

CONSTRUCTION SITE SAFETY

TOP 10 CONSTRUCTION INJURIES & HAZARDS

1 FALLS FROM HEIGHTS

Leading cause of fatalities in construction.

Includes falls from ladders, scaffolding, roofs, and structural steel.

Prevention:

- Use guardrails
- Always wear personal fall arrest systems (PFAS)
- Inspect ladders and scaffolding before use
- Maintain 3-point contact and secure ladders

2 STRUCK-BY FALLING OBJECTS

Tools, materials, or debris falling from above.

Prevention:

- Always wear hard hats when overhead exposure is present
- Use toe boards and debris nets
- Secure tools and materials
- Establish restricted drop zones

3 STRUCK-BY VEHICLES OR MACHINERY

Involving cranes, dump trucks, forklifts, and other heavy equipment.

Prevention:

- Wear high-visibility clothing
- Maintain clear communication with operators
- Stay outside equipment blind spots
- Use designated walkways

4 CAUGHT-IN/BETWEEN ACCIDENTS

Crushed between machinery, materials, or trench collapses.

Prevention:

- Follow trench safety regulations
- Use protective trench boxes/shoring
- Never enter unprotected excavations
- Keep clear of moving machinery parts

5 ELECTROCUTION

Contact with exposed wiring, power lines, or energized equipment.

Prevention:

- Identify overhead/underground power lines
- Use GFCI protection
- Inspect cords and tools regularly
- Only qualified personnel handle electrical work

6 SLIPS, TRIPS & FALLS (SAME LEVEL)

From wet, uneven, or cluttered surfaces.

Prevention:

- Keep walkways clear
- Clean spills immediately
- Wear slip-resistant footwear
- Secure extension cords properly

7 OVEREXERTION & MUSCLE STRAINS

From lifting, carrying, pushing, or pulling heavy materials.

Prevention:

- Use proper lifting techniques
- Lift with your legs, not your back
- Use team lifting or mechanical aids
- Stretch before shifts

8 REPETITIVE MOTION INJURIES

Chronic strain from repeated tasks (hammering, drilling).

Prevention:

- Rotate tasks when possible
- Take scheduled breaks
- Use ergonomically designed tools
- Maintain proper posture

9 CUTS & LACERATIONS

From sharp tools, machinery, or broken materials.

Prevention:

- Wear cut-resistant gloves
- Keep tools sharp and maintained
- Use guards on machinery
- Store tools properly after use

10 HEAT STROKE & HEAT EXHAUSTION

Serious illness from working in extreme temperatures.

Prevention:

- Stay hydrated
- Take shaded/rest breaks
- Wear breathable clothing
- Watch for symptoms (dizziness, confusion, nausea)

KEY PREVENTION STRATEGIES

Ongoing Safety Training

- All workers must complete required safety training.
- Conduct regular toolbox talks.
- Report hazards immediately.

Personal Protective Equipment (PPE)

- Hard hats
- Safety glasses
- Gloves
- High-visibility vests
- Fall protection harnesses

PPE must be worn correctly and consistently.

Site Management

- Daily site inspections
- Clear and organized walkways
- Proper tool maintenance
- Clearly marked hazard zones

Fall Protection Systems

- Guardrails
- Safety nets
- Personal fall arrest systems

REMEMBER:

Safety is everyone's responsibility.

If you see something unsafe — say something immediately.

Stay alert. Stay protected. Go home safe.