

Fall Protection

- ✓ Guardrails or fall protection required for heights 4 feet or more.
- ✓ Employees should have training.
- ✓ Wear harness and lanyards correctly.
- ✓ Attach lanyards to anchor points that can withstand a 5,000-pound load.
- ✓ Personal fall arrest system inspected monthly by a competent person.
- ✓ Inspect your harness and lanyards for; burns, hardening, excessive wear, cuts, rough spots, and frays.
- ✓ Inspect D-Rings and connectors for bends deformities.

Lockout Tagout

Lockout prevents the sudden release of energy. When you have to remove a guard or place any part of your body into a hazard zone, lockout is required.

LOCKOUT – STEPS

- ✓ Identify all energy sources and know their magnitude.
- ✓ Notify all affected employees.
- ✓ Follow proper shut down procedures.
- ✓ Isolate ALL energy sources.
- ✓ Apply a lock & tag on ALL sources.
- ✓ Release ALL stored energy.
- ✓ Verify equipment is de-energized.
- ✓ Follow group lockout procedures.
- ✓ Follow the proper start up procedures after putting all guards back on equipment.

Ladders

- ✓ Attend ladder safety training.
- ✓ Inspect ladders before use.
- ✓ Maintain ladders in good condition.
- ✓ Use ladders for intended purposes.
- ✓ Secure ladders when used.
- ✓ Maintain a stable 4 to 1 ratio.
- ✓ Ladders extend 36" above landing.
- ✓ Use non-conductive ladders performing electrical work.
- ✓ Maintain 3 points of contact.
- ✓ Do not work from the top rung.
- ✓ Do not use the top 3 rungs of an extension ladder and the top 2 rungs of a step ladder.

Hand Tools

- ✓ Inspect tools before use.
- ✓ Mark defective tools out of service.
- ✓ Use the correct tool for each job.
- ✓ Store and carry tools properly.
- ✓ Maintain all guards & safety features.
- ✓ Do not use home-made tools.
- ✓ Keep guards in place.
- ✓ Wear proper PPE when using tools.
- ✓ Chisels, hammer wrenches, and other striking tools are dressed at the striking end.
- ✓ Electric power-operated tools are grounded or double insulated?
- ✓ Wear the correct eye and face protection for the hazard.

Grinder Safety

- ✓ The grinding wheel should be the right speed, size, and tightly mounted
- ✓ Guards cover half the grinding wheel
- ✓ Guards should be between the grinding wheel and the operator
- ✓ Keep the face of the grinding wheel pointed away from you
- ✓ Do not remove handles
- ✓ Always use two hands to control the grinder
- ✓ Inspect every tool before use
- ✓ Make sure sleeves, hair, bandana, necklaces, etc., are secured
- ✓ Contain the sparks to avoid fire hazards
- ✓ Evaluate the line of fire – where will wheel fragments go?
- ✓ Control the grinder while it is winding down
- ✓ Wear safety glasses, a face shield, gloves, and hearing protection

Hot Work

- ✓ Extinguisher available, charged, and inspected.
- ✓ Workers trained to use a fire extinguisher.
- ✓ Trained fire watch available
- ✓ Hot work permit in place.
- ✓ Fire blanket available.
- ✓ Work areas adjacent and below protected.
- ✓ Work area free from combustibles.
- ✓ Eye and face protection in use
- ✓ Protective sleeves and aprons in use.

Fire Extinguishers

- ✓ PASS technique. Pull – Aim – Squeeze – Sweep.
- ✓ Classifications.
 - ✓ A – combustible fires,
 - ✓ B – chemical fires,
 - ✓ C – electrical fires,
 - ✓ D – metal fires.
- ✓ Keep access to fire extinguishers clear at all times.
- ✓ Document fire extinguisher inspections monthly.
- ✓ Maintain fully charged extinguishers.
- ✓ Extinguishers are visible & marked.
- ✓ Good housekeeping prevents a build-up of combustible materials.

Confined Space

- ✓ Do not enter without training.
- ✓ Complete a permit before entry.
- ✓ Test the atmosphere before entry.
- ✓ Ventilate the confined space before entry.
- ✓ Utilize non-entry rescue equipment.
- ✓ All confined spaces should be labeled.
- ✓ Maintain list of all confined spaces.
- ✓ Utilize an attendant during entry.
- ✓ Have a rescue plan.
- ✓ Rescue teams should have specific training.
- ✓ Provide adequate communications for attendants and entrants.

PPE

- ✓ Wear aprons when exposed to corrosive materials.
- ✓ Wear chemical gloves when working with hazardous chemicals.
- ✓ Wear a face shield when exposed to hazards such as sparks and corrosive chemicals.
- ✓ Wear a respirator when exposed to airborne hazards above permissible exposure limits.
- ✓ Wear cut resistant gloves when exposed to sharps.
- ✓ Wear fall protection when exposed to heights.
- ✓ PERSONAL PROTECTIVE EQUIPMENT
- ✓ Know how to wear and store PPE properly.
- ✓ Wear hearing protection when exposed to noise levels over 85db.
- ✓ Wear a hardhat in all posted areas.
- ✓ Wear shoes with a steel or composite toe to protect the feet from dropped objects.
- ✓ For designated activities, wear approved high visibility vest or apparel.

