Job Safety and Health
IT'S THE LAW!

OSHA® Occupational Safety and Health Administration

All workers have the right to:

- A safe workplace.
- Raise a safety or health concern with your employer or OSHA, or report a work-related injury or illness, without being retaliated against.
- Receive information and training on job hazards, including all hazardous substances in your workplace.
- Request a confidential OSHA inspection of your workplace if you believe there are unsafe or unhealthy conditions. You have the right to have a representative contact OSHA on your behalf.
- Participate (or have your representative participate) in an OSHA inspection and speak in private to the inspector.
- File a complaint with OSHA within 30 days (by phone, online or by mail) if you have been retaliated against for using your rights.
- See any OSHA citations issued to your employer.
- Request copies of your medical records, tests that measure hazards in the workplace, and the workplace injury and illness log.

This poster is available free from OSHA.

Employers must:

- Provide employees a workplace free from recognized hazards. It is illegal to retaliate against an employee for using any of their rights under the law, including raising a health and safety concern with you or with OSHA, or reporting a work-related injury or illness.
- Comply with all applicable OSHA standards.
- Notify OSHA within 8 hours of a workplace fatality or within 24 hours of any work-related inpatient hospitalization, amputation, or loss of an eye.
- Provide required training to all workers in a language and vocabulary they can understand.
- Prominently display this poster in the workplace.
- Post OSHA citations at or near the place of the alleged violations.

On-Site Consultation services are available to small and medium-sized employers, without citation or penalty, through OSHA-supported consultation programs in every state.

Contact OSHA. We can help.

1-800-321-OSHA (6742) • TTY 1-877-889-5627 • www.osha.gov

OSHA Assistance and Filing a Report

Regional Office

San Diego State Plan Office

7575 Metropolitan Drive, Suite 207

San Diego, CA 92108

(619) 767-2280 or (619) 767-2299

Business Hours: 8:00 a.m. -5:00 p.m. PT

OSHA

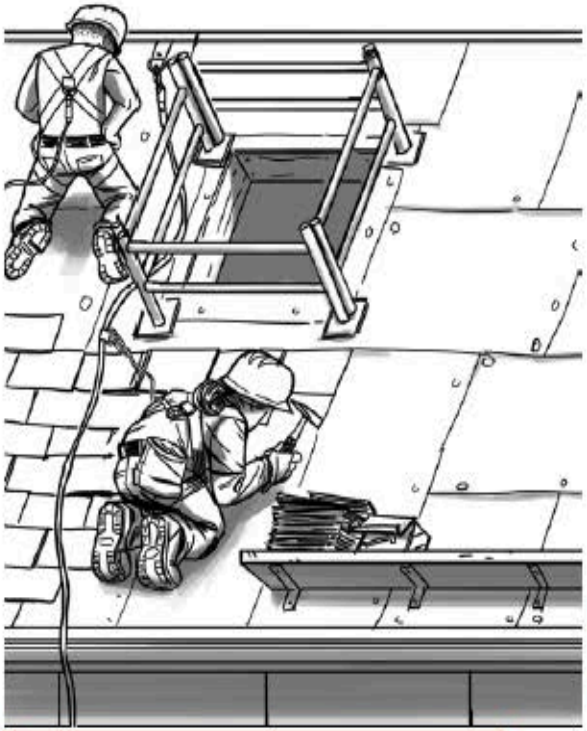
Telephone –1-800-321-6742

https://www.osha.gov/whistleblower/WBComplaint.html

https://www.osha.gov/

FALLS FROM ROOFS CAN BE PREVENTED!

- ☑ Wear a harness and always stay connected
- ☑ Make sure your harness fits
- ☑ Use guardrails or lifelines
- ☑ Inspect all fall protection equipment before use
- ☑ Guard or cover all holes, openings, and skylights



DON'T
disconnect from the lifeline

DON'T
work around unprotected openings or skylights

DON'T
use defective equipment

PLAN ahead to get the job done safely.
PROVIDE the right roof equipment.
TRAIN everyone to use the equipment safely.

U.S. Department of Labor

CDC Workplace Safety and Health NIOSH NORA

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www.osha.gov

NIOSH 2012-142 / OSHA 3533-04 2012

FALL PREVENTION FACT SHEET

I worked construction for 10 years before my fall. It shattered my body and my livelihood.

