

# Welcome to the Hard Hat Training Series



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Welcome to the Hard Hat Training Series. Today we are going to discuss construction's "focus four"—falls, electrocution, struck-by, and caught-in/between. At the end of this training, you will be able to recognize hazards and how to avoid these accidents.

Pay attention to this true story and how the focus four played a role in this employee's death. Early one morning, John, Tim, and Rob were doing demolition work 31 feet (9.5 m) off the ground on an elevated work area in a partly demolished building. John removed a heavy motor during the demolition work and placed it on the edge of an unprotected wall opening.



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Because the work area was too small for both the men and the motor, they had the motor resting over the edge so half of it hung off. Once their work had been completed, they decided to push the motor off the edge to the ground below.



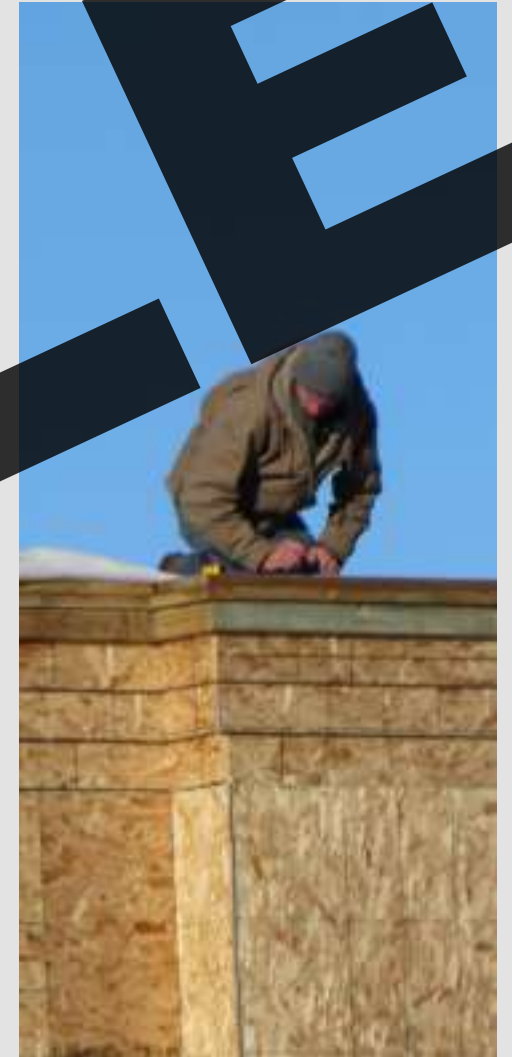




While pushing the heavy motor, John didn't notice that his glove had snagged on a sharp piece of the motor. Once the motor tipped over the edge, John went flying with it. He died after striking a stair railing in his descent. Which of the focus four killed John?



You may say that the fall is what killed John. But before that, John's clothes got caught-in the motor as well. This was a bad situation to begin with because these employees were working near an unprotected edge without any fall protection.





Imagine if John had instead gotten struck by a piece of demolished building material or if they hadn't shut off the power to the building before beginning to demolish it. You will notice that sometimes more than one of the focus four are at play in an accident. That's why it's important for you to recognize all potential hazards.