Cranes & Hoist

- ✓ Classroom & practical hands on training.
- ✓ Post load charts in the cab and are used.
- ✓ Keep The operators' manual is in the cab.
- ✓ Perform documented daily inspections.
- ✓ Maintain documented annual inspections.
- ✓ Barricade swing radius of the counter weight.
- ✓ Operate the crane with outriggers extended.
- ✓ Utilize adequate pads for the outriggers.
- ✓ Use a flagger while moving a crane.
- ✓ Identify power lines.
- ✓ Anti-two-block functional.
- ✓ The crane, hook, and hoist free from defects.
- ✓ Secure the boom when unattended.

Scaffolds

- ✓ Safe access/egress to scaffold
- ✓ Ladders in good condition and secured
- ✓ Scaffold foundation – stable and level
- ✓ Base plates adequate and secure
- ✓ Qualified scaffold person onsite
- ✓ Handrails, midrails, and toeboards installed
- ✓ Debris netting used where material can fall
- ✓ Wheels locked on rolling scaffolds
- ✓ Scaffold inspected and tagged

Electrical Safety

- ✓ Documented cord & plug inspections.
- ✓ Cord and plugs are in good condition with no frays.
- ✓ Cord & plug equipment have ground pins.
- ✓ Extension cords are not used as permanent wiring.
- ✓ Extension cords are not run through holes or doors.
- ✓ Unless it is double-insulated, all equipment grounded.
- ✓ Electrical cords are inspected and approved for the type of usage and are free of damage.
- ✓ Electrical cords are elevated over passage ways or are protected from damage.
- ✓ Electrical cords are secured using non-conducting material.

Electrical Safety

- ✓ Only qualified employees can perform electrical work.
- ✓ Identify arc flash hazard zones appropriate for panels – utilize appropriate warning barriers and signage.
- ✓ When working on exposed energized components, wear approved arc flash PPE & apparel.
- ✓ Follow NFPA 70E testing requirements for PPE.
- ✓ Utilize non-conductive tools when performing electrical work.
- ✓ Never leave open panels unattended.
- ✓ Follow all electrical hot work permitting processes.

Excavations and Trenching

- ✓ A Competent Person should be designated for each excavation/trench operation.
- ✓ A Competent Person should inspect the excavation/trench daily before occupancy.
- ✓ Locate underground utilities before beginning any excavation or trench.
- ✓ Maintain spoil dirt at least 2 feet from the edge of the excavation.
- ✓ Trenches & excavations have the correct slope angle, shoring, or trench box.
- ✓ Provide proper access and egress every 25 feet.
- ✓ Erect approved barricades at the edge of all open trenches and excavations.
- ✓ Know how to classify soil types.

Housekeeping

- ✓ Everything with a purpose has a place. It should be in its place clean & ready for use.
- ✓ Keep work areas & walkways clear.
- ✓ Clean slippery walking surfaces to avoid slip & trip hazards.
- ✓ Keep trash off of the floor and off of work surfaces.
- ✓ Keep cords and hoses off of the ground to avoid trip hazards.
- ✓ Maintain all tools in an orderly fashion.
- ✓ Clean work areas daily.
- ✓ Maintain work tables in a clean and orderly fashion.
- ✓ Keep work trucks in a clean and orderly fashion.

Hazard Communication (GHS)

- ✓ Maintain a list of chemicals.
- ✓ Maintain Safety Data Sheets on all chemicals.
- ✓ Employees have a right to understand the chemical hazards.
- ✓ Know where to find the program, the list of chemicals, and the SDS's.
- ✓ Containers should be labeled stating the contents and hazards.
- ✓ All secondary containers should have labels.
- ✓ Understand the meaning of OSHA's GHS labeling.
- ✓ Store chemicals in proper locations.
- ✓ Use the recommended PPE.
- ✓ Know the location of eye wash & showers.
- ✓ Know how to treat overexposure.

Our Values

Stay Grounded

We believe that faith influences our decisions both at home and at work. We strive to stay grounded in our Christian roots, which ultimately governs the way we do business.

Maintain Balance

There is no success in business worth failure at home. We work hard to balance both work and family expectations.

Finish First

People remember who finishes first. We strive to be the first to learn, first to achieve, first to respond, first to act, and first to remain humble in the process.

Over Deliver

We want to meet and exceed all client expectations through every service we provide.

Focus on Strengths

We want to be great at a few things rather than average in many things.

Do What You Can, When You Can

We want to check it off the list as soon as possible and gain momentum with progress.

Enjoy The Trip as Much as The Destination

We love the work involved with achievement just as much as the reward itself.



Our Mission



“We prepare tomorrow’s transformational safety leaders.”

Will you be one of them?



Peak Safety Performance
The Standard in Safety Training & Performance
www.peaksafetyperformance.com