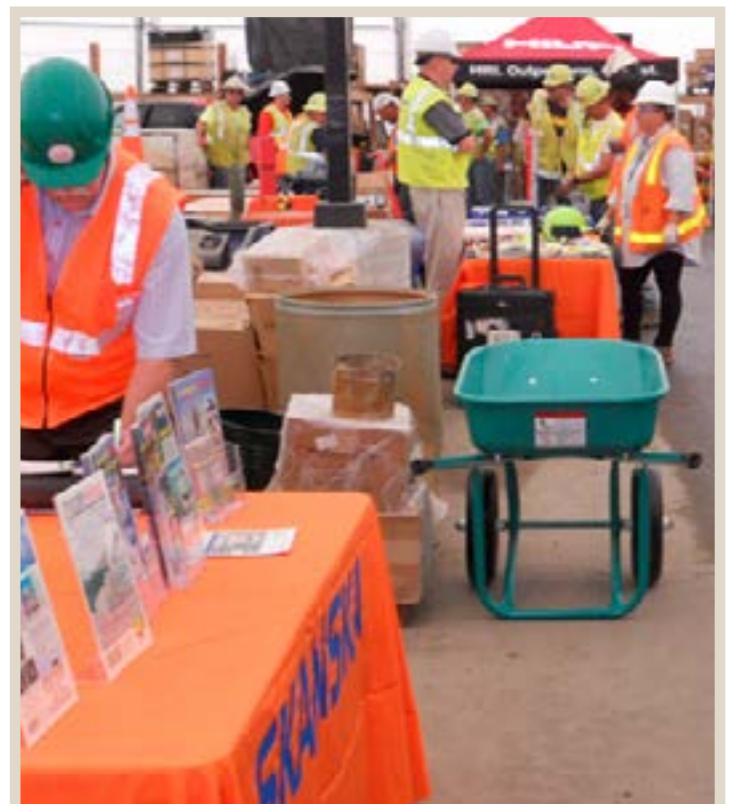


## Vendor Visits and Training

Invite different suppliers and vendors to visit your jobsite and present their new line of products or host a training session regarding the items they specialize in.

Personal Protective Equipment vendors are a great option for this type of training. Let them demonstrate why it is vital to wear your PPE at all times.





## Stretch and Flex Trainer

Bring in a local fitness expert to lead stretch and flex while discussing the benefits and prevention of strains and pulled muscles from the stretches that are done.

The instructor will have new, fresh ideas for stretching as well as other fitness and health tips.

Stretch and flex is a great way to get your workers to interact with each other and members of management.



### Stretch your budget!

Most fitness instructors will come for **free** if you let them promote their gym!



### How long will it take?

- Set up time: 15 minutes
- Complete time: 30 minutes
- Tear down time: 15 minutes

## Spill Drill

Stage a mock spill day on your job-site. Alert the crew that there will be a spill drill that day. Tell them to keep an eye out for spilled material and be prepared to react and follow the Emergency Response Plan upon discovery of the spilled material.

Release a non-toxic substance onsite, and wait for a response. Just before lunch would be a good time to create the spill. See if your crew knows where the spill kit is located and how to use it correctly. After the clean up hold a review of what went well and what went wrong. Replace spill kit after use.



# Make sure to replace the spill kit after the drill!



Cost is one Spill Kit, about \$50!



# Scissor and Aerial Lift Training

The ABC's of operationg a scissor and aerial lift...



## How long will the training take?

- Set up time: 15 minutes
- Complete time: 45 minutes
- Tear down time: 15 minutes

## Scaffold Safety

Each year, more than 60 workers are killed by falls from scaffolds, about 1 in 5 of the fatal falls in construction. Outside of problems with planks and guardrails, the main causes of injuries and deaths on scaffolds are poor planning for assembling and taking them apart, missing tie-ins or bracing, loads that are too heavy, and being too close to power lines. Additionally, conduct while on the scaffold could cause injuries from falling objects which can hurt people below scaffolds.

