

2015 Summer Safety Series

Presented by the State Building and Construction Trades Council of CA

Training Objectives for Each Topic

August 6—Noise and Hearing Loss Prevention

- Discuss what it's like to experience simulated hearing loss; explain effects and warning signs of hearing loss and tinnitus
- Discuss what makes noise hazardous; causes of hearing loss; noise-induced hearing loss; how we hear; different types of noise
- Describe how sound is measured, Cal/OSHA noise limits in construction, and devices used to measure noise
- Identify sources and decibel levels of noise at a construction site
- Discuss ways to control construction noise
- Review the types of hearing protection devices used in construction and demonstrate how to use PPE correctly

August 20—Toxics in Construction

- Explain what makes a toxic substance likely to cause harm
- Discuss how toxic substances can affect your health
- Define terms used in OSHA exposure limits
- Review the hierarchy of controls and identify ways to eliminate toxic hazards in construction
- List the key components of the Globally Harmonized System of Classification and Labeling of Chemicals (GHS)
- Discuss the hazards of silica, asbestos and lead dust

September 10—Fall Prevention and Rescue Planning

- Understand important fall statistics in construction
- Describe the four main causes of falls
- Identify conventional fall protection systems
- Discuss fall protection alternatives
- Understand how to use a ladder and scaffold safely
- Explain the components of a fall rescue plan

September 24—Preventing Sprains, Strains and Repetitive Motion Injuries

- Define and explain the terms Musculoskeletal Disorders (MSDs) and ergonomics
- Identify risk factors for MSD injuries
- Analyze a job task for risk factors
- Identify solutions to eliminate or reduce MSDs
- Recognize the elements of a comprehensive ergonomics program

