

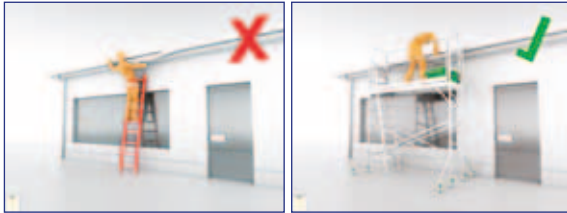
# LIFE & WORK

LET'S BE  
SAFE AT THE  
CONSTRUCTION  
SITE – WITHOUT  
INJURIES!



In relation to the number of accidents at work, especially fatal accidents, construction is a high risk industry. You should therefore work safely in order to avoid accidents!

### Work at heights



Safe use of a ladder:

- Make sure that you maintain three points of contact.
- Do not overreach.
- Wear tools and equipment safely.
- Make sure that you know the maximum safe load capacity of the ladder.
- Always locate the ladder so that you face your work.
- Make sure that all the locking bars are in the correct position.
- Wear proper footwear and make sure that you have clean soles if you are working in proximity to people and doors.
- Do you know what is needed to ensure your safety?

### Unprotected sides and edges

Reconstruction – the renovation of old buildings – is one of the most dangerous areas in the construction industry. A common cause of more severe injuries and accidents with fatal consequences is falling over an unprotected ledge.

Solution:

- Work tasks involved in a job at a height must be designated and properly planned to ensure appropriate preventive measures.
- The construction site should be well organized in order to avoid trips and falls.
- There should not be any unnecessary materials and rubbish on catwalks and stairs.



### Earthworks – excavations

Injuries incurred while carrying out earthmoving projects very often end in serious damage to one's health or death.

Some principles to follow while carrying out excavation work:

- Secure the edge of a dig with fixed rails or impediments on the edge of the dig.
- Safe descent must be secured into the dig.
- No excavation work in remote work areas shall be carried out alone at depths greater than 1.3 meters.
- Manual excavations entered by workers must be at least 80 centimeters wide.
- Vertical walls of manually excavated digs must be secured with partitions at depths greater than 1.3 meters in built-up areas and 1.5 meters on undeveloped land.

## **Demolition work**

Due to its nature, demolition work is among the activities in construction which presents an increased risk to the life and health of workers. Some principles to follow while carrying out demolition work:

- While performing demolition work, the area in which the demolition work is to be carried out must be secured.
- Demolished materials must be removed in order to prevent overloading of floors.
- Demolition must be carried out in a way that does not disturb the stability of surrounding buildings.
- As a general rule, the manual demolition of load-bearing vertical structures shall be carried out from the top down.
- Treat materials containing asbestos as hazardous waste.