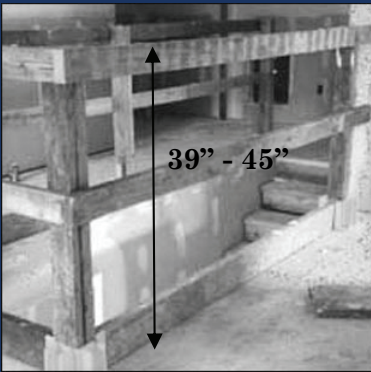


Guardrails Prevent Fatal Falls

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/EPAAsbestos>

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
www.lawrenceworksafe.org

With support from NIOSH Grant R01OH 008750

For Contractors and Homeowners

Safety in Residential Construction



Homeowners, contractors and workers are injured every year in residential construction projects.

Don't Take Risks! These simple guidelines can save your life!

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!

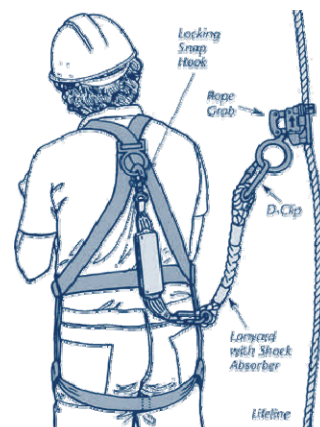
Set the ladder 1 foot from the base of the wall for every 4 feet in height

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:

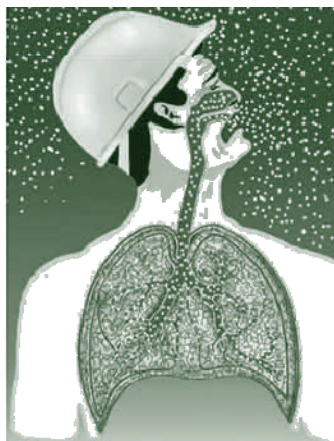
Guardrails

Scaffolding

Personal fall arrest system (PFAS) — Harness, Lanyard, Connector, Anchor Point

PFAS are both easy to use and affordable!

Diagram of a Personal Fall Arrest System



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

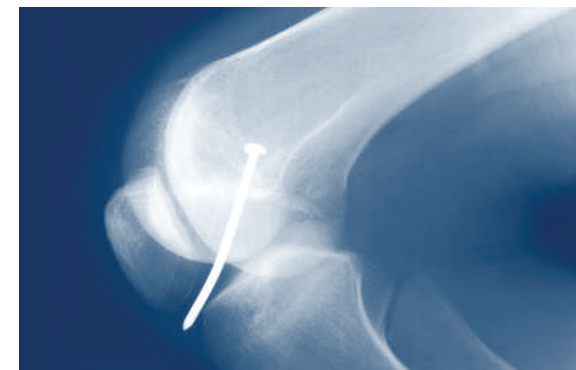
Watch out for lead, asbestos and silica!

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



Lateral x-ray of a nail through a human femur, the result of a nail gun accident.

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!