HUDSON BAY® INSULATION
Energy Efficiency Specialists™

Tool Box Talk
Stand Down for Fall Protection Week
Week of May 2nd, 2022

This week is dedicated to the National Safety Stand-Down to Prevent Falls in Construction. We are going to focus on this topic because falls continue to be a leading cause of fatalities in the construction industry. The question is, why do they continue to happen?

We know that the risk for falls is virtually present all around us, however, the factors that can lead to a fall vary greatly. There are many specific unsafe acts by employees as well as unsafe conditions that lead to fall incidents. Falls often result from a series of contributing factors. They are often the result of multiple unsafe conditions and unsafe actions combined. Because of this fact, it is important to look at unsafe conditions as well as unsafe actions to recognize hazardous situations when working at heights.

Unsafe Conditions that Lead to Falls

- Unguarded leading edges
- Open holes
- Improper guardrails
- Damaged equipment (ladders, stairs, safety equipment, etc.)
- Slippery conditions
- Unmarked elevation changes.

Unsafe Actions that Lead to Falls

- Working at heights without fall protection or fall prevention methods in place
- Improper use of ladders
- Leaning over guardrails

Knowing that both unsafe conditions and unsafe actions are the primary contributors to falls in the workplace, how do we ensure we don't have another serious fall at Hudson Bay?

I am looking to you for those answers because only you can determine those actions. We ask that you all have an honest and open discussion about this topic this week amongst yourselves. Commit to your co-workers, your families and yourselves that nothing will compromise your decision to always evaluate and mitigate all fall hazards to the safest level possible. It's the only way you get to go home.

Remember This!

Fall hazards are foreseeable, and if they are foreseeable, then they are certainly preventable. You can identify them, you can eliminate your exposure to them, and you can control them before they can result in an injury or a death.

Where SAFETY Matters Most

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Tool Box Talk/Safety Meeting

Sign In Sheet

Email to chris@hudsonbayins.com or safety@hudsonbayins.com or text to (206) 730-6273

Topic: _____ Date: _____

Discussion Leader: _____ Job Name: _____

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Submit

Tool Box Talk
Beam Straps & Using Them Correctly.

Week of May 9th, 2022

Last week was the National Stand-Down to Prevent Falls in Construction and we asked that everyone participate in the discussion about how and why falls continue to affect our industry. We also asked that you commit to your co-workers, your families and yourselves that you will not let a fall happen again here at Hudson Bay Insulation. Thank you all for honoring that obligation.

One of the most important aspects of personal fall protection systems is fully planning the system before it is put into use. Probably the most overlooked component is planning for suitable anchorage points for tie-off or the misuse of anchor points.

One of the most common mistakes we see in the field is with the Beam Strap or Tie-Off Adapter or sometimes called a "D-ring". Let's improve that now.

As we know, the first step is setting up a fall protection system is……. inspecting our equipment. When inspecting the beam strap, we are looking at the condition of the webbing and the stitching, the webbing must be free of frayed, cut, or broken fibers. Check for tears, abrasions, mold, or discoloration. Check for cut or pulled stitches. Check the metal D-rings for sharp edges, burrs, cracks, or corrosion. All the factors listed above are known to reduce the strength of the anchorage connector. Any damaged or questionable connectors must be removed from service immediately.

Installing the beam strap, believe it or not there is a right way and wrong way to do this. The only and correct way is to place the beam strap over your desired anchorage location with the labels facing out. The D-rings must be hanging below your anchorage site. Pass the small D-ring through the large D-ring and snug or choke-up to take up any slack.

To shorten the length of the beam strap and to reduce the amount of free-fall, multiple passes may be needed. To accomplish this, you will continue to pass the small D-ring around and through the large D-ring on each pass, until the desired length is reached, remembering that the small D-ring should be below the anchorage site.

Just like installing a beam strap, the same is true for connecting to it. We can only use self-locking snap hooks and carabiners. It is a one-to-one connection, meaning, your snap hook can only connect to the small D-ring, not both.

Remember This!

Your anchorage point is the starting point for your fall protection system and if installed incorrectly or damaged, it can also be the starting point for a system failure.

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Tool Box Talk
War on Falls – Ladder Safety
Week of May 16th, 2022

Here at Hudson Bay Insulation, we take pride in everything we do. Our scope of work is often performed at heights and working at heights as we know can be very hazardous. Look at the statistics from 2020, 805 workers died in falls, and 211,640 were injured badly enough to necessitate days off from work. Of those 805 fatalities, 300 were directly attributed to ladders. 300 workers who got up that morning, went to work, did the things they normally do every day *(including taking unnecessary risks),* and they didn't go home that afternoon. Again, I ask the question….WHY?