Work safely. Use the right equipment.

Safety Pays. Falls Cost.
www.osha.gov/stopfalls/

PLAN ahead to get the job done safely. **PROVIDE** the right equipment. **TRAIN** everyone to use the equipment safely.

Carrying Safely

Lifting an object requires proper lifting techniques. But, once you have lifted an object, it is important that you are aware of the correct way to carry an object.

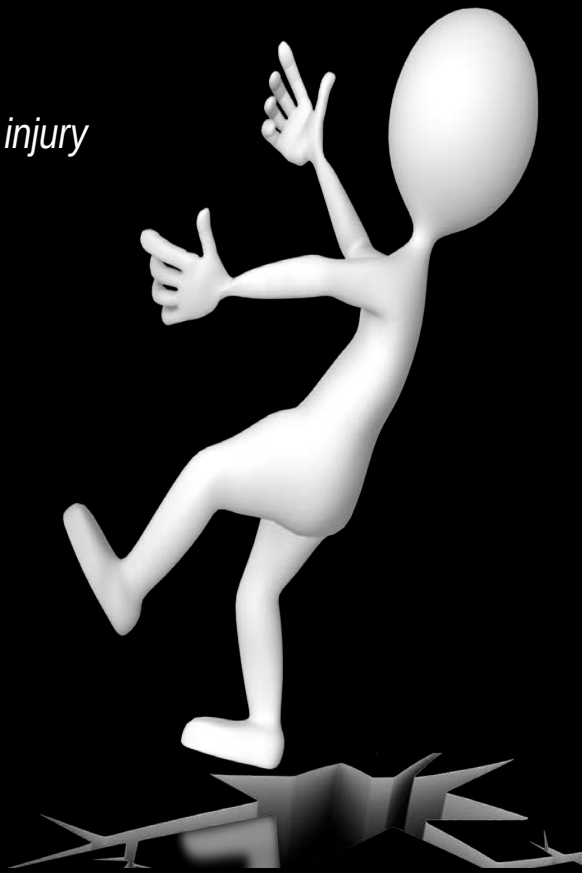
Follow these suggestions to carrying objects safely:

1. To place an object on a bench or table, lower it to the edge, being careful to keep fingers away from the pinch points. Release the grip slowly and push the object into place with hands and body.
2. Long objects such as pipes and lumber, should be carried over the shoulder. Keep the front end as high as possible.
3. If the object being carried is more than ten feet long, two or more workers are needed. They should hike the material to the same shoulder and walk in step with each other.
4. When two or more people carry a load, one should be designated to call out signals. Workers should warn if they intend to relax their grip.
5. If a load doesn't feel comfortable, or if your vision is obstructed, put the object down immediately.
6. If a new grip on the object is needed, rest it on a support before attempting another hold. Shifting a load while walking is a good way to drop it and smash a toe.
7. When changing directions, make sure you do not twist but instead turn your whole body.

Fall Hazards in the Yard

There are basically three ways you can fall in the yard and possibly suffer injury

1. You can lose your balance.
2. You can trip over something on the floor.
3. You can fall from a position from above the floor or ground.



- To avoid falls that can cripple for a lifetime, pay close attention to the rules of ladder and scaffold safety.
- When you need to climb, use a ladder of the proper length.
- Don’t climb on machinery, materials, crates or boxes.
- Be sure the ladder is in good condition.
- Don’t reach too far from a ladder.
- Never stand above the second step from the top.
- Keep the standing and work surfaces of the scaffold level and clean.
- Toe boards should be installed to help prevent tools from falling and reduce the risk of slipping.
- If possible, work with someone who knows scaffolding safety.

Fire Protection Rules

15 Minute Rule (Torch)

You may not leave your charged torch or hose unattended for more than 15 minutes in an enclosed space for any reason, including going to lunch, the tool room, or bathroom. You must either roll back the torch to blue sky (outside the skin of the ship) or shut off the gas and disconnect the hoses at the manifold.

A TORCH MUST NEVER BE LEFT UNATTENDED IN A CONFINED SPACE!

