

# Work Safely in the Construction Industry

**CPCCOHS1001A Work safely in the Construction Industry** 

**Course Material** 

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#### Introduction

This unit covers the requirements for safe work on a general construction site by outlining the requirements of the Work Health & Safety Act 2012, as they apply to all persons at work.

Areas addressed by the Unit of Competency CPCCOHS1001A Work Safely in the Construction Industry include the following elements:

- > Identify WHS legislative requirements
- Identify construction hazards and control measures
- Identify WHS communication and reporting processes
- > Identify WHS incident response procedures

#### **Assessment Method**

The participants will be assessed on the performance criteria during the course. The assessment will be carried out by the trainer through direct observation of your participation, your answers to the questions (including verbal and written) and your answers to the written test.

#### **Training Outcome**

Upon successful completion of this course, you will receive a nationally recognized Statement of Attainment for this unit, as well as an interim Workcover Certificate called Statement of Training which may be used as evidence of training for the period of 60 days before you receive a "White Card" from Workcover NSW.

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1.

# **TOPIC ONE**

# **Identify WHS Legislative Requirements**

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the case study?
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***************************************
What are some common causes of injuries and incidents? List below:
•••••
•••••
Old vs. Young Workers
What are some different reasons for incidents/injuries? List:
OLD

YOUNG.....

## 1.ii. Objectives of Work Health & Safety

The main objective of the model Work Health and Safety Act 2012 is:

"to provide for a <u>balanced</u> and <u>nationally consistent framework</u> to secure the health safety and welfare of workers and workplaces."

- > Promote the Health, Safety and Welfare
- > Protect people against risks at work
- > Promote community awareness of WHS issues
- Protect people against risks from equipment used in public places

- iii. There are specific WHS Acts, Regulations, Codes of Practice and Australian Standards, which govern health and safety in the workplace. You should find out which WHS Acts, Regulations, Codes of Practice and Australian Standards apply to your work.
- ➤ Legislation: WorkCover in each State or Austlii; website; www.austlii.edu.au
- ➤ Codes of Practice: WorkCover Authority in each State or Industry or Peak Body

Workcover NSW www.workcover.nsw.gov.au

Safe Work Australia www.safeworkaustralia.gov.au

National Safety Council of Australia www.nsca.org.au

Australian Standards: Standards Australia www.standards.org.au

Codes of Practice: Safe Work Australia www.safeworkaustralia.gov.au

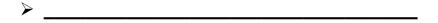
#### 1.iv. Duties of Workers

#### You must:

- > Take reasonable care for your own health and safety
- > Comply with reasonable instructions from the PCBU
- > Co-operate with notified policy or procedures of the PCBU
- > A worker has the right to cease or refuse to undertake work if:

#### You must not:

- > Misuse plant or processes
- ➤ Without reasonable excuse, expose an individual, to a risk of death or serious injury or illness
- Conduct is reckless as to risk an individual to death or serious injury or illness



#### 1.v. Health and Safety Duties of PCBU's

(Person Conducting a Business or Undertaking)

- > Ensure the health, safety and welfare of workers through:
  - √ Safe work premises/work environment
  - ✓ Safe plant and substances and P.P.E.
  - ✓ Risk management and WHS plans
  - ✓ Safe systems of work
  - ✓ Consult with employees with regard to WHS
  - ✓ Adequate provision of information, instruction, training and supervision
  - √ Adequate facilities for employees
  - ✓ Monitoring of workers' health and workplace conditions
- ➤ Ensure the health, safety and welfare of others at work through:
  - ✓ Not exposing visitors to risks
  - ✓ Provide visitors with instructions (directly to them or through signs at the workplace)

#### 1.vi. Health and Safety Duties of Principal Contractors

> Ensure WHS induction training is undertaken

List one form of induction below:
-----------------------------------

- ➤ Prepare, maintain and duty to inform WHS management plan
- > Ensure safe work method statements are available, up-to-date, and followed
- ➤ Maintain the site hazardous substances register
- > Storage, movement and disposal of construction materials and waste
- > Storage of plant that is not in use
- > Traffic in the vicinity affected by construction work
- > Essential services

1.vii. Duty of Care	
What is duty of care?	
Duty of care within the workplace (and on construction s means:	ites)
WorkCover NSW Role in WHS?	

