

CONSTRUCTION SAFETY RULES

- ➔ Before you start your work, conduct a risk assessment for hazards that may be present and define how you will control those hazards
- ➔ Fall protection must be worn if you are at risk of a fall of more than 3m (10ft) from the ground. Ensure that you use adequate anchor points and the right gear
- ➔ Be fit for duty - any form of impairment will be investigated
- ➔ Always think of what you are doing, ask yourself “will this effect any other person or trade on-site, am I creating a hazard for someone else?”
- ➔ Hard hats and steel toed boots are mandatory and they must be in good condition
- ➔ Wear safety glasses when there is a risk of eye injury
- ➔ Keep your work area clean – pick up after yourself
- ➔ If you see a hazard, fix it or report it to a supervisor right away
- ➔ Report all injuries and safety hazards
- ➔ If you're asked to do something you believe is unsafe, don't do it, contact your supervisor
- ➔ Watch out for moving equipment and work that may be going on above you
- ➔ Ensure your tools are in good working condition
- ➔ Lift with your legs and not your back
- ➔ Respect others - violence and harassment towards others will not be tolerated



- ✓ Chief Prevention Officer
Accredited Training Provider
- ✓ WSCC - NWT/Nunavut
Accredited Training Provider
- ✓ TSSA
Accredited Training Provider



Barrie **705.792.0128** | Ottawa **613.274.3662** | Toll Free **800.219.8660** | hello@istcanada.ca