Falls are 100% Preventable.

Agree or disagree, ladders are one of the most used and mis-used pieces of equipment in construction? Did you know that most ladder deaths are from falls of 10' or less?

Agree or disagree, injuries involving ladders are usually caused by improper selection, care, or use, rather than design or manufacturing defects?

Whether we are working from a ladder, near the leading edge of a roof or scaffolding, it's important to plan ahead, assess the risk and use the right equipment.

Follow these rules when using all types of ladders:

- Always inspect ladders prior to each use
- Discuss the task with coworkers and determine what safety equipment is needed
- Do not overload ladders beyond their maximum intended load
- Use ladder only for their designed purpose
- Secure ladders in place in areas such as passageways, doorways, or where they can be displaced by other work activities or traffic
- Keep areas clear around the top and bottom of ladders
- Do not move, shift, or extend ladders while in use
- Face the ladder when traversing up or down
- Do not carry objects or loads that could cause loss of balance and falling
- Use three-points of contact when traversing the ladder at all times
- Do not walk the ladder or lean against the wall
- No climbing above the 2nd step from the top on A-frame ladders.

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Tool Box Talk
Memorial Day Safety
Week of May 23rd, 2022

Booo-Yahhh! The first three-day holiday weekend of the summer is upon us. We all have various activities scheduled for this weekend, which may include cookouts, camping, boating & rafting, swimming, motor sports, work around the house, etc.

No matter what you have planned, please make safety a part of your weekend. Make your weekend an enjoyable weekend and not a weekend of tragedy. Don't become a headline on the nightly news.

Be careful with the lighter fluid, wear that life vest, wear your helmet, be careful on the ladder. . . you know what to do. Take an extra minute and ensure that everything you and your family are doing is being done safely. As you all know, my point of view on safety extends to everything we do well beyond the job site. Please don't become a statistic of tragedies for this holiday weekend.

If you're traveling this weekend, be extra careful on the road. Many people will be out and about with many things other than driving on their mind. Keep safety in mind at all times and use a designated driver or get an Uber if you plan on celebrating like a rock star.

Enjoy your days off . . . you deserve them, but be safe. . . It will make the weekend more enjoyable, and we need each and every one of you healthy and ready to go on Tuesday morning.

Remember This!

As we celebrate the beginning of summer, please take a moment, and raise your glass in a moment of remembrance of those who paid the ultimate sacrifice in defense of our great nation to preserve our way of life.

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Tool Box Talk
Rescue Plans
Week of May 30th, 2022

Remember: When an emergency strikes, the time to prepare has passed.

This month we invested our safety meetings in fall prevention and fall protection, this week is dedicated to the vital importance of rescue plans.

After a fall, you may find yourself hanging upright and motionless while awaiting rescue. This post-fall position often constricts blood flow and can result in loss of consciousness in as little as 6 minutes – this is known as suspension trauma. The presence of pre-existing injuries, environmental pressures and increased user stress can all accelerate suspension trauma and can result in a serious or fatal injury within 30 minutes of an incident.

Knowing the dangers, developing a rescue plan is as important as anything else we do when working at heights. When a person falls, there may not be a straightforward way to get them down safely in a timely manner. Therefore, we must use page 3 of our Fall Protection Work Plan to develop that course of action.

This plan is outlined by 5 sections and enables us to greatly improve rescue time and reduce the onset of suspension trauma. In these sections we identify Rescue and First Aid teams as well as a jobsite contact. We also identify the Rescue Equipment that will be needed as well as a Communication or Method of Contact Plan between the injured worker, rescue teams and the supervisor. The Rescue Procedures describe the pre-work tasks that will need to be done prior to the start of work and the step-by-step response procedures. Lastly our plan covers any special considerations or coordination that may need to be addressed to maximize the effectiveness of our rescue operation.

All these things should be thought of and ready for use in case of an emergency. If the appropriate rescue equipment or number for an outside agency is not readily available in the case of an emergency, the time wasted could be the difference between life and death for a worker who is suspended after a fall.

Rescue procedures should include the following actions; if a worker is suspended and self-rescue is not possible, or if rescue cannot be performed right away, the suspended worker should pump their legs frequently to reduce blood pooling. After the suspended worker is brought down, seat them in a W position. DO NOT ALLOW RESCUED WORKERS TO LIE FLAT OR STAND UPRIGHT AFTER RESCUE. If the rescued worker is unconscious, keep their air passages open and provide first aid. Lastly, workers who are rescued after being suspended should go to the hospital immediately.

Remember This!

Anytime we are working at 10’ or more, a fall protection work plan must be completed.

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