Teaching your workers the importance of scaffold safety could save their life or the lives of others. This training is an effective way to make sure that all workers understand the correct way to assemble and work safely while on scaffolds.



Safety: It's a choice,  
not a chance!



## Safety Trivia

Participants will be asked a few random safety trivia questions. This can be done during stretch and flex or after a safety talk. Give the participant with the correct answer a prize!

Questions and answers can be gathered from a number of sources such as the Skanska Safety and Health Management manual or the OSHA Handbook.



Only cost involved is for the giveaways!

### Examples of safety trivia questions:

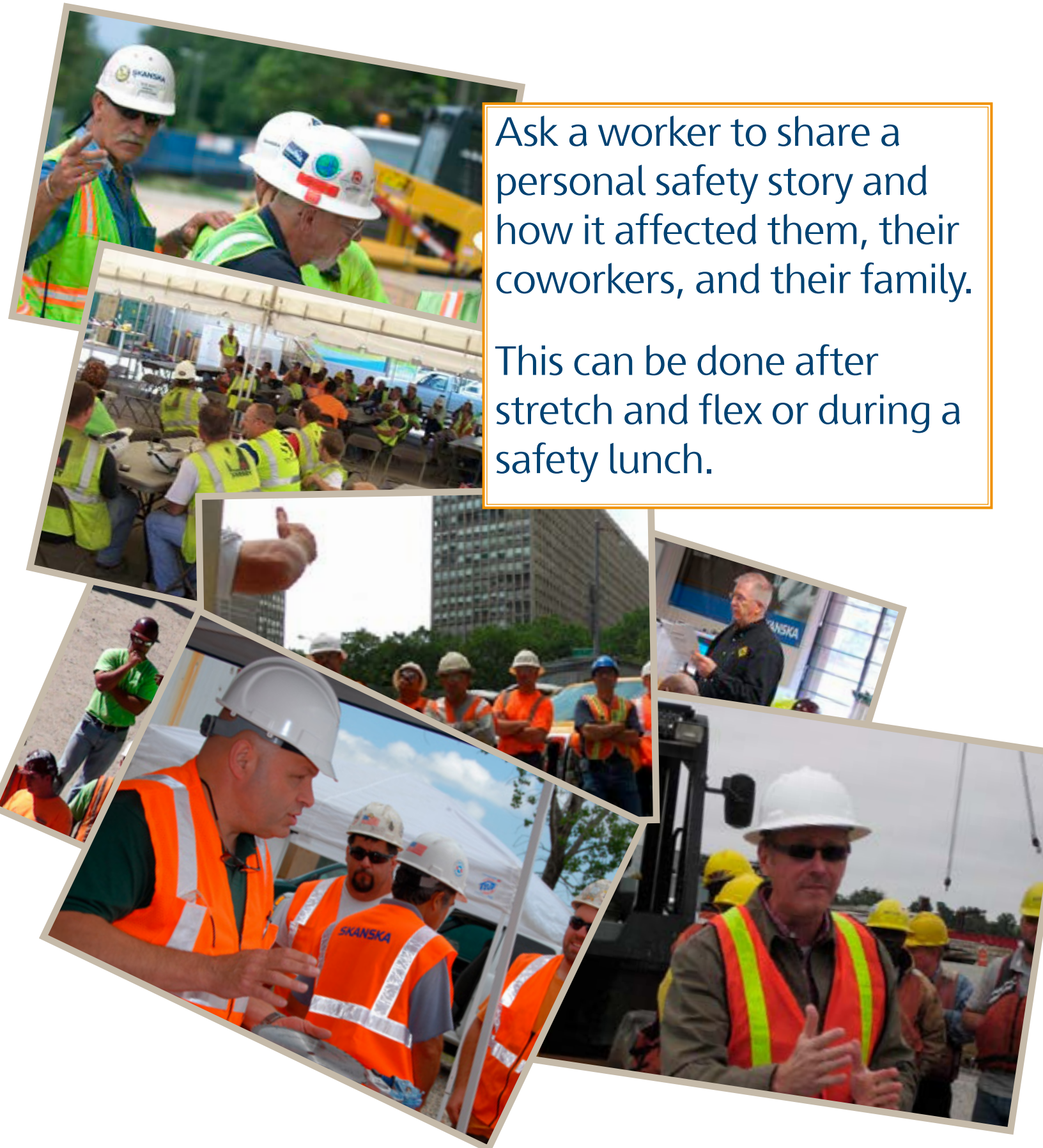
- 1) How far up must a ladder extend past the platform?  
Three feet
- 2) Hard hats protect you from what hazards?  
Small falling objects, electric, low head obstructions.
- 3) What is the range of acceptable oxygen levels?  
Between 19.5% - 23.5 %
- 4) An anchorage point for your fall protection must be able to hold how much weight?  
5000 lbs.
- 5) What are the different types of fall protection systems?  
Guardrails, personal fall arrest systems, positioning devices, floor hole covers, safety nets.
- 6) What is the source of safety information if a new chemical, material, etc. is introduced to the site?  
The MSDS
- 7) What wind speeds would warrant consideration to stop crane activity?  
30 mph or above