End of Shift Rule in New Construction (applies to entire length of hose)

Before the end of the shift all fuel gas and oxygen hoses will be secured, disconnected, and completely rolled back out to blue sky. This means the all hoses must be rolled back outside the skin of the ship so that no part of the hose remains inside the covered hull or superstructure.

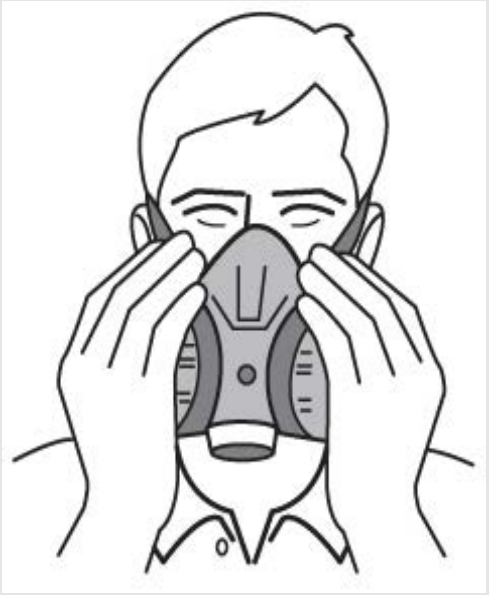
35 Foot Rule – Prior to commencing Hotwork

- Remove combustibles materials such as bags, cardboard, clothing, material, and trash a minimum of 35 feet from the point of hotwork.
- Only fire retardant (FR) tape is authorized to be used to connect or secure local exhaust ventilation tubing.
- Inspect all local exhaust ventilation tubing to ensure it is stenciled (FR) indicating it is fire resistant. Ventilation tubing must be free of paint overspray and oil residue.
- Use barriers made of A-cloth or other non-combustible material to protect combustible materials that cannot be removed.
- Post a sufficient number of qualified fire watches to ensure heat and sparks do not ignite or burn combustible materials or injure passersby.
- Qualified fire watches shall have training documentation in their possession and be physically capable of extinguishing a live fire.
- Repair sites must stop work 30 minutes before end of shift to allow cool down.
- All Repair sites require ID washers at both ends of hoses for hotwork.
- Repair sites must turn off all valves at manifold. Disconnect all fuel / oxygen lines from manifold and replace manifold port caps tightly.

Respirator Seal Checks

Positive Pressure Check

Negative Pressure Check



Positive pressure check Close off the exhalation valve and exhale gently into the facepiece. The face fit is considered satisfactory if a slight positive pressure can be built up inside the facepiece without any evidence of outward leakage of air at the seal. For most respirators this method of leak testing requires the wearer to first remove the exhalation valve cover before closing off the exhalation valve and then carefully replacing it after the test.

Negative pressure check. Close off the inlet opening of the canister or cartridge(s) by covering with the palm of the hand(s) or by replacing the filter seal(s), inhale gently so that the facepiece collapses slightly, and hold the breath for ten seconds. The design of the inlet opening of some cartridges cannot be effectively covered with the palm of the hand. The test can be performed by covering the inlet opening of the cartridge with a thin latex or nitrile glove. If the facepiece remains in its slightly collapsed condition and no inward leakage of air is detected, the tightness of the respirator is considered satisfactory.

To Beard or not to Beard? That's a good Question!

Why can't facial hair act as a crude filter to capture particles that pass between the respirator sealing area and the skin? While human hair appears to be very thin to the naked eye, hair is much larger in size than the particles inhaled. Facial hair is just not dense enough and the individual hairs are too large to capture particles like an air filter does; nor will a beard trap gases and vapors like the carbon bed in a respirator cartridge. Therefore, the vast majority of particles, gases, and vapors follow the air stream right through the facial hair and into respiratory tract of the wearer. In fact, some studies have shown that even a day or two of stubble can begin to reduce protection. Research tells us that the presence of facial hair under the sealing surface causes 20 to 1000 times more leakage compared to clean-shaven individuals.

Hazcom

OSHA revised its Hazard Communication Standard (29 CFR 1910.1200) aligns with the United Nations' Globally Harmonized System of Classification and Labeling of Chemicals (GHS).