#### 1.viii. Safe Working Practices

You need to comply with safe working procedures to protect yourself and others. You:

- > should have access to drinking water and toilets
- > should never be under the influence of drugs or alcohol at work
- > should always wear personal protective equipment and clothing.
- > should always keep your work area clean and tidy
- > should only smoke in designated areas
- > help to prevent bullying and harassment

# 1.ix. Which Construction Activities Require Licenses or Tickets?

- > Plumbing
- > Removal of Asbestos
- > Scaffolding (over 4 metres)

2.

# **TOPIC TWO**

# Identify Construction Hazards and Control Measures

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2.i.	vvna	IT IS	а на	zard?

A hazard is everything with the potential to cause:

List some examples of common construction site hazards:

- > Confined spaces
- > Electrical Safety
- > Falling Objects
- > \_\_\_\_\_
- **>** \_\_\_\_\_
- **>**\_\_\_\_\_
- >
- >

# **Confined Spaces**



Α	space	is	а	confined	space	when:
	Opaco		•	001111110 <b>u</b>	Opaco	******

SPACE HTRY BY PERRIT CHLY
space is a confined space when;
> The space is enclosed or partly enclosed
AND
> The space is at atmospheric pressure during occupancy
AND
> The space is designed primarily as a place of work
OR
> The space has an oxygen deficiency or excess
OR
The space has an atmosphere which contains potentially harmful levels of contaminants
nfined spaces are covered by an Australian Standard, whice eds to be complied with. This requires special training.

Some examples of confined spaces may include:

>	 	
>		

#### **Electrical Safety**

Employers and self-employed persons are responsible for ensuring the minimum safety requirements for electrical practices are met during construction work. The code of practice requires that:

- Construction site switchboards are properly constructed and set up
- > RCD's (Residual Current Devices) are fitted
- Construction wiring is identified and protected from mechanical damage
- > Flexible extension leads are used safely
- Portable outlet devices are suitable. Domestic multi-plug power boards are not permitted for construction work.
- > Electrical tools and extension leads are in good condition
- All portable electrical equipment must be tested and tagged

You MUST report all electric shocks and short circuits!

#### **Falling Objects**



Risks from falling objects into construction or adjoining areas must be minimized.

#### **Ensure that there is:**

- > A safe means of raising and lowering plant, materials and debris
- > A secure physical barrier to prevent objects falling freely from buildings or structures or measures in place to arrest the fall of objects
- > Appropriate personal protective equipment

#### **Examples of falling objects include**

>	 	
>		

## **Excavations (including trenches)**



An excavation is a hole or cavity created by excavation.

In relation to excavation work, the employer must ensure that

- > an adequate system of safety, involving shoring, earth retention equipment or other appropriate measures is in place to prevent
  - the fall or dislodgement of earth or rock
  - · the instability of the excavation
  - · the inrush of water
- no materials are placed or moved near the edge of excavation work so as to endanger a person present below
- excavation work at a depth of one metre or more must be carried out only under the supervision of a competent person
- > all trenches or excavations must be barricaded or flagged of to warn people of their location, and to prevent accidental or unauthorized entry.

#### **Hazardous Substances and Dangerous Goods**

Hazardous substances may cause harm if people are exposed to them and can include toxic chemicals and substances that cause burns, skin or eye irritation or cancer.

The Model Work Health and Safety Regulation 2012 requires that a chemical manufacturer or importer identify if their chemical product should be classified as hazardous.

If a chemical product is found to be a hazardous substance, then the health effects associated with it will be on the *Safety Data Sheet (SDS)*.

#### The employer must ensure that

- a list of hazardous substances is maintained
- > an SDS is available for each hazardous substance used
- the containers for hazardous substances are clearly labeled

Always CHECK the Safety Data Sheet (SDS) BEFORE handling chemicals and solvents!

Dangerous goods are substances that present an immediate hazard to people, property or the environment. They are often highly concentrated substances like acids or contain large amounts of embodied energy such as explosives.