# Safety Talk

Ask a worker to share a personal safety story and how it affected them, their coworkers, and their family.

This can be done after stretch and flex or during a safety lunch.





## Safety Scavenger Hunt

The Skanska team sets up stations throughout the project. Examples of a station would be a manlift, Lull, a table with power tools, cords, ladder, etc. In each instance something or several things are incorrect at the station. Give each worker a worksheet and ask them to identify the hazards at each station. The worker correctly identifying the most hazards wins.

**Be sure to set up stations that have hazards, but will not put anyone in danger. The stations need to be clearly marked off so that someone does not go to work in these areas.**

Explain the activity to workers and possibly issue worksheets in Spanish if there is someone able to translate answers onsite. The worksheet should simply have the station number or identifier along with blank lines for the answers.

### What will I need?

- Jobsite equipment
- Worksheets
- Pens or pencils
- Prizes! Gift cards are great!



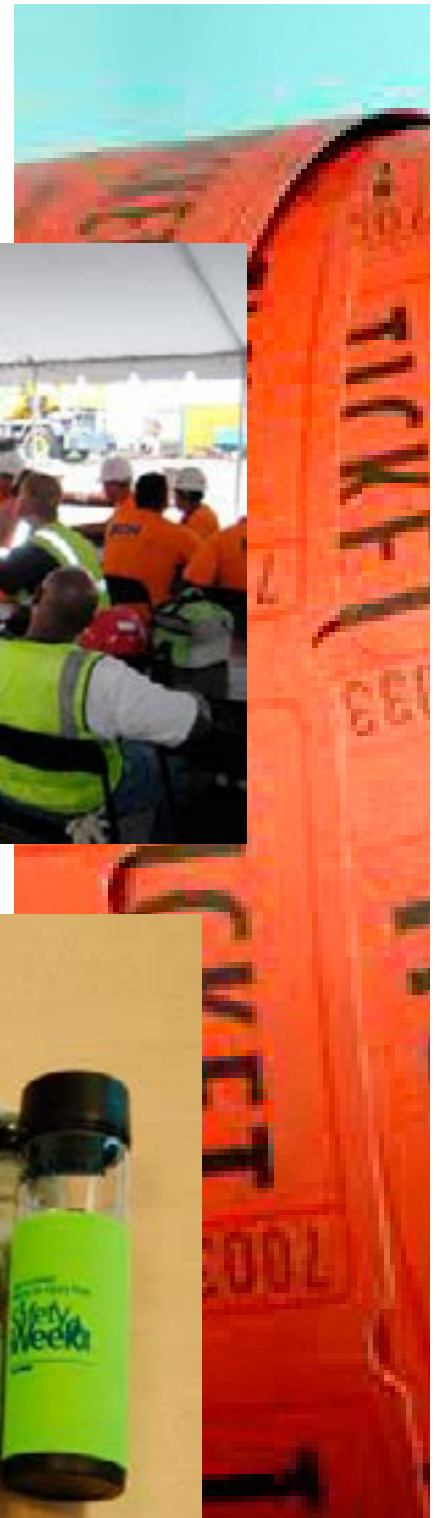
### How long will it take?

