or benching, or side wall shoring or shielding) in place before anyone can enter the excavation. Excavation or trenches less than 5 feet deep may also be required to have a protective system if there is any indication of a potential cave-in, as determined by the competent person or designated site Supervisor/spotter on site.
- 4. No employee shall enter an excavation or trench that has not been inspected and approved for entry by the competent person or designated site Supervisor/spotter.
- 5. Each excavation must be inspected daily by the competent person or designated site Supervisor/spotter. If evidence of cave-in or slides is apparent, no work in the excavation can proceed until the problem has been corrected. Check excavations more often during periods of rain, freeze/thaw or hot/drying conditions.
- 6. Spoil piles and/or materials must be set back a minimum of 2 feet from the edge. In addition, precautions must be taken to prevent materials from rolling in or falling in.
- 7. Safe access and egress must be maintained into all excavations or trenches by means of ramps steps or ladders.



- 8. In excavations or trenches 4 feet or deeper the means of access and egress must be spaced so the lateral travel distance between points does not exceed 25 feet. If ladders are used, they must extend 3 feet above the landing grade.
- 9. If walkways are necessary to cross over excavations or trenches, fall protection is required which is typically standard safety guardrails.
- 10. Always check with your Supervisor or crew leader before entering any excavation.
- 11. Any excavation deeper than 20 feet must be approved (method of protective system) by a registered professional engineer (PE).
- 12. In foundation excavations for concrete formed or block walls—maintain sufficient space between the toe of the excavation and the structure to allow for form work, stripping, etc.
- 13. Maintain the stability of adjacent existing structures buildings, sidewalks, utilities, etc. NEVER under-mine without shoring.

B. Sloping and Benching

Sloping or benching the walls of an excavation or trench is the most common and generally the most economical method of providing cave-in protection. This method is utilized on most Tribal projects. In addition to the general excavation rules listed above, there are certain specific sloping and benching requirements that must be followed and/or considered.

1. The sloping and benching criteria is based on three soil types; Type A, Type B and Type C.

Basically, a Type A soil is considered the most stable and Type C the least stable with the Type B in between. Type A soils—typically; firm,

clayey or naturally cemented soils that remain stable when exposed with an unconfined comprehensive (UC) strength of at least 1.5 tons per square foot (tsf). Type B soils—typically; moderately firm, clayey or silted soils and some cemented sands, gravels and (if cohesive) has an UC of .5 to 1.5 tsf.

- 2. Any type of soil can be classified a Type C, excavated on a 1-1/2 Horizontal (H) to 1 Vertical (V) and considered safe.
- 3. Any time a soil is excavated on a slope steeper than a 1-1/12 H to 1 V, it must be classified as a Type A or a Type B by a competent person.
- 4. Consult your Supervisor or on-site designated competent person before you enter any excavation or trench that is deeper than 5 feet and cut to a slope steeper than 1-1/2 H to 1 V to make sure the soil has been properly classified and cut to a safe slope.



C. Shoring and Shielding

Shoring and shielding (trench boxes) the walls of an excavation or trench are used to provide protection when, it is not practical or feasible to slope or bench. This method is utilized when right- of-way is limited or restricted, or the quantity of material to be removed and refilled is prohibitive. In addition to the general

excavation rules listed, there are certain specific shoring and shielding requirements that must be followed or considered.

- 1. All shoring used as a protective system must be approved prior to installation in accordance with one of the following methods:
 - a. Using data provided by the manufacturer of the shoring system.
 - b. Using tabulated data approved by an engineer.
- c. Having a registered PE design shoring and shielding (trench boxes) the walls of an excavation or trench.
- 2. All trench boxes used as a protective system must be approved by a registered PE prior to use and have a manufacturer's certification or other verification as to the designed rating of the box.
- 3. The shoring, shielding, or trench box must have 18 inches of freeboard above the sloped or surface grade.
 - 4. Approved access in and out of the support system must be maintained.

Lock Out Tag Out (LOTO)

To protect people working on equipment with hazardous energy sources (such as electrical, mechanical, hydraulic, pneumatic, chemical, thermal), locking devices and tags must be placed on energy isolating devices (such as valves or electrical switches).