For this reason, all dangerous goods are labeled with a relevant dangerous goods diamond. Some examples are







#### **Dust**

Dust particles can lead to serious respiratory problems. The very fine silica particles can go deep into the lungs and scar them, causing breathing to become increasingly difficult over time.

Examples of materials that contain silica are sand, sandstone, granite, shale and concrete. You should always:

- > use safe machinery and tools (equipment fitted with water attachments to suppress dust or dust removal devices)
- > wet down dusty work areas and processes
- > use respiratory (breathing) protection

#### Asbestos



Asbestos is a naturally occurring mineral fibre that can cause lung disease, including cancer. Asbestos is the biggest killer of workers in Australia. You should NEVER try to remove asbestos without previous knowledge or training.

Where can you find asbestos?

- > Walls, ceilings, eaves, kitchens, bathrooms and garages in many old homes, schools and hospitals.
- Friable asbestos can be found in old boiler and pipe insulation, sprayed insulation material and fire rated doors

Bonded asbestos can be found in cement sheets and pipes for construction, casing for water and electrical/telecommunication services, and vinyl floor tiles. HIV and other Infectious Diseases

Where there is a possibility that workers will be exposed to blood or other body fluids, there is potential for transmitting viruses. Some work activities have an increased risk, for example, workers who use sharp instruments or tools that might penetrate their skin.

Transmission of infectious diseases can occur if

- Hypodermic needles or other sharp instruments contaminated with infected blood or body fluids penetrate the skin
- Infected blood or body fluids splash onto broken skin or into your eye or other mucous membranes.

If exposure occurs, you must immediately wash the exposed body part with soap and water or where possible, with 70% alcohol rub. If exposure to the eye occurred, rinse with tap water or saline. If exposure to the mouth occurred, spit out and continually rinse with water. Notify your supervisor AS SOON AS POSSIBLE.

#### **Hot and Cold Working Environments**

Some occupations and tasks may expose you to hot or cold working environments. It is important to know the difference between a feeling of discomfort, and more serious situations, which threaten health and safety.

Some environments that are either hot or cold include:

	Working with a bakers oven
>	
>	

Serious medical conditions can sometimes result from working in hot or cold environments. They include

- Hypothermia Abnormally low body temperature. Can result in death.
- Heat stroke Occurs when the body can no longer control body temperature, and it rises to a point where mental function is seriously impaired. Heat stroke is a medical emergency.
- Heat exhaustion Related to a lack of fluids, or rapid loss of body fluids. Heat exhaustion is more likely to occur in a humid environment.

#### **Manual Handling**

Manual handling is any activity that requires lifting, lowering, carrying, pushing, pulling, holding or restraining. It may also include stretching, bending, sustained and awkward postures, and repetitive movements. Manual handling injuries represent about 37% of all injuries in NSW.

Manual handling injuries can be avoided!

#### Actions and Movements

#### Avoid!

- Bending forwards/sideways
- Twisting
- Sudden jerky movements

#### Do!

- ✓ Perform all movements smoothly in a controlled, balanced and comfortable position
- ✓ Minimize over-reaching and twisting movements

### Workplace/Workstation Layout

#### Avoid!

- Reaching above shoulder height or below midthigh
- · Poor positioning or tools or equipment
- Cramped workspace

#### Do!

- ✓ Carry out most work at waist level
- ✓ Position tools and equipment to allow work to be done in a comfortable, upright position
- √ Hold loads close to body

#### Duration and Frequency

#### Avoid!

 Repetitive tasks performed for long periods, or at high speeds, without a break

#### Do!

✓ Perform a variety of work tasks during the day, or take regular breaks

#### > Weights and Forces

#### Avoid!

- Lifting weights of more than 4.5 kilos whilst seated
- Lifting weights of more than 16-20 kilos
- Pushing, pulling and sliding objects that are difficult to move

#### Do!

- ✓ Provide loads that are light and easy to handle
- ✓ Use mechanical aids or team lifting for heavy loads
- ✓ Change posture and working position as necessary

#### > Work Environment

#### Avoid!

- Slippery or uneven floors and rough ground
- Vibrating machinery
- Inadequate lighting

#### Do!

✓ Provide an uncluttered, well lit workplace

#### ✓ Limit exposure to vibration

#### **Noise**



Noise is a major health and safety issue. Hearing loss is permanent. Construction workers are among the most affected by industrial deafness. If you need to raise your voice to communicate with someone standing one metre away from you, then chances are that your workplace could be putting your hearing at risk.