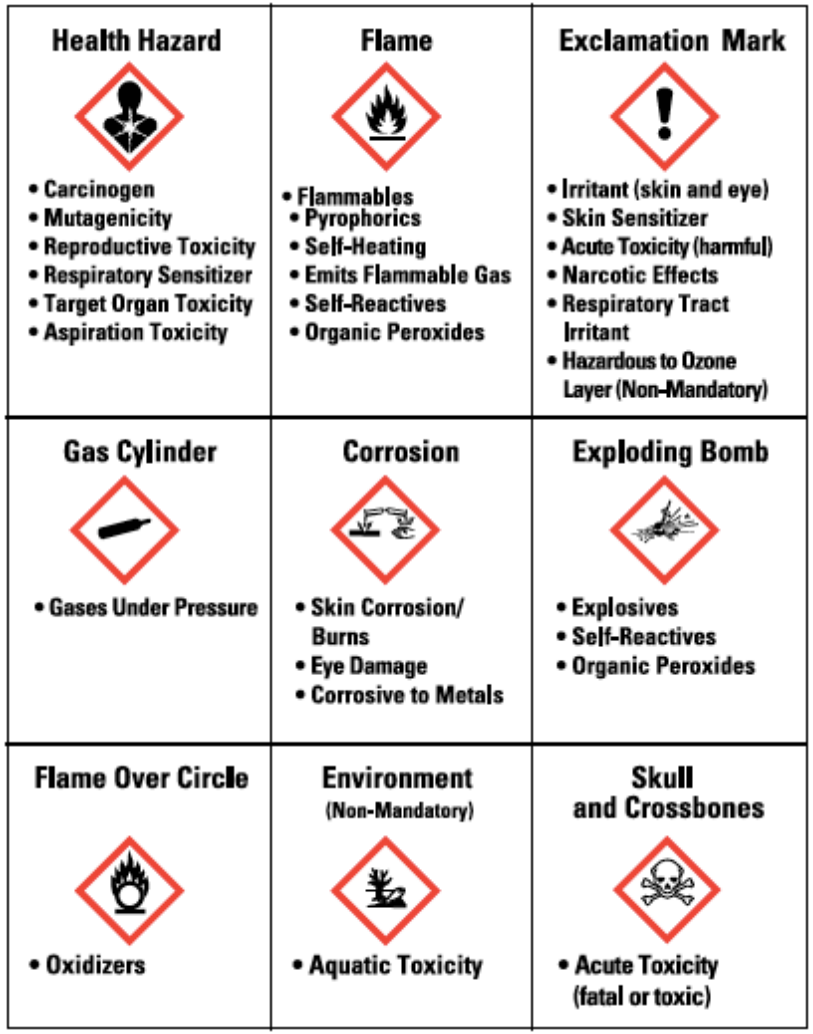
Section 1 - Identification;
Section 2 - Hazard(s) identification;
Section 3 - Composition/information on ingredients;
Section 4 - First-aid measures;
Section 5 - Firefighting measures;
Section 6 - Accidental release measures;
Section 7 - Handling and storage;
Section 8 - Exposure controls/personal protection;
Section 9 - Physical and chemical properties;
Section 10 - Stability and reactivity;
Section 11 - Toxicological information;
Section 12 - Ecological information;
Section 13 - Disposal considerations;
Section 14 - Transport information;
Section 15 - Regulatory information; and
Section 16 - Other information, including date of preparation or last revision.

To locate the OSHA On-site Consultation Program nearest you, call 1-800-321-6742 (OSHA) or visit www.osha.gov/dcsp/smallbusiness

For more information on labels and SDSs, visit www.osha.gov/dsg/hazcom

Applies on vessels and on shore for welding, cutting and brazing general requirements.

• 29 CFR Part 1915 Subpart P (§§1915.501 through 1915.509) applies for all shipyard employment fire protection.
• §1915.51 – Ventilation and protection in welding, cutting and heating take precedence over General Industry standards.

