

# Safety Quarterly

2009

*“Employee Safety Is Our Goal”*

## Tilden-Coil Featured Project

Air Force Village West Chapel consisted of new Type V construction including a 3,400 sf Chapel, 4,700 sf Meeting Hall, 1,100 sf restroom/storage building, covered walkways, a gazebo and paved parking lot. Interesting



highlights included: drilling, blasting and breaking of granite bedrock, wire sawing and crane placement of a large granite boulder, milling and finishing of heavy timber members to create door and window jambs as well as the main cross, stained and etched glass windows, and architectural wood carvings handmade



by one of the community residents. Team members are Jimmy Riordan, Mike Heck, Kim Riley, Ray Cranmer.

### P.P.E.

#### What is Personal Protective Equipment (PPE)?

PPE is designed to protect employees’ head, arms, hands, and feet from serious workplace injuries or illnesses and ranges from hard hats, work gloves, ear plugs, dust masks, work boots, safety glasses, harnesses and respirators. PPE is basically any type of gear that gives you added protection during the work day on a construction site. The more common PPE’s and their importance are as follows:

#### Hard Hats

Hard hats can protect employees from head impact and electrical injuries such as those caused by falling or flying objects, bumping into fixed objects, or contact with electrical conductors. Hard hats are required PPE on all Tilden-Coil Projects and are to be worn at all times by every person, including our partners, vendors and clients during time spent on the construction site.

#### Work Gloves

Tradesmen exposed to harmful substances through skin absorption, cuts or lacerations, abrasions, chemical and thermal burns, and harmful temperature extremes will benefit from hand protection. Work gloves are not required to be worn at all times but are required when the task at hand requires protection. Tradesmen may dislike wearing work gloves due to perceived limitations such as making it harder to grip nails, fasteners, and hand tools. However, with the variety of ergonomic gloves on the market today, this perception is no longer valid.

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### **Ear Plugs**

Ear protection can help against damage to hearing and should be worn during exposures equal to or exceeding an 8-hour time weighted average sound level of 90dB in construction. A Skilsaw produces 115 dB, which far exceeds the limit and can cause permanent hearing loss within a short period of time. The regular use of ear plugs will protect users against Noise Induced Hearing Loss (NIHL). NIHL is an irreversible form of hearing damage, which is usually painless and can happen to anyone at any age. The damage is cumulative, so while initial symptoms may be temporary, hearing loss and related problems, such as ringing in your ears, may become permanent with recurring exposure.

### **Dust Masks**

Dust masks should be used by all persons during any work that involves particulates circulating in the work area. They can help protect users against several breathing disorders. A good rule of thumb to follow is “if you can see it floating in the air”, you should be wearing a dust mask. Dust masks should be the heavy duty type (two strap) and replaced every work shift or as needed. Single strap dust masks do not meet OSHA requirements for use on the construction site.

### **Work Boots**

Proper work boots are to be worn by all tradesmen on Tilden-Coil projects. They can help prevent injuries by protecting employees from hazards such as cuts, slips, ankle sprains, electrical hazards and dropped objects. Tennis shoes and soft soled shoes are not allowed on Tilden-Coil projects.

### **Safety Glasses**

Safety glasses will protect your eyes while using hand tools, saws, grinders, demolition equipment and other every day common tools on our sites. Remember when you would rather be caught kissing your sister than caught wearing the old version safety glasses? You know the type. They are the kind your wood shop teacher wore, even when he wasn't in the shop. However, in the last several years styles have improved for added comfort which promotes use. Several versions on the market also provide ultra violet protection. Saving your sight is worth the cost of about \$12 dollars every other month.

You won't see a fire fighter battling a fire without wearing protective gear, a football player playing without a helmet or a baseball catcher without a face mask. A tradesman is no different in the value of his/her life. Protect the quality of your life and those around you. Wear PPE's.