Noise management can be implemented by:

- > Treating the noise at the source, for example by substituting the machine with a quieter one
- Using job rotation
- > Using personal hearing protectors

#### **Machinery and Equipment**

There are many hazards associated with machinery and equipment such as entanglement, electrical hazards, explosions, slips and manual handling. Machinery, equipment and hand-tools must be kept in a safe position. Also

- > Machinery and equipment should be regularly inspected and repaired or replaced as necessary.
- Check guards and other safety devices are routinely checked and kept in working order
- > Damaged and worn parts should be replaced
- > Maintenance records should be kept

#### **UV** Radiation

Australia has the highest rate of skin cancer in the world. Sun exposure is a major hazard for outdoor workers.

Simple steps to protect your skin against sun damage include:

- > Take breaks in the shade
- Wear sun protective clothing such as light-weight long pants and shirts
- > Wear a hat, sunscreen and sunglasses

#### **Working at Heights**



#### The PCBU must provide and maintain the following measures

- > Stable and securely fenced work platform or, if this is not reasonably practical:
  - ✓ Secure perimeter screens, fencing, handrails or other physical barriers capable of preventing falls, OR
  - ✓ Provision of a safe means of movement between different levels at the place of work

#### 2.ii. What is a Risk?

Risk is the likelihood of a hazard causing injury or harm.

Hazard and Risk - How does it work?

**Hazard** 

**UV** Exposure

Risk

Consequences of skin cancer

**Hazard** 

**Electricity** 

Risk

Consequences an electric shock or electrocution

## 2.iii Five Stages of Risk Management

- 1. Identify Hazards
- 2. Assess Risks
- 3. Consult and Report involve all
- 4. Eliminate Hazard/Control Risk
- 5. Review and Improve

#### 2.iv. Hierarchy of Hazard Control

- 1) Eliminating the hazard completely;
- 2) Substituting with something which is less hazardous;
- 3) Isolating the hazard from the person put at risk;
- 4) Minimising the risk by engineering means;
- 5) Minimizing the risk by administrative means;
- 6) Using personal protective equipment:

The first control (in order) that is able to be achieved should be put in place.

Elimination is always the best option.

Refer to Appendix Figure A – Risk Matrix

# **TOPIC THREE**

# **Identify Communication and Reporting Processes**

#### 3.i What is Consultation?

- ➤ Employers must consult with their employees to enable the employees to contribute to the making of decisions affecting their health, safety and welfare at work.
- Decisions are made about the adequacy of facilities for the welfare of employees.
- ➤ Changes that may affect welfare are proposed to the premises where people work, to the systems or methods of work or to the plant or substances used for work.
- > WHS laws and regulations spell out how and when consultation should happen

#### 3.ii. Where to find WHS information

- > Health and safety Representatives (HSR's) and Deputy HSR
- ➤ Health and Safety Committee (HSC)
- > WHS Notice boards
- WorkCover NSW
- Reading Safety Data Sheet (SDS), safe work method statements, site and industry newsletters etc.

3.iii. WHS documentation is to inform you about health, safety and welfare by providing a way for protecting workers and others against harm through elimination or minimization of risks at a workplace.

Types of WHS documentation include

- Accident and Injury Reports These are the forms on which accidents and injuries are recorded. They need to be given to the correct person (such as your supervisor or WHS representative)
- ➤ Work Health and Safety Act and Regulations
  WHS Acts is the law that describes how to provide health, safety
  and welfare in the workplace. Regulations are made out under the
  WHS Act and set out the general principles, which should be
  followed to prevent injuries and illness at work
- Australian Standards Provide minimal levels of performance or quality for a specific hazard, work process or product
- Codes of Practice Practical guidance on how to comply with the legal requirement of regulations
- > Construction Documentation and Plans
- > Emergency Information Contact
- > Evacuation Plans
- Job Safety Analyses (JSA)
  These forms are used to assess the risks and hazards involved in an activity in the workplace or on site
- Safety Data Sheets (SDS)SDS identify how hazardous materials should be handled
- > Reports of Near Misses and Dangerous Occurrences