Equipment may not be operated until the locking devices and tags are removed. Never attempt to start, energize or use locked out or tagged out machines or equipment. If your job requires you to operate or use a machine or equipment on which servicing or maintenance is being performed under lockout or tagout, or your job requires you to

work in an area in which such servicing or maintenance is being performed, then you are an "Affected Employee."

An Affected Employee is responsible for:

1. Understanding the purpose and use of the your LOTO program



Knowing which equipment in your work area is under LOTO. If you are authorized to lock out or tag out machines or equipment in order to perform servicing or maintenance on that machine or equipment, then you are an "Authorized Employee."

Authorized Employees are responsible for:

- 1. Understanding the purpose and function of the LOTO program;
- 2. Having the knowledge and skills required for the safe application, usage and removal of energy control devices in their work areas;
 - 3. Following the PF LOTO procedures and equipment- specific LOTO plans;
- 4. Making entries in LOTO program documentation, such as tags, log books, etc., for which you are responsible;
- 5. Notifying Affected Employees before equipment is to be placed under LOTO and prior to and after equipment is removed from LOTO and restored to operation.
- 6. Maintaining LOTO locking devices and tags and notifying your Supervisor when supplies are low; and
- 7. Using lockout/tag out devices only to perform lockouts and not for other purposes.

AERIAL LIFTS

A. General Requirements—

- 1. Aerial lifts shall be designed and constructed in conformance with the applicable requirements of the American National Standards of "Vehicle Mounted Elevated and Rotating Work Platforms." Aerial lifts include the following types of vehicle-mounted aerial devices used to elevate personal to job-sites above ground:
 - a. Extensible boom platform
 - b. Aerial ladders
 - c. Articulating boom platforms
 - d. Vertical towers
 - e. A combination of any such devices.

Aerial equipment can be made of wood, fiberglass reinforced plastic (FRP), or other material; may be powered or manually operated; and are deemed to be aerial lifts whether or not they are capable of rotating about a substantially vertical axis.

- 2. Aerial lifts may be "field modified" for uses other than those intended by the manufacturer provided the modification has been certified in writing by the manufacturer or by any other equivalent entity, such as a nationally recognized testing laboratory, to be in conformity with all applicable provisions of American National Standard Institute (ANSI) A92.2-1969.
- 3. On ladder trucks and tower trucks aerial ladders shall be secured in the lower traveling position by the locking device on top of the truck cab, and the manually



operated device at the base of the ladder before the truck is moved before highway travel.

- a. Lift controls shall be tested prior to each use to determine that such controls are in safe working condition.
 - b. Only authorized persons shall operate aerial lift.
- c. Employees shall always stand firmly on the floor of the basket and shall not sit or climb on the edge of the basket or use planks, ladders, or other devices for a work position.
- d. A full body harness shall be worn, and a lanyard attached to the boom or basket when working from an aerial lift.
- e. Boom and basket load limits specified by the manufacturer shall not be exceeded.
- f. Brakes shall be used, and when outriggers are used they shall be set on pads or solid surface. Wheel chocks shall be installed before using an aerial lift on an incline, provide they can safely be installed.
- g. DO NOT move an aerial lift when the boom is elevated in a working position with people in the basket.
- h. Before moving an aerial lift for travel, the boom(s) shall be properly inspected to see that is it properly cradled, and outriggers are in stowed position.

LADDERS

Ladders are a good tool to have on site assist in getting your task completed safely. Please pay attention to the following directives.

- 1. Do not use any ladder with broken or missing rungs or steps, broken or split side rails or with any other visible defects. Remove from service any damaged ladder, notify Supervisor, and discard ladder.
- 2. Manufactured ladders must be of the industrial type, rated at least heavy-duty, have an OSHA approval labels which specify ladder height and weight limitations.
 - 3. Inspect all ladders before use.
- 4. Always face the ladder when ascending or descending and do not carry anything that prevents holding on with both hands.
 - 5. Do not position ladders against or on any movable object or base.
- 6. If it is necessary to position a ladder in or over a doorway or blind spot, barricade the doorway and post signs.
- 7. All straight or extension ladders must be tied off or properly secured to prevent movement and extend a minimum of 3 feet above the landing.
- 8. The base of the ladder must be set back a safe distance from vertical—rule of thumb is one fourth of the working length of the ladder.
- 9. The areas around the top and base of the ladder must be free of tripping hazards.