## **Safety Committee Meeting Minutes**

A meeting of the Tilden-Coil Constructors Quarterly Occupational Safety and Health Committee was held at the main office on Tuesday, January 27, 2009 from 3:00 pm to 5:00 pm in the downstairs Development Center. Members present included Terry Pettit, David Joseph, David Peters, Patrick Baughman, Ryan Baughman, Jeremy Moore, Ray Cranmer and Eric Trunnell. Guest attendees: Jimmy Riordan.

- A couple new items will be added to the Safety Inspection form and will be reviewed during the quarterly inspections: the OSHA 300 log will be inspected and is to be posted from February 1st to April 30th and a note will be added to take pictures of measures to be corrected as well as and positive actions.
- The committee will request Traveler's to re-review TCC's Safety Inspection forms and provide feedback for possible improvement by comparing with forms of other companies with positive safety cultures.

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## Review of 4th Quarter 2008 Accident Reports:

There were no Tilden-Coil employee accidents to report this quarter...again!

### **Drywall Subcontractor**

Due rain water on the stairs, a tradesman slipped, fell, and fractured his wrist. This incident created lost time. The Superintendent immediately stopped individuals from removing water out of the building, reminded all individuals to slow down in adverse weather and wear proper PPE such as non-slip rain boots. Further training was provided in the following foreman's meetings.

### **Drywall Subcontractor**

Tradesman's knife slipped while cutting gypsum Sureboard receiving a one inch cut his wrist at the base of his right thumb. No lost time was incurred. Tradesman was directed to wear proper PPE (gloves) and use a retractable knife. Further training was provided in the following foreman's meetings.

### **Drywall Subcontractor**

Tradesman was pulling a screw out of a piece of metal track using a pair of snips, his hand slipped and he lacerated his right thumb when catching himself on the steel track flange. He received two stitches for a half inch laceration on his right thumb. He returned to work with no lost time. A post-accident meeting was held to discuss how to avoid similar accidents. Position yourself to avoid movement should you slip while using a hand any tools and wear gloves.

### **Drywall Subcontractor**

Tradesman was scraping Monokote to install drywall overhead and got dust in his eye. Eye wash was applied with no lost time. A post-incident meeting was held to discuss how to avoid similar incidents. Although safety glasses were utilized at time of incident, goggles should be worn to prevent dust from getting in the eyes.

### **Steel Subcontractor**

While loading the welding box back onto his truck, tradesman twisted his back, straining a muscle in his back. He returned to work after two days off. A safety meeting on safe lifting was held onsite for all contractors discussing the importance to not lift too much weight with out help and proper lifting techniques.

### **HVAC Subcontractor**

Tradesman was standing on a ladder approximately 3' high when he slipped due to leaning too far out from the ladder, grabbed a nearby pipe to catch himself and hurt his shoulder. No first aid was applied. The Subcontractor reviewed ladder safety such as the "Belt Buckle Rule" and proper ladder placement with all of their employees and inspected all of their ladders on site to ensure they are in good working order.

### **Architect**

The Architect of Record lost his footing while descending from a roof access ladder and fell, cracking a bone in his left heel. He was instructed to stay off his foot for two weeks. It was discussed onsite that extra care be taken when descending a ladder to ensure that proper footing and three points of contact be maintained at all times with the ladder to prevent falls.

### **Electrical Subcontractor**

Plumbing Subcontractor was guiding a pipe with a digging bar in the trench when it was being pushed into place by a backhoe at the other end. The pipe moved too fast dislodging the bar from the Plumbing Subcontractor subsequently hitting the Electrical Subcontractor in the head resulting in small cut under his left eye and a sore jaw. He was taken to the nearby hospital for precautions and was release to return to work the following day. Make sure all other workers are clear from potential injury when using equipment or tools. Know your surroundings and make necessary corrections to prevent injury. by a backhoe.



## Travelers Safety Classes

Professional development is derived from developing new capabilities and advancing your current skills. Safety classes are opportunities to increase your knowledge and awareness, ultimately having a positive influence on our industry's safety culture. If interested in any of the upcoming classes offered by Travelers or would like additional course description, please contact David Joseph.