If something happens which does not result in a reportable injury, but which clearly could have done, then it may be a dangerous occurrence, which must be reported immediately

#### Risk Assessments

These forms identify who may be at risk by an activity, and identifies what the risks are that are associated with that activity

Refer to Appendix Figure B – Risk Assessment Form

- ➤ Safe Work Method Statements

  These are developed and distributed to all staff after a full risk assessment has been completed and after all reasonable risk control measures have been put in place
- > Site Safety Inspection Reports
- > Principal Contractor written WHS Management Plan

#### 3.iv. WHS Personnel

#### **HS Committee**

Health and Safety Committees (HSC's) have the function of improving existing systems of work. WHS issues that are unable to be resolved by Health and Safety Representatives (HSR's) should be referred to the committee for further review. The HSC role is not based solely on identifying hazards but on reviewing and making recommendations about the implementation of systems of work that prevent hazards before they arise (where an existing OHS committee functions).

Your HSR and Deputy Health and Safety Representatives (Deputy HSR's) are the persons to whom you can report WHS problems and provide suggestions for improvements.

#### **Health and Safety Representative**

HS representatives (HSR's) have the function of resolving everyday WHS issues and represent workers in relation to work health and safety. They investigate complaints from members of the workgroup and inquire into risk to the health and safety of relevant workers. They co-operate with your PCBU in relation to work health and safety and to monitor the measures taken by the PCBU.

#### **Additional Powers and Functions**

Directing unsafe work to cease when necessary (where trained to do so).

Issuing of provisional improvement notices when necessary.

#### v. Steps for resolving WHS Issues

#### WHS Act 2012 Issue Resolution

- > Each PCBU who is involved in the issue, or their Representative
- > The HSR of a work group of workers affected issue
- ➤ If the workers are not in a work group, then the workers or their representative

#### Note:

A PCBU is required to try to resolve an issue with an HSR (where there is one) rather than with the workers directly.

#### vi. Safety Signs and Symbols

Safety signs are grouped into four groups according to their purpose. Those groups are emergency information signs, fire signs, hazard signs, regulatory signs and safety tags.

# **Emergency Information Signs Identify emergency exits, equipment and first aid.**



# Fire Signs Identify fire-fighting equipment, exits and alarms.

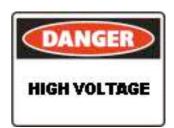




# **Hazard Signs Identify dangers and hazards**













#### **Regulatory Signs**

Identify prohibitions, mandatory obligations and limitations or restrictions.







#### **Safety Tags**

Identify dangerous and out of service equipment.

Danger tags are black on a yellow background and are used to identify equipment that has been isolated to prevent inadvertent operation of equipment being repaired or installed. Tag should *only* be removed by the person who placed it there.



Out of Service tags are red and black on a white background. This tag is used to identify equipment or machinery that is faulty or not suitable for use and has been taken out of service. Tag should be removed by the person who has fixed the equipment.



Safety locks are used in addition to danger tags to secure the means of isolation of machinery or equipment. Locks prevent the isolation switch or valve from being activated.



Test tags are used to identify electrical equipment that has been tested by an authorised person. The tag indicates that the equipment was safe to use at the time of testing. Colour coding is used to show when the testing was done.



vii. Relevant Authorities for reporting hazards, incidents and injuries.

ALL incidents (injury-related or near-miss) must be reported to

- > State Authority
- > WH&S Authority immediately (i.e. Workcover)
- > Must submit to investigation if necessary
- ➤ Workers Compensation Insurer as soon as possible if ANY injuries were sustained

Depending on the type of incident, emergency services may also need to be notified. Emergency services include

- > Fire Brigade
- > Police
- > Ambulance
- > State Emergency Services
- > Environmental Protection

4.

## **TOPIC FOUR**

# **Identify WHS Incident Response Procedures**

#### 4.i. What is an incident?

Incidents include accidents resulting in personal injury or damage to property, or near misses or dangerous occurrences which do not cause injury but may pose an immediate and significant risk to persons or property, and need to be reported so that action can be taken to prevent recurrence.

#### **Examples of incidents include**

- Breathing apparatus malfunctioning to the extent that the user's health is in danger
- Collapse of the floor, wall or ceiling of a building being used as a workplace
- Collapse or failure of an excavation more than 1.5 metres deep (including any shoring)
- Collapse, overturning or failure of the load bearing of any scaffolding, lift, crane, hoist or mine-welding equipment
- > Damage to or malfunction of any other major plant
- > Electric shock
- > Electrical short circuit, malfunction or explosion
- Uncontrolled explosion, fire or escape of gas, hazardous substance or steam
- ➤ Any other unintended or uncontrolled incident or event arising from operations carried on at a workplace

#### > 4.ii. What is an emergency?

An emergency is a situation that poses an immediate risk to health, life, property or the environment. Most emergencies require urgent intervention to prevent a worsening of the situation.

#### **Examples of emergencies include**

- > Chemical spill
- > Fire
- > Injury to personnel
- > Structural collapse
- Toxic and/or flammable vapours emission
- ➤ Vehicle/mobile plant accident

#### 4.iii. Basic emergency response

You need to know the emergency response procedures for your worksite *before* an emergency occurs! This information will be available in such documents as the *Emergency Plan*. Emergency Plans should outline quick responses that can be used to eliminate or control danger and damage, and should provide information regarding evacuation plans, how to report emergencies and how to account for all employees after evacuation.

In an emergency situation, it is important to

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- $\triangleright$  R
- > O

You must always stay within your capabilities and authority – do not do anything you are not authorised to do, or are not capable of doing.

#### **Contacting Emergency Services**

Knowing how to call Triple Zero (000) in an emergency can be the difference between life and death. Calls to Triple Zero are free and can be made from mobile phones, home or work phones or pay phones.

There are a few simple steps to take when making a Triple Zero call

- Stay calm and call 000 from a safe location
- ➤ A Telstra operator will answer and ask you if you need Police, Fire or Ambulance. Say the service that you require. If you are calling using a mobile or satellite phone the operator will ask you for other location information

- Stay on the line, speak clearly and answer the operator's questions
- ➤ Give the nominated emergency service operator the details of where you are, including street number, name, nearest cross street, and locality. In rural areas it is important to give the full address and distances from landmarks and roads, not just the name of the property.
- Don't hang up until the operator has all the information they need
- ➤ If an ambulance is required, operator will also ask for the type and nature of the injuries if known

#### 4.iv. First Aid

Only people who have received first aid training, and are currently certified (or qualified) to provide occupational first aid can actually provide first aid. Your employer has a legal obligation to provide first aid equipment and a trained first aid officer at your work site.

The location of the First Aid Kit needs to be clearly marked by an approved and recognized sign. There may also be other first aid requirements on site such as Resuscitators and Resuscitation Kits. These can only be operated by persons trained to do so.



If you come across an incident where first aid is required, you must immediately notify the first aid officer!

Refer to Appendix Figure C – Incident/Injury Register

#### 4.v. Personal Protective Equipment (PPE)

What is PPE?

#### Types of Personal Protective Equipment (PPE) include

Eye protectionSuch as googles, glasses and facewear



Hearing protection Such as ear plugs and ear muffs



Respiratory protection
 Such as filter respirators, air line respirators, SCBA



Foot protectionSuch as safety shoes and boot, spats, rubber gumboots



Head protectionSuch as hard hats



Body protection Such as aprons, overalls, gloves, high visibility clothing





> UV protective clothing and sunscreen

4.vi. Fire Safety Equipment Fire safety equipment must be provided in the workplace.

#### Fire safety equipment includes

> Blankets

A fire blanket cuts of a fire's supply of oxygen, smothering it either permanently or until more effective fire-fighting equipment can be employed



Hose reels
Fire hose reels provide a reasonably accessible and controlled supply to combat a fire



Breathing apparatus Required by firefighters when carrying out firefighting



➢ Fire extinguishers Refer to Appendix Figure D for a list of fire extinguishers 5.

# **Appendix**

**Appendix Figure A – Risk Matrix** 

Appendix Figure B – Risk Assessment Form

**Appendix Figure C – Injury/Incident Register** 

**Appendix Figure D – Fire Extinguishers**