ELECTROCUTION



STRUCK BY



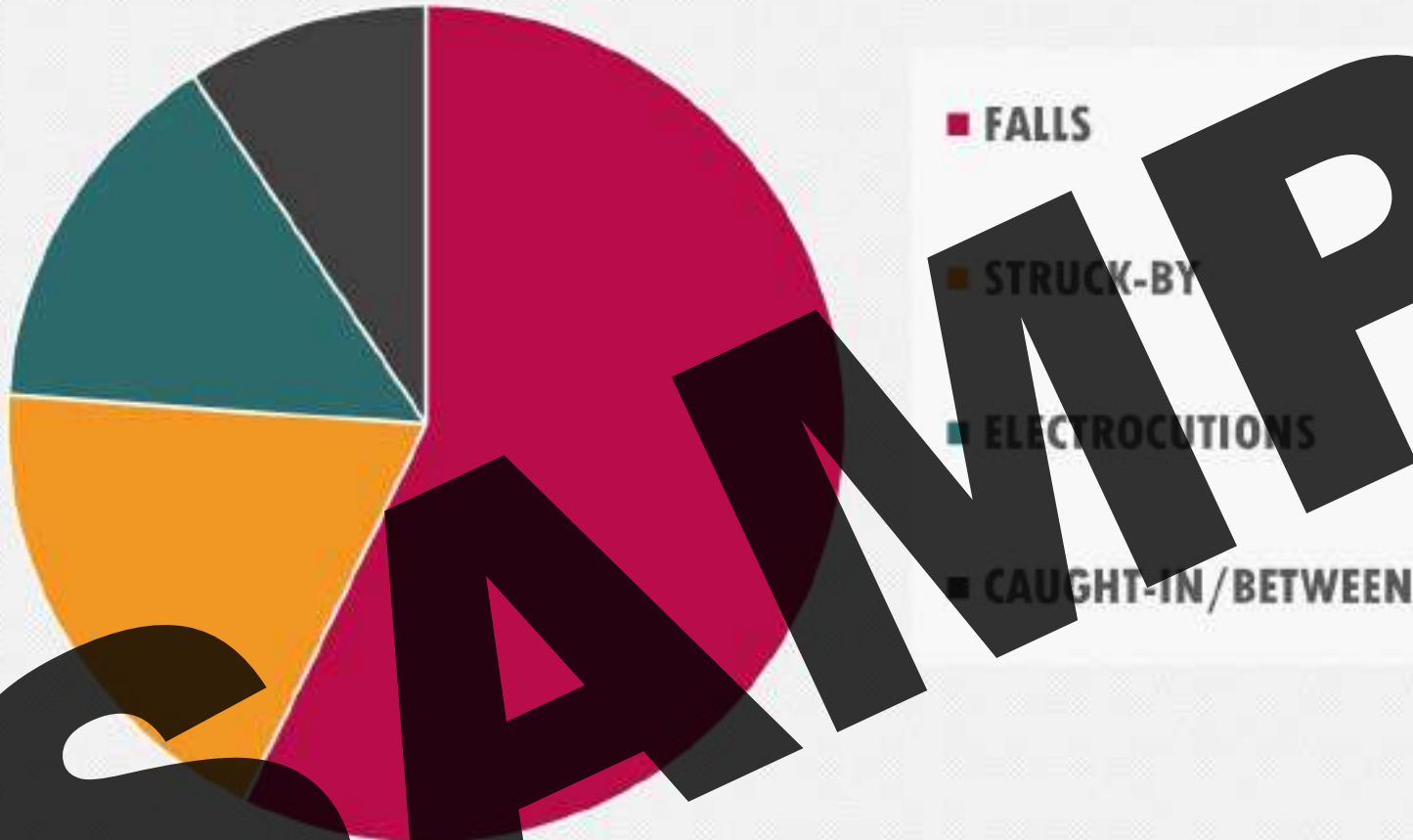
FALLS



CAUGHT IN/BETWEEN



# CONSTRUCTION'S FOCUS FOUR



In 2018 there were nearly 5,000 people who died on the job in the United States. Of those nearly 5,000 fatalities, around 1,000 of them were within the construction industry. The “focus four” account for more than half of those construction industry deaths. OSHA estimates that eliminating accidents caused by the focus four would save more than 500 people each year.



In this training, we will first talk about the leading cause of employee deaths in the construction industry: falls. Falls may happen on the ground from slipping or tripping on a walking or working surface. The majority of falls that cause death, however, happen at heights. Because of this, we will discuss fall protection measures your company should take.





**CAUTION**  
OSHA REGULATIONS  
AREA IN FRONT OF  
ELECTRICAL  
PANEL  
MUST BE  
KEPT CLEAR  
FOR 36 INCHES



We will also explain what electrocution is and the many electrocution hazards on a worksite.