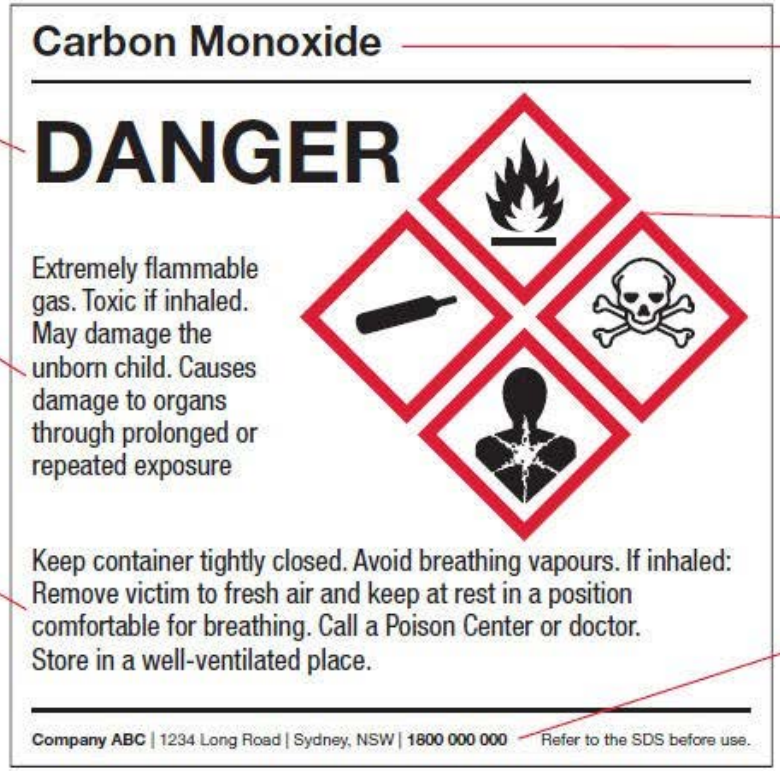


GHS Label Elements

1. Signal Word:
Indicates relative level of hazard. "Danger" is used for most severe instances, while "Warning" is less severe.

4. Hazard Statements:
Phrases that describe the nature of hazardous products and oftentimes the degree of hazard.

5. Precautionary Statements:
Phrases associated with each hazard statement, that describe general preventative, response, storage or disposal precautions.



3. Product Name or Identifiers

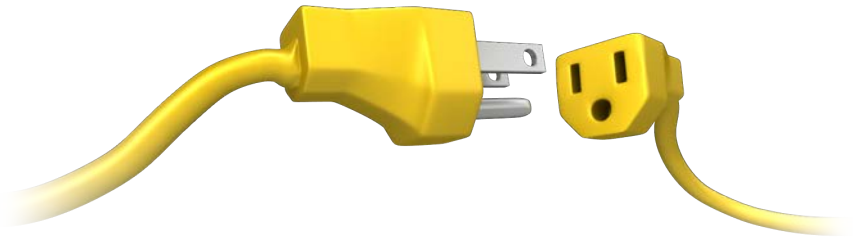
2. Symbols (Hazard Pictograms):
Convey health, physical and environmental hazard information with red diamond pictograms. May use a combination of one to five symbols.

6. Manufacturer Information:
Manufacturer name, address, telephone number and local emergency number.

Use this as a template to identify correct label information

Working Safely with Electricity

Working around live electricity is a serious hazard, workers who work with electricity indirectly may be exposed to serious electrical hazards.



Power Lines

- Stay at least 10 feet away from overhead power lines and assume they are energized.
- Use non-conductive wood or fiberglass ladders when working near power lines.

Electrical Cords

- Use equipment that is approved by a nationally recognized testing laboratory
- Do not modify cords or use them incorrectly.
- Remove cords from receptacles by pulling on the plugs, not the cords.

Electrical Source

- Secure the power first
- Remove with nonconductive material
- Call 911
- Do not move victim

