

5 CONSTRUCTION Safety Tips



Working with heavy equipment in construction settings is a dangerous task. Construction accidents can cause injuries that require medical attention, and there are many risk factors involved. Many construction accidents are the result of Occupational Safety and Health Administration (OSHA) rule violations. A full list of OSHA construction safety rules and regulations can be found [here](#). It's also important to report injuries that happen in the work zone.

Here are a few tips for the construction site that can minimize injury risk and help avoid OSHA violations:



Always wear a hard hat

OSHA requires construction workers to wear hard hats in many construction settings. Hard hats protect your most important organ, your brain, from being damaged by falling objects.



Be knowledgeable about fall protection procedures

The most common OSHA violations have to do with employees falling and falling hazards. It's required by OSHA that workers are knowledgeable about its regulations regarding falling, and it's the responsibility of employers to make sure their employees meet the training standards.



Use face and eye protection

Eye and face protection equipment are frequently used during a variety of different construction site tasks. Eye protection should fit on your face, and employers should ensure that employees use appropriate eye and face protection when exposed to eye and face hazards.



Exercise caution on ladders and scaffolding

Ladders and scaffolding are common at any construction site. Remember to follow proper procedure when climbing ladders, such as keeping three points of contact with the ladder at all times. When working on scaffolding, be sure to wear the proper safety equipment and use tool lanyards to prevent dropping tools.



Communication is key

Communication is crucial to avoiding injuries in a construction site. You're not alone in a construction site, and coordination among the team is vital. Be sure to follow proper communication protocol to minimize injury risk.



Keeping these tips in mind can help you stay safe in the work zone. Fortunately, workplace safety is a big component of construction programs at trade schools. The Heavy Equipment Colleges of America (HEC) are no exception. With HEC's six campuses across the country, you can learn how to operate heavy equipment in a construction setting with the added comfort of living at home. To learn more about HEC's programs or to schedule a campus visit, please visit

<https://heavyequipmentcollege.com/>