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We will look at how struck-by accidents happen. On a worksite, there is potential for you to be struck by falling objects, loads, or heavy machinery. Our goal is to help you be more conscientious of struck-by hazards as they arise.





Finally, we will go over caught-in or -between accidents. By definition, this includes employees who die from becoming caught-in or squashed by equipment or objects. It also includes when employees become struck, caught, or crushed in a collapsing structure, piece of equipment, or other materials.







# STANDARDS

## OSH Act of 1970 General Duty Clause

*"Each employer shall furnish to each of his employees employment and a place of employment which are free from recognized hazards that are causing or are likely to cause death or serious physical harm to his employees; shall comply with occupational safety and health standards promulgated under this Act."*

*Each employee shall comply with occupational safety and health standards and all rules, regulations, and orders issued pursuant to this Act which are applicable to his own actions and conduct."*

Broadly speaking, protection from the focus four falls under OSHA's General Duty Clause, which states the employers are required by law to provide their employees with safe workplaces free from hazards that can cause death or injury. We have provided these standards as a guide, but it's your responsibility to know all federal, local, and company rules that apply to your worksite.



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## Why Training?

No matter the situation, it is common to hear workers and even employers ask, “Where does it state we need to be trained?” Can’t a worker also be deemed “qualified” based on experience? The answer is “no.” Experience helps, yes, but OSHA makes it very clear that employees must be trained (no matter how long they’ve been on the job) and that it is the employer who is responsible for overseeing that safety training and evaluating the permit space program in order to confirm that the employees have the understanding, knowledge, and skills needed for safe operations.



Initial training and refresher training, as well as any written and practical evaluations, must be documented and filed. At the very least, in the case of an investigation, OSHA will want to see proof of proper and consistent training (in the way of training outlines, class lists, training goals, tests, certificates, and so on.) These documents should include the name of the person who taught the class or conducted the evaluation.



## Workers are required to receive refresher training when...

- 1 There are changes in their assigned duties.
- 2 There are changes regarding potential exposure to hazards for which the employees have not received training.
- 3 There is any deficiency noted in an employee's work performance that is related to the safety and health of themselves or other workers.
- 4 If an accident or anytime an employee is injured or nearly injured during operations.

**NOTE:** In some areas, refresher training is required at least every three years (if not sooner).

Training is not just a one-and-done occurrence; it is on-going. In fact, similar to the guidelines set down for when initial training is required, OSHA is specific when it comes to "refresher training." More specifically, OSHA acknowledges the need for "refresher" or "follow up" training whenever there is a demonstrated need for it.





The extent of training will be determined by the employer, but at the very least it should include classroom instruction followed by a written and practical examination that prove continued competency.







In this section, we will discuss one of the leading causes of workplace injuries: slips, trips and falls. This will include the common walking and working surface hazards that lead to these injuries, as well as the safety measures you can take so you can prevent them from occurring at your workplace.





# STANDARDS

## 1910 Subpart D - Walking-Working Surfaces

- 1910.22 - General requirements.
- 1910.23 - Ladders.
- 1910.24 - Step bolts and manhole steps.
- 1910.25 - Stairways.
- 1910.26 - Dockboards.
- 1910.27 - Scaffolds and rope descent systems.
- 1910.28 - Duty to have fall protection and falling object protection.
- 1910.29 - Fall protection systems and falling object protection-criteria and practices.
- 1910.30 - Training requirements.

These are some of the main standards concerning walking and working surfaces. Many states have additional standards, as do some industries. We have provided these as a guide, but it's your responsibility to know all federal, local and company rules that apply to your job site.





As we look at the different surfaces, we will break the surfaces into outdoor and indoor sections. Some items on the list can fall into both categories, with ladders being an example. For these topics we will include them in one or the other sections, though the principles discussed will be the same no matter where it is located.





# Outdoor Surfaces

# SAMPLE