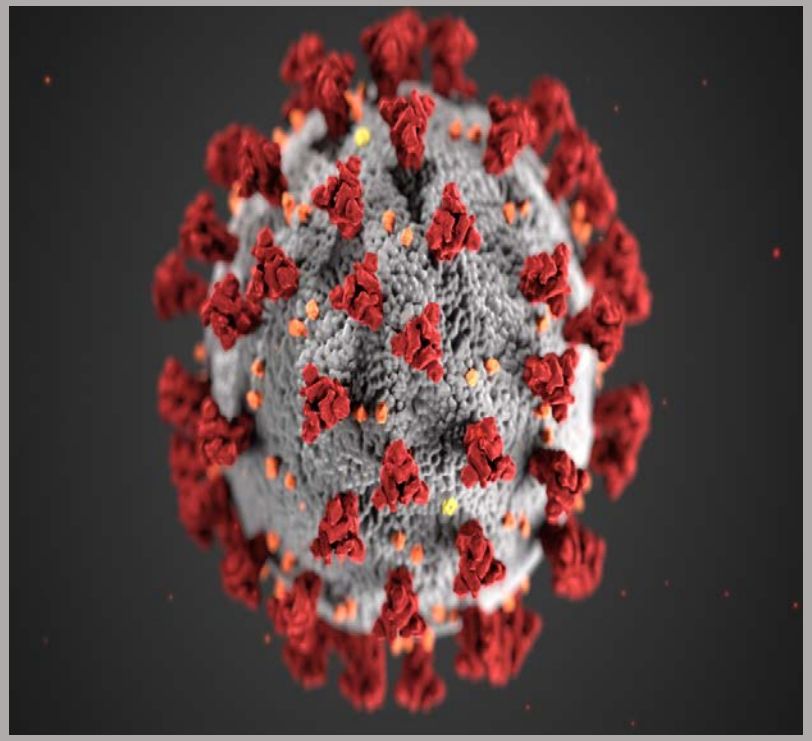
Electrical Incidents

If the power supply to the electrical equipment is not grounded or the path has been broken, fault current may travel through a worker's body, causing electrical burns or death. Visually inspect electrical equipment before use. Take any defective equipment out of service.

- Ground all power supply systems, electrical circuits, and electrical equipment.
- Frequently inspect electrical systems to ensure that the path to ground is continuous.
- Do not remove ground prongs from cord- and plug-connected equipment or extension cords.
- Use double-insulated tools and ground all exposed metal parts of equipment.
- Avoid standing in wet areas when using portable electrical power tools.

Ten Steps All Workplaces Can Take to Reduce Risk of Exposure to Coronavirus

1. Encourage co-workers to stay home if sick.
2. Encourage respiratory etiquette, including covering coughs and sneezes.
3. Provide a place to wash hands or alcohol-based hand rubs containing at least 60% alcohol.
4. Limit worksite access to only essential workers, if possible.
5. Establish flexible worksites (e.g., telecommuting) and flexible work hours (e.g., staggered shifts), if feasible.
6. Discourage workers from using other workers' phones, desks, or other work tools and equipment.
7. Regularly clean and disinfect surfaces, equipment, and other elements of the work environment.
8. Use Environmental Protection Agency (EPA)-approved cleaning chemicals with label claims against the coronavirus.
9. Follow the manufacturer's instructions for use of all cleaning and disinfection products.
10. Encourage workers to report any safety and health concerns.



Safety Harness Inspection Checklist

GUARDIAN FALL PROTECTION

INSPECTION FORM HARNESS

8530 REV. A

Harness Part #: _____
Serial #: _____
Date of First Use: _____
Date of Manufacture: _____

Harness Configuration:
CHEST STRAP: ☐ PT ☐ TB ☐ QC
LEG STRAPS: ☐ PT ☐ TB ☐ QC
WAISTBELT: ☐ YES ☐ NO
CONNECTION LEGEND: PT: PASS-THROUGH TB: TONGUE BUCKLE QC: QUICK-CONNECT

Owner / Company: _____
Name of Inspector: _____
Signature: _____
Date of Inspection: _____

LABELS & MARKINGS	PASS	FAIL	NOTE
Label (Intact & Legible)			
Appropriate ANSI/OSHA/CSA Markings			
Inspections are Current / Up-to-Date			
Date of First Use			
Impact Indicator (Signs of Deployment)			

HARDWARE (BUCKLES & D-RINGS)	PASS	FAIL	NOTE
Shoulder Adjustment Buckles			
Leg & Waist Buckles / Other Hardware			
D-Rings (Dorsal, Side, Shoulder, or Sternal)			
Corrosion / Pitting / Nicks			

WEBBING	PASS	FAIL	NOTE
Shoulder / Chest / Leg / Back Straps			
Cuts / Burns / Holes			
Paint Contamination			
Excessive Wear			
Heat / UV Damage			

