

Care for Life 5



Control human-machine interface (HMI).



Verify isolation and zero energy before work begins.



Keep yourself and others out of the line of fire.



Protect against falls when working at height.



Plan lifting operations and control areas.



Care for Life 5 raises awareness to adequate planning in our top five hazardous areas. Ensuring that each Construction Work Plan (CWP) and Daily Hazard Analysis (DHA) is adequate to the task and hazard can save lives across our job sites.

Richard Kennedy, President & CEO Skanska USA



Care for Life 5

Human-Machine Interface (HMI)
Energized Systems • Line of Fire
Falls • Lifting Operations





Human-Machine Interface (HMI)

Control human-machine interface (HMI).



Walk in designated pathways only, avoid exclusion zones.



Check your equipment and surroundings before operating and ensure spotter is present.

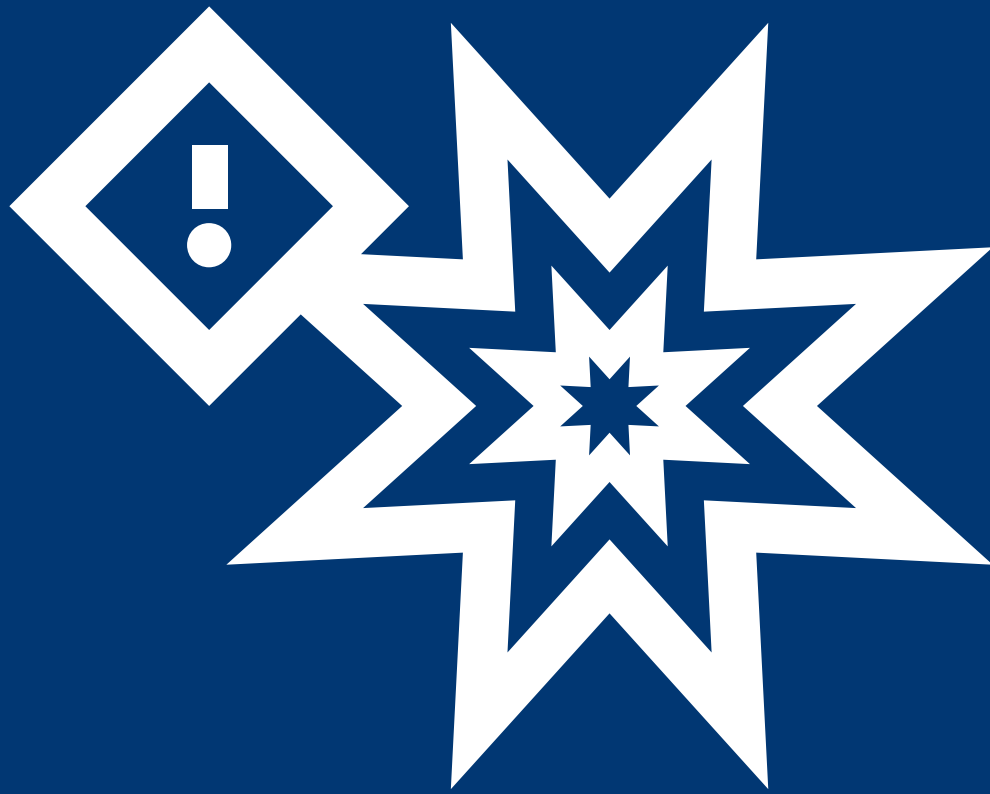


Listen for auditory warnings signaling moving equipment.



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Energized Systems

Verify isolation and zero energy before work begins.



Ensure Lock Out Tag Out (LOTO) procedures are in place.



De-energize and verify equipment for stored energy, eliminate exposure to live systems.



Verify necessary signage and markings are in place around live systems and utilities.



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Line of Fire

Keep yourself and others out of the line of fire.



Avoid objects that are moving or under tension.



Verify equipment and tool guards are in place.



Ensure materials are properly stacked and stored to prevent displacement and dropped objects. Inspect and verify load stability before releasing delivery straps.



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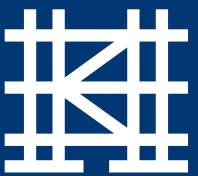


Falls

Protect against falls when working at height.



Eliminate working at height where possible. Activate Fall Protection for work at six feet or above, checking to ensure the anchorage/tie off point is properly rated (5,000lbs).



Ensure lifts, scaffolds, platforms, fall protection systems and guardrails are properly in place and inspected.



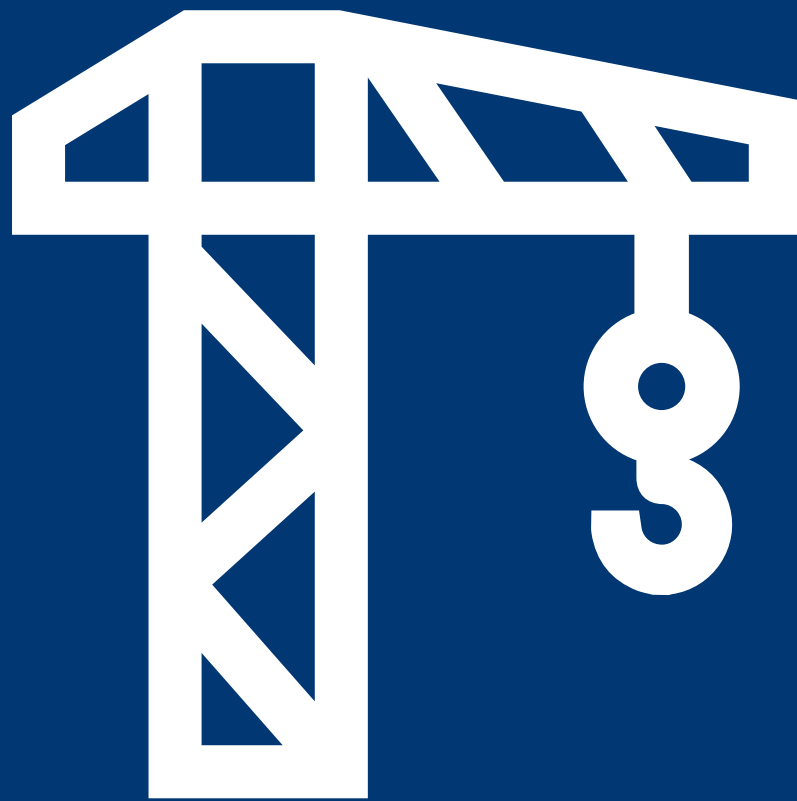
Implement Ladders Last program. Use proper techniques when authorized for ladder use.



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Lifting Operations

Plan lifting operations and control areas.



Plans and inspections are completed prior to lifting. Steer clear of lifted loads or static objects that could fall.



Keep hands off suspended loads. Use tag lines or positioning sticks.



Sound warnings prior to lifting (i.e. repeated whistle or horn blasts).



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Take five and consider these five questions

1

Planning:

For all work activities has a plan been approved following the hierarchy of controls?

2

Authorization:

Have I received the necessary authorization to carry out this work activity or work near this equipment?

3

Exclusion zones:

Are controlled access and/or exclusion zones established, maintained and being respected?

4

Inspection:

Have all inspections been completed and documented as required?

5

Test and Verify:

Are necessary safety testing procedures being followed before conducting work on/near energized systems?



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