Guardrails Prevent Fatal Falls

Top edge height between 39 and 45 inches; Midrail at 21 inches

Must be able to hold 200 pounds of force

Guard or cover all holes, openings, stairways and skylights

Plan ahead to prevent falls

If you have questions about safety and health and residential construction, contact:

The City of Lawrence Inspectional Services
City Hall (978) 620-3130

National Institute for Occupational Safety and Health
1-800-CDC-INFO (1-800-232-4636)
www.cdc.gov/niosh

OSHA Consultation Program
Free and voluntary assistance for employers
MA Department of Labor Standards
(617) 969-7177
www.mass.gov/dols

Massachusetts Coalition for Occupational Safety and Health
A non-profit organization for workers and community members
(617) 825-7233
www.masscosh.org

Links to Additional Information

Nail Gun Safety: A Guide for Construction Contractors
http://1.usa.gov/NailGun

Fall Prevention Requirements
http://1.usa.gov/OSHAResFalls
http://www.osha.gov/stopfalls

Lawrence’s Lead Abatement Program
http://bit.ly/LawrenceLead

Lead in Construction
http://1.usa.gov/OSHALead

Asbestos in Your Home
http://1.usa.gov/EPAAasbestos

The following organizations collaborated to make this brochure possible:

The City of Lawrence Inspectional Services
http://www.cityoflawrence.com/inspectional-services.aspx

City of Lawrence Mayor’s Health Task Force
http://www.lawrencemhtf.org/

Protección en Construcción: The Lawrence Latino Safety Partnership Partnership
www.lawrenceworksafe.org

For Contractors and Homeowners

Safety in Residential Construction

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With support from NIOSH Grant R01OH 008750
Fall Prevention

In October of 2009, Fidel Esteban Nina, a 57 year old South Lawrence resident and self-employed construction contractor, fell from a ladder and was killed.

Staying Safe While on a Ladder:

- Start with a ladder in good condition — no broken rungs!
- Set the ladder 1 foot from the base of the wall for every 4 feet in height
- The ladder should reach 3 feet over the top of the desired height
- Use hoists or belts to carry material up or down
- Do not work at heights in bad weather

Are you Working Over 6 Feet?

You must have one of these:
- Guardrails
- Scaffolding
- Personal fall arrest system (PFAS) — Harness, Lanyard, Connector, Anchor Point

PFAS are both easy to use and affordable!

Dust Hazards

Both new construction and remodeling can produce unhealthy dusts such as lead, asbestos and silica

Preventing Toxic Dust Inhalation:

- Use water or vacuum-attached tools to keep down dust
- Use appropriate respiratory protection such as a dust mask or respirator
- Vacuum instead of sweep

Watch out for lead, asbestos and silica!

Lead paint was used in over 38 million homes before it was banned in 1978. Many attics and basements in Lawrence have asbestos insulation that was installed in the 1940’s through the 1970’s.

- Sanding painted surfaces can release toxic lead dust – children are especially at risk!
- Only licensed professionals should remove asbestos material
- Concrete cutting or grinding may produce silica dust that can damage your lungs

Nail Gun Injuries

Nail guns shoot nails into wood at high pressure, but they can also shoot you or others!

- Accidental firing puts nails in eyes, skulls, feet and hands

Avoiding Nail Gun Injuries:

- Use single sequence guns — multi-sequence nail guns allow multiple nails to be shot after the safety trigger has been pressed and increase the risk of injury by 200%
- Never disable the safety mechanisms
- Do not hold the trigger while carrying the gun
- Work in a comfortable position with your hand away from the insertion point
- Use a hammer when a nail gun can’t be used safely

These practices not only ensure safety — many are required by law!