- 10. Be sure your boots are not muddy, greasy, etc. to avoid slips and falls. Do not over-reach.
- 11. Metal ladders are not to be used for electrical work areas where they could contact energized wiring.
 - 12. Step-ladders must be fully opened to lock.
 - 13. Do not stand on the top two steps of a step-ladder.
- 14. Worker must utilize fall protection and be tied off if working above 6' construction working at heights standard.

CONFINED SPACE

A. General Requirements—

The Southern Ute Indian Tribe considers a confined or enclosed space as any space in which there exists:

- 1. Limited means of getting in and out
- 2. Toxic or flammable gases or vapors can gather in the area.
- 3. Oxygen-deficient air.
- 4. The space is not designed for continuous employee occupancy Examples of confined spaces that may be encountered on some of our projects are; storage tanks, manholes, sewers, underground utility vaults, tunnels, some excavations, and open top spaces more than 4 feet deep, such as pits, tubs or vaults.

B. Before Entering a Confined Space—

- 1. Ventilate the area or space.
- 2. Test the atmosphere for: a. Oxygen Content—19.5% to 23.5% is considered safe with 20.8% in normal air.
 - b. Flammable Air-fires and explosions can occur.
 - c. Toxic Air-can irritate your respiratory or nervous system or cut off your oxygen supply. NOTE: Air monitoring equipment is available to test the atmospheres.
- 3. Never enter a confined space without a hole watch- always have a watch present when working in a confined space configuration.
- 4. Entry Permits may or may not be required depending on the hazards associated with the confined space.
- 5. Whether an "Entry Permit" is required or not, NEVER enter a confined space without; authorization to do so, and letting others know.
- 6. Atmospheres can change due to a number of reasons such as welding, cutting, painting or coating, ventilation, heating, etc. These operations can produce toxic or flammable gas/vapors or use up available oxygen.
- 7. Air monitoring must be performed as needed to assure safe working conditions-routine or continuous monitoring may be required.
- 8. Use your senses-if it smells bad, if you see dead animals, if you hear no air flow, etc. DO NOT ENTER until it has been cleared to do so. Never light a match-to check oxygen deficiency or existence of flammable gasses.
 - 9. Consult your Supervisor if you are unsure of confined space requirements.



Hazard Communication

Safety Data Sheets must be available at construction work sites with listing of all hazardous substances/products.

Contractors must have a program that monitors necessary employee training and crucial labeling and must be organized and functioning.

Labels and warnings must always be displayed on all containers.

Unmarked containers must be removed from site and properly disposed.

CONCRETE

A. General Requirements—

- 1. Head and eye protection required. Always protect your skin from concrete.
- 2. All protruding rebar must be protected by either plastic caps or troughs over the rebar ends. Horizontal bars should also be capped when they are in locations where workers are exposed to falling or brushing against the bars.
- 3. Fall protection is required for any work at or above 6 foot. This includes tying steel, setting or stripping forms, placing and vibrating. Do not walk the top of wall forms.
 - 4. Power trowels must be equipped with an automatic power shut-off.
- 5. Mixer trucks must be kept a safe distance away from the edge of any excavation or trench.
- 6. Foundation excavations must be in compliance with the excavation standards outlined in this handbook.
- 7. Make sure all vertical rebar mats and wall forms are secured and properly supported.
 - 8. Maintain good housekeeping at all times

DEMOLITION

A. General Requirements—

- 1. An engineering survey must be performed by a competent person to determine how the work is to be performed and if any hazardous materials (asbestos), flammables, gases, etc. exist, floor loading capacity, etc....
- 2. All utilities must be identified; shut-off, and or rendered non-hazardous before any work is started.
 - 3. Chutes must be used for exterior dumping.
 - 4. Fall protection assessment must be done.

