

The Focus Four of Construction

The lion's share of construction industry fatalities come from these four types of hazards: Falls, Electrocutation, Struck-by and Caught-in/Caught-between.

Falls

Falls are the leading cause of fatal injuries in this industry. Any situation that could result in a fall is a hazardous situation. These hazardous situations include floor and roof openings, roof edges without protection, steel and structural work, scaffolding that is set up improperly, and improper use of ladders. Generally, working at or above four feet requires protective measures to be in place.

Electrocutation

There are three primary hazardous electrical situations in construction.

- **Contact with overhead powerlines:** Your own body, ladders, tools, materials, and other equipment should all be kept 10 feet or more away from these overhead lines. The higher the voltage, the greater the distance needed. Power lines can range from as low as 120V to more than a million volts.
- **Contact with energized and/or defective tools, equipment, exposed wires, and parts.** Electrical work should be delegated to qualified electrical workers. All workers should act carefully using proper lockout/tagout steps. Before using electrically powered tools, inspect them for wear and use double-insulated tools.
- **Contact with power and extension cords.** Plug prongs and insulation can be damaged even by normal wear and tear and cause dangerous situations. Frequently inspect and repair damage cords before they can injure you.

Struck-by

When a person is struck by a moving object, they can have a struck-by injury. These hazards include falling objects, swinging objects, flying or rolling objects, and any other type of movement that can strike and cause an injury. Stay out of the way of moving objects and people you are not directly involved with. Pay attention to securing items kept at a higher elevation, don't walk under a suspended load, and keep an eye out for unbalanced objects when loading trucks. Always watch for how equipment moves and heed back-up alarms and make eye contact with operator.

Caught-in or Caught-between

These types of injuries occur when a person is crushed between or pinched between two objects. Common hazards include being pulled into a machine, getting caught in a trench cave-in, and otherwise being caught in a rolling, sliding, or shifting combination of objects. Prevent these injuries by supporting trenches, using guards, and following LOTO rules. Secure clothing, hair, beards, and brace objects that shouldn't move. Do not place your body between moving objects.

Click [here](#) for additional resources on the Focus Four.

Jobsite: _____ Date: _____

Employee Name (Please Print)	Employee Signature