- Set up time: 2 hours
- Complete time: 1 hour
- Tear down time: 1 hour



## Safety Raffle

Each day of the week give every person that was observed working safely a raffle ticket. Hold a drawing on the last day of Safety Week.



**SKANSKA**

# Hold a Safety Week Luncheon





## Invite a Guest Speaker

Inviting a guest speaker to your jobsite will break up the day and can bring good information for your crew. Be creative! A lot of local celebrities are willing to come talk to groups for free!



William Floyd was #44 on the '93 Florida State National Championship team. He came to the Pinellas County Jail Expansion jobsite to discuss his career as a football player and staying injury-free game after game.



Local Weatherman, Tom Terry gave a presentation to the Seminole County Jail about severe weather and how it can effect construction workers in the field.



Captain John Hillstrand and his brother, deckhand Andy for Discovery Channel's hit show, Deadliest Catch joined the Virginia Mason East Tower Expansion jobsite to talk about fishing in the most dangerous waters on earth, The Bering Sea.



Think about inviting a local radio station to your jobsite. The radio personalities will lighten up the day and provide music throughout the days activities.

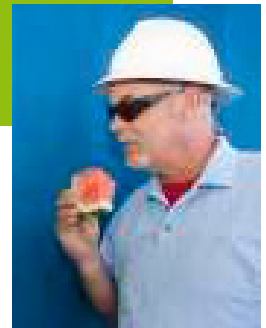
# Hydration

Serve watermelon and water to your crew for an afternoon snack.

Use this time to discuss the importance of staying hydrated throughout the day and have some social time as well!

## What will I need?

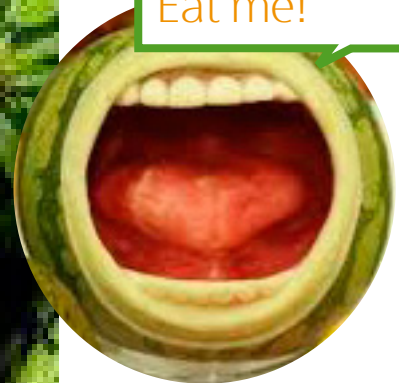
- Watermelons
- Water
- Cups
- Napkins
- Tables



**Cost will depend on the size of your jobsite!**



Stay Hydrated!  
Eat me!





# First Responder Training

Provide First Aid, CPR and AED training to your employees in the field. In the event of an accident, time is critical. Giving the knowledge to save a life if an injury occurs will ensure your staff knows how to respond.

Contact your local Red Cross to schedule an instructor to come out to your jobsite. Training classes vary in size from 12 to 30 people per class.

- Red Cross will bring all the materials
- Virtually no set-up time
- The knowledge will last a lifetime



**Cost of Training = \$500**



## Fire Extinguisher Training



Work with a vendor to supply fire extinguishers to your jobsite and have employees practice pulling the trigger and putting out the fire.

Invite the fire company to come to your site to supervise the activity and establish a relationship within the department for future events and community involvement.



### How long will the training take?

- Set up time: 15 minutes
- Complete time: 30 minutes
- Tear down time: 15 minutes





# Fall Protection

Cost is Zero!

Contact a local vendor to conduct fall protection training on your jobsite.

Your crew will learn basics of fall protection and how to inspect their equipment. Your crew will also be able to see the effects of what can happen when fall protection is not used correctly.



## Emergency Action Plan Drill

Plan an emergency drill during Safety Week to make sure employees are ready in case of an emergency. Conducting a random emergency evacuation drill on the jobsite must occur once a year to comply with Skanska's safety systems, Safety Week is a great time to do it!

After the drill take a head count and complete a search of the building to make sure all employees followed protocol. Complete a briefing to discuss the drill and how it can be improved. Remember to document the drill for your records.



### All you need is...

- Project Map
- Crisis Management Plan



Click to print me out!

How long will the training take:  
Completion time is one hour

Cost is Zero!