

Spotlight On Safety

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Construction Safety

Construction safety covers many potential hazards. Among these hazards are falls, slips, trips, sharp objects, repetitive motions, awkward postures, vibration, noise, excavations, electrical, chemical, failure to lock/block energy, untrained employees, getting struck by objects and particles in eyes, etc. Others Hazards are using wrong tools/or equipment, failure to use personal protective equipment. These hazards may result in lacerations, serious injuries and loss of life. The most common consequences are back problems, or injuries to fingers and hands.

How to Protect Yourself

- Follow the University Injury/Illness Prevention Program(IIPP)
- Apply all safety rules, inspect and use personal protective equipment
- Make sure that you are in good physical health
- Be sure that you have been trained and that you qualify for the job that you are doing
- Know and apply all regulatory compliance, company safety policies and guidance
- Stop if you are unsure and ask the supervisor for assistance
- Be prepared for emergencies (drink fluids, wear appropriate clothing)
- Prepare yourself physically for work by stretching and doing exercises as shown below

Stretching Exercises

Just as a runner prepares for a race event by warming up, prepare for work by warming up and stretching. Warm up by walking (in place if necessary), or moving your arms in circles. Once your muscles are warm:

- Stretch S-L-O-W-L-Y and hold each stretch 3-5 seconds
- Stretch a few minutes before and during your workday

Caution: Check with your doctor before exercising. If you feel uncommon discomfort while exercising, stop immediately!



Stretch the Lower Back and Hips



Stretch each Arm and Shoulders



Stretch Each Leg



Visit www.ehs.ucr.edu for additional information or call 951-827-5528 if you have any questions.