

## Boldt Safety Moment

Physical Wellness: The Industrial Athlete

Brad Wigh | The Boldt Company

LEAN GUMBO: THE RIGHT INGREDIENTS FOR PROJECT SUCCESS









## Physical Wellness – Set the Tone Daily I

Safety Task Analysis (Newtood 7/19/2022)													
	€ 8	Sign On By Signing on; Lacknow underst	viedge that I have read and and this STA	Post Lunci	n Review (i	initials) Sign Off By Signing	Off; I acknowledge workplace inc	that I have reported all idents					
Project Name: Job													
Date: Time	·												
Contractor: Supervisor:									1				
Safety Contact:									1				
Task Location:									1				
Task Description:									1				
Emergency Information First Aid Kits/AED/ Eye Wash Readily Available?									l				
First Aid Kits/AtU/ tye Wash Readily Available? Employees Aware of Emergency Procedures?	Y N					_			1				
Emergency Number:	, , , , ,								1				
	_								1				
Fire Extinguishers									]				
Readily Available and Inspected?	Y N	Inspections Requir	ed for this Task (circle all that a	oply)		Cr.	nes & Hoists						
Plans/Permits Required		Forklifts Cranes/ Ho		Hand/ Powe	er Tools	Is the Operator Certified & Evaluate		Y N					
Lockout/Tag Out	Y N	Barricades Electrical C		Riggin	- 1	Is the Crane/ Hoist Annual Inspectio		Y N					
Excavation	Y N	Excavation Infection Co	ntrol Scissor Lift	Heavy Equi	pment	Is the Hoist Area Properly Barricades	1?	Y N					
Demolition Hot Work	Y N Y N					Is the Rigger Qualified? (verify) Is the Signal Person Qualified? (verif	uð.	Y N					
Confined Space	Y N	Housekeeping Requirements		ls th			(I Protection	_ · _ · N					
Engineered Lift	Y N	Are Adequate Trash Receptacles Availa		Y	N	Fall Protection Systems needed for t		Y N					
Steel Erection (AISC)	Y N	Are the Work Areas and Walkways Cle		Y	N	Describe:			ed with Task				
Silica	Y N	Are Material Storage & Fab Areas Orga	inized?	Y	N				ds List Below)		Hazard Elimi	nation/ Safe Work Methods	
Other:		Electrical Cords Protected and Off Floo		Y	N	Fall Rescue Plan in place?		Y N					
Barricades			icaffolds/ Ladders		Asbestos/ Respirable Silica/ Li								
Have Barricades been Properly Erected and Tagged or if not Needed, Have they been Removed?		Scaffolds Tagged & Inspected Prior to I		Y	N	Lead/ Asbestos Assessment Complet		Y N	-				
Manual Material Handling	Y N	Is Scaffold Yellow Tagged? What are th	e Hazards?	Υ	N	Lead/ Asbestoes Abatement Plan in Lead/ Asbestoes Plan Reviewed with		Y N					
Overhead Lifting or Extended Reaching?	Y N	is there a Safer Alternative Instead of L	adder2	v	N	Site Spec. Silica Exposure Control Pla		YN					
Manual Lifting greater than SOIbs?	Y N	Do you have the Proper Ladder for this		Y		Respirator Medical Evaluations and		, N	-				
Lockout/Tag Out (LOTO) Verification		to you have the Proper Cadder for this	Grinders			Verified?	rit rests	Y N					
Is a LOTO plan in place?	Y N	Inspections of Grinder and Discs Completed?		Y	N	Hot V	Vork Operations						
Has a Competent Person Verified that the Correct Equipment		Loose Clothing/Strings Secured before Operating?		Y	N	Air Intake, Ductwork and Conveyors	protected from						
has been Properly Locked Out/ Tagged Out?	Y N	Ensure Face Shields are available for I	Imployees			Hot Work?		Y N					
		Is the Grinder Guard and Handle in Place?		Y	N	Flammable/ Combustibles removed and stored properly?	from Hot Work area						
Trenching/ Excavations		Are you using a Grinder with Cutting W		Y	N			Y N					
Utilities Located?  Permit Completed?	Y N	If YES, Complete the Grinder with Cutt	ing Wheel Work Analysis Card Veather Conditions			Has a Hot Work Permit been Issued: Is Fire Watch Properly Trained?		Y N					
Daily Inspection Complete?	YN	Have all Weather Concerns been Addre		v		Is Fire Watch Properly Trained?		Y N					
barry imprection compreses		printe air Prentinti Concerna decir Addir				'							
									ds		Certified/ Competent Persons Rea	quired Name	
				Yes	N/A	Type	Strains/ Sprains	Asbestos	Fires	Elevated Work	Crane Operator	$\overline{}$	
			Eyes				Pinch Points	Lead	Drowning	Overhead Work Manual Material	Qualified Rigger		
			Face	+			Slips/Trips	Silica	Challenges	Handling	Qualified Signal Person	$\vdash$	
			Head	+			Falls	Heat/ Cold Stress	Sharp Edges	Rigging Working near mobile	Forklift Operator		
			Hand/Arm (Cut-Level 4 Minimum)	+			Burns	Tight Spaces	Defective Tools	equipment	Boom/ Scissor Lift/ AWP		
			Foot	+	-		Welding Flash	Hazardous Substances Mold	Electric Shock	Confined Space	Mobile Equipment Spotter	$\vdash$	
			Hearing	+			Noise		Stored Energy Working on/ near	Atmosphere	Other Mobile Equipment		
			Respirator	+	-	+	Particles in Eye	Spills	Energized Equipment	Excavation Cave In	Powder-Actuated Tools	$\vdash$	
			Coveralls/ Tyvek								Trenching/ Excavations		
			Flame Resistant		-		-				Silica		
			Other		_		1				Scaffold Inspection	$\vdash$	
			Recap									of proper task planning and will be used by	
			Recap		1. What went well Yesterday?			5. What were the Significant Near Misses or CSI's Yesterday?				The STA is an integral part of proper task planning and will be used by management and supervision to reduce safety incidents  * STA's will be completed daily for each task by the responsible foreman or	
							5. What were the Si	gnificant Near Misses or CS	i's Yesterday?				
							5. What were the Si	ignificant Near Misses or CS	a's Yesterday?				
				for Improven	nent or Sma	iall Wins?	5. What were the Si	gnificant Near Misses or CS	a's Yesterday?		* STA's will be completed daily for Supervisor of the work		
			What went well Yesterday?	for Improven	nent or Sma	ull Wins?	What were the Si     What did we do t		a's Yesterday?		* STA's will be completed daily for Supervisor of the work * All sections related to work pre-	each task by the responsible Foreman or planning must be complete. If not applicable,	
			What Suggestions do you have     Did an Injury or Unplanned In-			ull Wins?			a's Yesterday?		* STA's will be completed daily for Supervisor of the work * All sections related to work pre- mark 'NO'  * Each crew member involved in t * The STA must be readily availabil	each task by the responsible Foreman or planning must be complete. If not applicable, his task must sign the STA to throughout the duration of the task	
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## Our Industrial Athletes...

Drive one to two+ hours/day

Work eight to 10+ hours/day

Work up to five to six+ days a w

Are constantly on their feet

Lift, bend, push, and carry daily

Face adverse weather constantle





## Top Performance Starts with You!

- Provide job site/office wellness communication
- Offer nutrition/fitness resources
- Support injury prevention initiatives
- Empower your employees and their wellness goals