**Course Title: Excavation and Trenching Safety**

Date: 09/10/2009

Time: 08:00 AM - 05:00 PM

Location: Ayres Suites - 1945 E. Holt Blvd., Ontario, CA 91761

This course addresses topics such as soil mechanics, soil classification, and selection of protective systems. If you have excavations on your site, this is a valuable course for you.

**Course Title: Site Sense - Professional Development for Supervisors**

Dates: 12/10/2009

Time: 08:00 AM - 12:00 PM

Location: Shilo Inn Hilltop 3101 Temple Ave, Pomona, CA 91768

This program was developed to provide construction supervisors with excellent tools to effectively manage safety and production on the job site.

**Course Title: Fall Protection - Tie or Die**

Date: 10/22/2009

Time: 08:00 AM - 05:00 PM

Location: Ayres Suites - 1945 E. Holt Blvd., Ontario, CA 91761

At course completion attendees should be capable of properly evaluating fall exposures on their jobsites and choosing the best method to effectively control them.

**Course Title: Site Sense II**

Date: 12/10/2009

Time: 12:00 PM - 04:00 PM

Location: Shilo Inn Hilltop - 3101 W. Temple Ave. (Shilo Room), Pomona, CA 91768

A new training program designed specifically for construction site supervision that builds upon the principles learned from the original Site Sense Program.

"SAFETY IS SOMETHING THAT HAPPENS BETWEEN YOUR EARS, NOT SOMETHING YOU HOLD IN YOUR HANDS."

-JEFF COOPER



"Don't wait. The time will never be just right."  
- Napoleon Hill

## 2009 Safety Committee Goals

- Competent person training class for Superintendents for excavations. How to recognize and quiz the “competent person”. - PB.
- Spreadsheet with recommended training for field staff based on their position. – DP. Draft currently under review by TP and being coordinated with Human Resources.
- Research and identify the top three causes of death and serious accidents and organize future training around these risks. – RC.
- Information regarding how to read MSDS’s. - ET to put together an informative article regarding MSDS’s.
- Create a one stop shop form that can be used when setting up a project site to ensure that all sites have everything they need as it relates to first aid kits, posters, permits, hospital map, etc. Review with Project Start-Up Checklist. – DP. Draft currently under review by TP.
- Improving safety training for the new hire orientation process. Draft currently under review with TP.
- Safety modules that capture risks inherent with phases of work.
  - a. Grading - DP has draft to TP
  - b. Foundations - PB has draft to TP.
  - c. Structure - RC to produce draft
  - d. Roofing - RB to produce draft
- Review IIPP and update or expand as required. - TBD
- Provide further education pertaining to acts involving repetitive injuries. Include ladder training/proper PPE/ injury to hands. – TBD
- Retrain on an OSHA inspection. What happens? What should you do? – TBD
- Retrain on accident investigation. What is required of you? – TBD
- Safety stickers distributed. New design? – TBD
- Review adding fines in subcontract agreements for safety violations. – TBD
- Cold weather hazard training. – TBD
- Project clean up standards/procedures. – TBD
- Additional 30 hr OSHA training and for who. – TBD
- Training on what a mod rate is and how it’s determined. - TBD
- Provide materials or information for tailgate topics. – TBD

The Safety Photo folder on the “G” drive will be reorganized. – DJ/ET.

## Quarterly Inspection Reports

The committee reviewed all of the quarterly project safety inspection reports conducted during the 4th quarter of 2008. One project stood out with an excellent report considering the stage of construction from underground utility installations to erecting and welding structural steel. Positive acts witnessed were but not limited to proper filing of safety documents, proper tie off practices in place, back up alarms in operation, no accidents reported this quarter, and the overall safety culture created by TCC staff.

**Congratulations to the U of R Center of the Arts team; Tracy, Mike M., Steve F., Cindy, Bryant and Mary. The team will be rewarded to recognize their excellent efforts to safety.**

The following inspections are scheduled for the 1st quarter of 2009. Site inspections are to occur no less than one month prior to the following Safety Committee meeting allowing proper time for action and response by the Project Supervisor. Inspection Reports are due two (2) weeks prior to the next meeting which is scheduled for Tuesday, April 28, 2009, allowing time for distribution to committee members.