STITCHING	PASS	FAIL	NOTE
Shoulder / Chest / Leg / Back Straps			

NOTES

_____ _____
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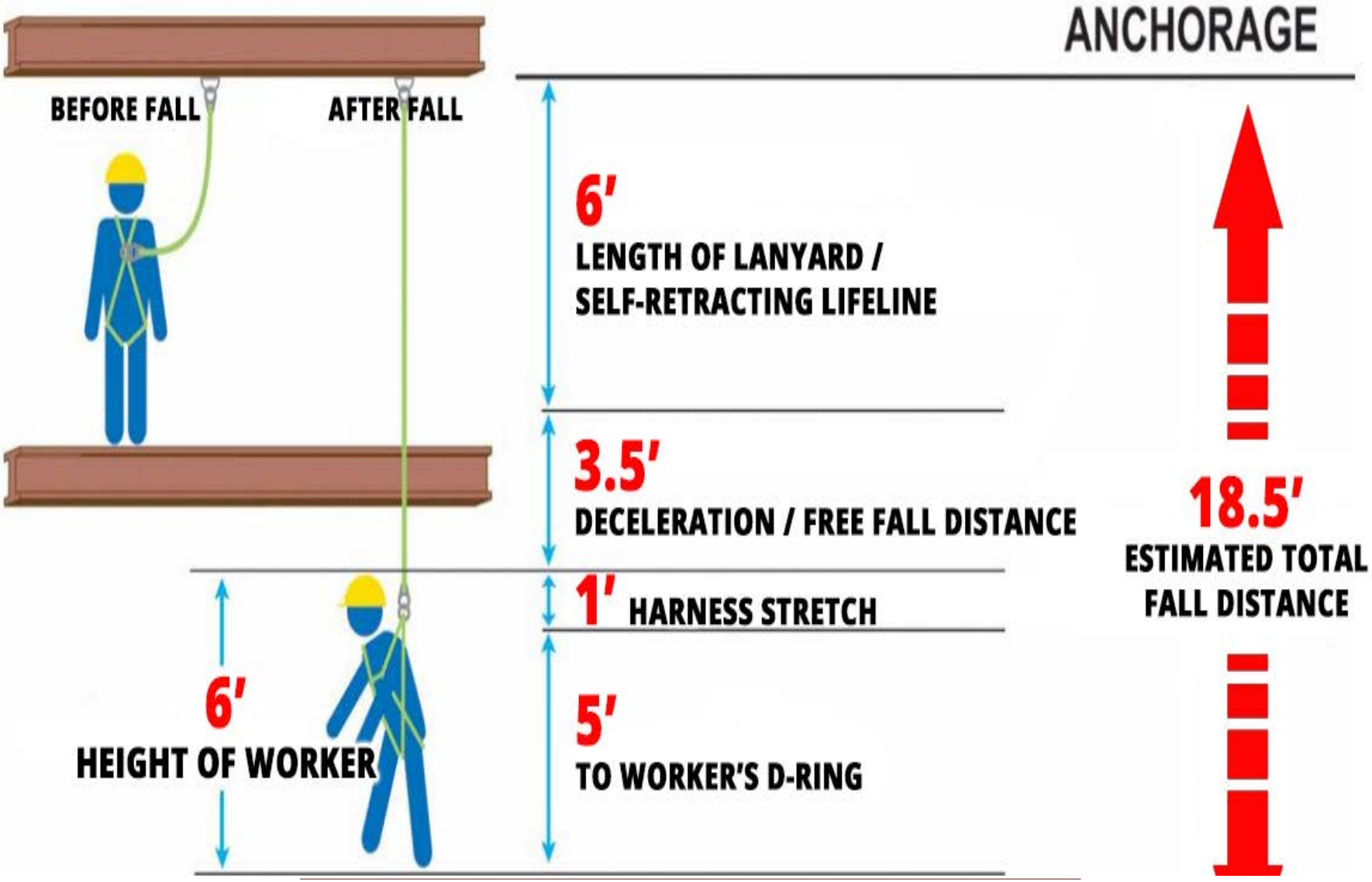

Fall Calculation Tool