HEAVY EQUIPMENT

A. General Requirements—

- 1. Never operate any machinery that you are not authorized to operate.
- 2. All equipment and machinery must be operated and maintained in conformance with the manufacturer's recommendations.
- 3. All machinery has its limitations and was designed to operate within specific perimeters-NEVER exceed that criteria.
 - 4. All machinery must be inspected prior to use.
 - 5. All operational and safety deficiencies must be repaired prior to use.



- 6. Special equipment hazard warnings, rated load capacity charts, operating speeds, etc. must be conspicuously posted.
- 7. Backup alarms are required on all earth moving equipment and any other mobile equipment operated where ground personnel are exposed.
- 8. Operators are to take signals and/or directions from only one person, unless it is an emergency and a STOP signal can be given by anyone.
- 9. Equipment must be shut down before any maintenance, repairs or fueling is performed.
- 10. All hydraulic implements must be lowered to ground prior to any inspection or work is commenced.
- 11. Blocking must be in place before getting under any suspended load or equipment.
- 12. Riding on equipment other than on seats installed by the manufacture is prohibited.
- 13. When handling or recharging batteries or using jumper cables—wear eye and face protection.
- 14. If the spotter cannot see the operator or the operator cannot see the spotter then all activity must cease until proper vision of both spotter and operator is obtained.
 - 15. Operators must review blind spot hazards with spotter/grounds persons.

Proper Material Handling and Storage

All personnel working at a construction site should be aware of the proper material handling and storage procedures.

For manual material handling, the expected lifting techniques should be made clear to avoid injuries.

For handling of mechanical materials, operators need to be aware of the weightlifting capacity of equipment like cranes and forklifts to avoid potential accidents.

All construction materials and equipment should be stored properly when not in use to prevent materials damage, accidents, or injuries. Ensure safe loading limits for materials stored inside a building. All passageways should be kept clear for workers.

MANUAL LIFTING

Improper lifting is a major cause of serious back injury. To protect the back, push heavy loads instead of pulling, and turn the entire body instead of twisting at the waist, because pushing and twisting motions place more strain on the back muscles.

- 1. Do not attempt to lift heavy objects alone. Get help for heavy or awkward loads.
- 2. Plan your lift before you pick up-consider weight, size, shape, path of travel.
- 3. Leg muscles are stronger than back muscles. Lift with your legs and not your back.



SITE SAFETY INSPECTIONS and TAILGATE MEETINGS

A. Site Safety Inspections:

The purposes of performing site safety inspections are to identify unsafe or hazardous conditions, procedures or practices at the work site. All employees are required to assist in inspection process. Safety inspections will be conducted as follows:

- 1. Inspect your work areas daily and correct all deficiencies within your control.
- 2. Notify your Supervisor and the Tribe's Health & Safety Coordinator if you are unable to correct a safety deficiency for whatever reason.
- 3. The site Supervisor or his/her appointee is required to conduct a walk-around safety inspection daily and a safety audit once a week.
- 4. Assist the Supervisor in minimizing workplace hazards by doing your part on a daily basis.
- 5. Construction sites will be audited periodically by the SUIT's Health and Safety Coordinator- to be determined on initial audit findings

B. Tailgate Safety Meetings:

Your site Supervisor will conduct weekly tailgate safety meetings at the job site. The purpose of these safety meetings is to relay pertinent safety and health information and place accident prevention foremost in your mind.

You should participate in these meetings, contribute your know-how and ASK questions if you don't understand.

REMEMBER-Accident Prevention is everyone's business so be a part of the SAFETY TEAM by being an active Safety Player.

Promote and Enforce Good Practices

In every working environment, promoting and enforcing good practices and construction site safety procedures plays a huge role in ensuring safety for everyone.

Ensure that the top management, site supervisors, and even workers are enforcing rules, observing working protocols and encouraging positive behavior.

Always do it safely or not at all.

Always do it right the first time.

All personnel have Stop Work Authority.



Contractor Acknowledgments:

Employee:	Employee:	Date: