



Tailgate Topic Review

[PP 02/17/2019 - 03/02/2019]

Standard Issue PPE – Specialized PPE



Protect Yourself

Construction Personal Protective Equipment (PPE)

Eye and Face Protection

- Safety glasses or face shields are worn any time work operations can cause foreign objects to get in the eye. For example, during welding, cutting, grinding, nailing (or when working with concrete and/or harmful chemicals or when exposed to flying particles). Wear when exposed to any electrical hazards, including working on energized electrical systems.
- Eye and face protectors – select based on anticipated hazards.

Foot Protection

- Construction workers should wear work shoes or boots with slip-resistant and puncture-resistant soles.
- Safety-toed footwear is worn to prevent crushed toes when working around heavy equipment or falling objects.

Hand Protection

- Gloves should fit snugly.
- Workers should wear the right gloves for the job (examples: heavy-duty rubber gloves for concrete work; welding gloves for welding; insulated gloves and sleeves when exposed to electrical hazards).

Head Protection

- Wear hard hats where there is a potential for objects falling from above, bumps to the head from fixed objects, or of accidental head contact with electrical hazards.
- Hard hats – routinely inspect them for dents, cracks or deterioration; replace after a heavy blow or electrical shock; maintain in good condition.

Hearing Protection

- Use earplugs/earmuffs in high noise work areas where chainsaws or heavy equipment are used; clean or replace earplugs regularly.



Tailgate Topic Review

REFERENCE – BCA IIPP & CAL-OSHA TITLE 8 REGULATIONS

A. GENERAL INFORMATION

Bureau of Contract Administration's core business is the inspection of Public Works construction; both public and private. Each inspector, to safely accomplish their daily assignments, must be protected from workplace hazards. This involves the use of Personal Protective Equipment (PPE). BCA IIPP complies with GISO §3380 Personal Protective Devices and CSO Section §1514 Personal Protective Devices.

Standard issue PPE for BCA Construction Inspectors are:

- Hard hat – Protective helmets shall comply with ANSI Z89.1-1997
 - Employees are required to perform a Hard Hat Brittle test at least once per year
- Vest – ML Kishigo High Visibility Work wear ANSI/ISEA 107 Class 2 Compliant
 - If the vest is worn, discolored or damaged in any way the vest shall be replaced
- Safety goggles – per Eye and Face Protection, Z87.1-1989
- Ear plugs/muffs (Hearing Attenuators)
 - Attenuation must be effective to safeguard noises that expose the employee to 90 decibels (8-hour time-weighted average of as required by Section 5096(b)).
- First Aid Kits / Sun screen

If you do not have these Standard PPE please contact Martin Silva, Purchasing/Supplies at 213-847-2581.

Construction Inspectors are responsible to provide the following PPE: (Per Cal-OSHA GISO)

- Clothing – Body protection must meet Subchapter 7.2 Article 10. §3383
 - (a) Body protection may be required for employees whose work exposes parts of their body, not otherwise protected as required by other orders in this article, to hazardous or flying substances or objects.
 - (b) Clothing appropriate for the work being done shall be worn. Loose sleeves, tails, ties, lapels, cuffs, or other loose clothing which can be entangled in moving machinery shall not be worn.
 - (c) Clothing saturated or impregnated with flammable liquids, corrosive substances, irritants or oxidizing agents shall be removed and shall not be worn until properly cleaned.
- Footwear – must meet Subchapter 7.2 Article 10. §3385
 - As a minimum all boots used should have hard toes and non-slip soles.
 - Boot purchases are reimbursed as part of your MOU.
 - Inspectors shall follow all construction site posting regarding Steel Toed Boots.
 - (a) Appropriate foot protection shall be required for employees who are exposed to foot injuries from electrical hazards, hot, corrosive, poisonous substances, falling objects, crushing or penetrating actions, which may cause injuries or who are required to work in abnormally wet locations.

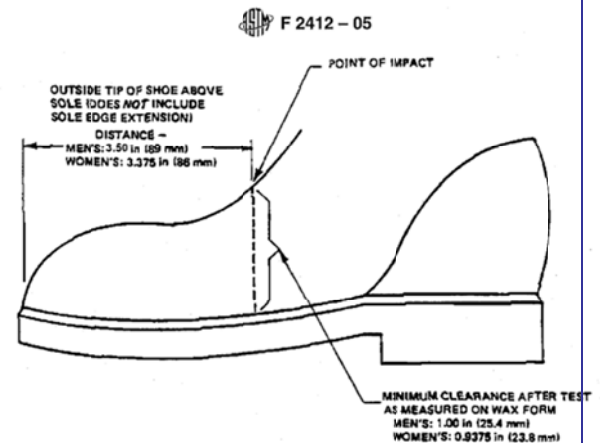
Tailgate Topic Review

(b) Footwear which is defective or inappropriate to the extent that its ordinary use creates the possibility of foot injuries shall not be worn.

(c)(1) Protective footwear for employees purchased after January 26, 2007 shall meet the requirements and specifications in ASTM F 2412-05 and ASTM F 2413-05.

All footwear manufactured to the ASTM specification must be marked with the specific portion of the standard with which it complies. One shoe of each pair must be clearly and legibly marked (stitched in, stamped on, pressure sensitive label, etc.) on either the surface of the tongue, gusset, shaft or quarter lining.

Employees may be subject to discipline if they are not wearing appropriate PPE for the construction or work area that they are assigned.



Stand Up to Painful Feet

Construction work often keeps inspectors on their feet all day long. Unfortunately, this can also increase their risk of developing a painful foot condition called [plantar fasciitis](#).

"Plantar fasciitis is the most common cause of heel pain and it can sideline construction inspectors others who spend most of the workday standing. "Wearing well-fitting, high-quality footwear on and off the job can reduce the likelihood for developing this condition."

Plantar Fasciitis

Plantar fasciitis is an inflammation of the [plantar fascia](#), a thick and stretchy band of tissue that connects the heel bone to the toes. As with any body part, overuse can cause problems. Activities like excessive running, jumping and dancing can cause the plantar fascia to become inflamed. So can [prolonged standing](#) on asphalt, sidewalks and concrete flooring where construction work often takes place. Standing on these hard, unyielding surfaces for an entire shift subjects the feet to [an impact](#) akin to repeated pounding by a hammer. This daily battering is even more intense when someone is overweight or middle aged. By the time most people reach 50, their feet will have logged about 75,000 miles and will have lost up to half of their [fat pads](#). Fat pads protect the plantar fascia from the aftershocks of walking and from the pressure of standing.

Plantar fasciitis causes sharp, stabbing pain on the sole of the foot near the heel. This pain is frequently:

- Strongest first thing in the morning
- Worse after standing for a long time or after getting up from sitting
- Worse after physical activity than during it

Do not ignore or attempt to "push through" the pain. This can



Tailgate Topic Review

lead to a chronic problem that is more difficult to treat successfully. Heel pain can make you walk incorrectly. Over time, this can lead to other related knee, hip and back problems.

Treatment for plantar fasciitis involves resting the foot and may also include:

- Applying ice to the sole of the foot
- Over the counter pain medications including acetaminophen, aspirin, ibuprofen or naproxen
- Physical therapy to stretch the plantar fascia
- Taping the foot and ankle to provide adequate support and alignment
- Wearing night splints

Well-fitted and supportive shoes can help prevent plantar fasciitis.

On the job, if you wear steel toe work boots, make sure they:

- Have thick, shock-absorbing insoles
- Provide freedom of movement for the toes
- Grip the heel

Off the clock, it is important to wear shoes that provide cushioning, firm soles and flexibility at the ball of the foot.

"Recovering from plantar fasciitis can take weeks, creating hardship for construction laborers and others who are on their feet most of the day," says Borck." A construction laborer who is unable to stand because of foot pain is a construction laborer who cannot work. Add cushioned insoles to your work boots and buy new footwear when your current pair is worn out. Doing so can reduce your risk for this debilitating condition and keep you on your feet physically and financially."

Shopping for Work Boots

- Have both feet measured when buying shoes, as feet normally differ in size. Buy shoes to fit the bigger foot.
- Buy shoes late in the afternoon when feet are likely to be swollen to their maximum size.
- Buy shoes with shock-absorbing insoles or add insoles when the job requires walking or standing on hard floors.
- Do not expect footwear that is too tight to stretch with wear.
- Gets a doctor's advice if you are having problems finding properly fitting shoes.
- Also, make sure your socks fit. Tight socks can cramp the toes as much as poorly fitting shoes. Socks that are too large, too small or wrinkled can cause blisters.



PPE tips for women

A publication developed by the Industrial Accident Prevention Association and the Ontario Women's Directorate in 2006 offers tips for women workers looking for personal protective equipment that fits.



Tailgate Topic Review

- **Earplugs** – Disposable, foam earplugs are more likely to fit women, who typically have smaller ear canals.
- **Hard hats** – Adding a chin strap can help hard hats or caps fit better and not fall off.
- **Safety goggles** – Beware of goggles that state “one size fits all” – some may be too large for a woman’s face and could allow objects, fluids or other hazardous materials to enter through gaps in the seals.
- **Protective clothing** – Taking a man’s garment and modifying it to fit a woman, such as rolling up sleeves or pant legs, can be dangerous because the excess material can become caught in machinery.
- **Safety gloves** – Ensure all exposed skin is covered; the gloves allow for a safe grip so tools will not easily slip out of the hands; and the finger length, width and palm circumference of the gloves match those of the hands.

IF OUR STANDARD PPE DOESN'T FIT THEN WE WILL GET YOU THE CORRECT FITTING GEAR.

1. What’s the Most Necessary Piece of PPE?

There is no single answer to this question, as **the correct response depends on:**

- The nature of your job
- The types of hazards in your workplace
- If PPE is used as a last resort for certain hazards and not others

2. What Should I Do if I get Hurt While NOT Wearing PPE?

Just as if you were wearing PPE, your first steps are to alert management and seek medical attention.

However, you likely do not have the same range of options afterwards.

Although you may receive worker’s compensation, you may not be able to hold your employer accountable for your disregard for PPE; especially if your managers taught you how and when to use PPE.



Tailgate Topic Review

SPECIALIZED PPE (Per 2017 BCA IIPP: 10.0 SAFETY RELATED TRAINING)

E. SPECIALIZED SAFETY TRAINING

1) Whenever employees' assignments involve duties requiring specialized training or PPE they will immediately meet with their supervisor to discuss the requirements.

2) Contractor or BCA provided specialized training or PPE shall be provided at no cost to the employee.

3) Records of completion for specialized Safety Training (provided by BCA Staff or Outside Vendors) shall be forwarded to BCA Safety Committee and Admin Section for inclusion in the employees files. Examples of this training may be:

- a: Project safety training per the Contractor IIPP
- b: Respirator fit tests performed by City Medical Services
- c: Safety harness assignment by BCA Safety Coordinator

4) Please contact your supervisor for special PPE. Macfarlane has many types of specialized PPE in stock or will obtain them for you (unless it should be provided by the contractor)

- *Miller Fall Protection Harness*
- *GfG Four Gas Detectors*



Tailgate Topic Review

-