

# Construction Job Site Safety

*The safety rules listed below are guidelines for safety procedures which should assist in preventing accidents or injuries while on the construction job site.*

## Safety Rules

- Everyone must wear seat belts when driving and operating machines or forklifts.
- Report to work free from the aftereffects of drugs or alcohol.
- Report maintenance needs or hazards before the end of your work shift.
- Report incidents or injuries in writing immediately.
- Know the job site severe weather plan.
- Clean up spills and hazards that could cause a slip, trip or fall.
- Wear hearing and eye protection.
- Get help to team lift heavy objects.
- Perform a safety walk-around prior to moving vehicles or machines on the job site.
- Inspect construction machines and tools for hazards or maintenance concerns before use.
- Wear proper safety footwear when on a job site.
- Wear an approved hard hat when working on construction job sites.
- Wear a reflective, high-visibility vest when working near traffic or construction machines.
- Stay ten feet away from overhead entrances and power lines.
- Scan for overhead power lines before raising ladders, dump beds, or booms.
- Do not work underneath raised loads.
- If exposed to a fall hazard you must be protected by guardrails, safety net or personal fall arrest system.
- Use three-point contact when climbing ladders.
- Do not overreach when working from ladders.
- Secure ladders to prevent tip over or kick out.
- Do not use the top two rungs of step ladders.
- Do not enter confined spaces without training.
- Do not jump from equipment or trucks.
- Use three-point contact when mounting or dismounting trucks or machines.
- Employees must be protected by trench sloping, shoring or shielding.
- Never raise employees in the bucket of loaders, skid-steers or excavators.
- Operators must look behind machines before backing.
- Drivers must get out and look or use a spotter before backing.
- Never climb into dumpsters to “compress” or dig by hand through job site waste.

*These advisory materials have been developed from national standards and sources believed to be reliable, however, no guarantee is made as to the sufficiency of the information contained in the material and Missouri Employers Mutual Insurance Company assumes no liability for its use. Advice about specific situations should be obtained from a safety professional.*