Superintendents are encouraged to keep in mind that a response will be required upon any corrective inspection findings.

Ray C.	26008 BVUSD Big Bear Middle School 27007 Forest Lawn - Boy Scouts
Pat B.	27001 Monrovia High School 27010 St. Bernardine Wound Care Center
Terry P.	27011 LAUSD Elementary School #7 27012 LAUSD Elementary School #9
Jeremy M.	27003 Crafton Hills College - Packages 2,3,&4, LRC & CRF
Dave P.	27006 BUSD Banning Mods - Hoffer, Hemmerling & Central Elementary Schools, Nicolet & Coombs
David J.	27008 SB Valley College - M&O Bldg, Custodial Bldg, North Hall Bldg, Media & Communications Bldg, T. I. Project
Ryan B.	27015 U of R - Center for the Arts 28007 U of R - High Voltage District Project
Eric T.	29001 Air Force Village West Kitchen

## How Far Will You Take Safety?



While representing safety during their trip to New York, Greg, Finance Director is either saving himself or being saved by Brian, Terry and Steve while overlooking New York Central Park. During their trip, they also visited Fenway Park and said goodbye to Yankee Stadium.



We must always think **SAFETY** in all parts of our lives.

Submit your photo with the "Safety First" shirt to David J. for consideration to be in an upcoming issue of the Safety Quarterly

## Safety Committee Meeting Minutes (continued from page 2)

- On October 29, 2008 the Semi-Annual Safety Test was given with an emphasis on topics within previous Safety Quarterlies. The highest test score was a tie between two individuals (even with the tiebreaker), which is a first in TCC history. Both Dave Peters and Patrick Baughman were co-winners. This is Dave's first time winning. Patrick made history as TCC's first four time winner.
- An internal deadline and options for rewards were discussed for completing quarterly inspection reports early to allow early review by the committee. This would help reduce the review time during the quarterly safety meetings.
- Permits were discussed and it was noted that Tilden-Coil's excavation permit will be renewed in May. Terry P. will follow up with the requirements for obtaining a height permit as Tilden-Coil may need this requirement for a few upcoming projects.
- The new OSHA 300 form was issued to the sites. Please make sure this OSHA 300 log is visibly posted on your jobsite until April 30th.
- The committee reviewed a preliminary draft of a safety training module spreadsheet to track each employee's safety related training while employed at Tilden-Coil. This spreadsheet will be updated with the committee's suggestions.
- The committee discussed rotating the responsibility for the Safety Quarterly cover story amongst the committee members. Ryan Baughman volunteered to be first and authored this quarter's cover story, PPE's.



License #208556

## What Not to Do!

*Do you think he is wearing his seatbelt?*

**CAUTION CAUTION CAUTION**



*This is not a TCC project photo.*

*Photo was generated from the internet!*

Tilden-Coil Constructors' Safety Committee is comprised of eight members of management and field production staff. These members, in accordance with requirements of the California Occupational Health Administration, provide oversight, recommendations and safety inspections of our projects on a quarterly basis. The Safety Committee continues to be open for comments or suggestions. Anyone interested in sharing ideas or concerns with the committee, please contact any committee member.

### **Tilden-Coil Safety Committee:**

Terry Pettit, Safety Officer

David Joseph, PM/Committee Coordinator

Patrick Baughman, Superintendent

David Peters, Superintendent

Jeremy Moore, Project Manager

Ray Cranmer, Superintendent

Eric Trunnell, Project Engineer/Publisher

Ryan Baughman, Superintendent

The Safety Committee extends an open invitation to any TCC employee to attend any of our quarterly meetings. Our next meeting will be held on Tuesday, April 28, 2009 from 3:00 pm to 5:00 pm. Anyone who would like to attend a Safety Committee meeting is welcome. Please contact a committee member if you have any questions or suggestions.