

Newly updated and expanded edition!

OSHA COMPLIANCE

FOR THE CONSTRUCTION INDUSTRY

**How to save
time and money
...avoid stiff fines
and penalties...
ensure that your
company stays
in total compliance
with current and
future OSHA
regulations...and
beat annoying, nit-
picking government
bureaucrats at
their own game!**

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Risk-Free Trial
Offer and
FREE Bonus Disk:
OSHA Sample
Safety Program
on Disk**

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Sick and tired of OSHA bureaucrats breathing down your neck?

Here's a unique service that can save your construction firm time, money, and headaches complying with current and future OSHA regulations.

Being in business is tough today. And the U.S. government doesn't make it any easier. Especially in the construction industry, where the Occupational Safety and Health Administration is determined to drown you in a never-ending sea of OSHA paperwork.

Complying with OSHA regulations is a pain in the neck. It's costly. And time-consuming. Keeping up with the newest regulations can be almost a full-time job. You can spend a fortune training your employees ... and paying attorneys to interpret densely written OSHA guidelines!

At last! A sensible solution for ensuring OSHA compliance

We hired away the best inspectors and attorneys from OSHA to give you "insider" shortcuts for complying with OSHA regulations at minimal cost. The result? A powerful — and unique — system to keep you legal ... and get OSHA inspectors off your back: **HOW TO COMPLY WITH OSHA IN THE CONSTRUCTION INDUSTRY**.

Researched and written by our team of former OSHA officials, **HOW TO COMPLY WITH OSHA IN THE CONSTRUCTION INDUSTRY** is the authoritative resource. In plain simple Eng-

10 ways you and your company will immediately benefit from How to Comply with OSHA in the Construction Industry

1. You'll have the tools to ensure full OSHA compliance at all job sites — quickly, easily, and economically — protecting you and your firm from potential liability, citations, and fines.
2. You'll be given ready-to-use programs for training employees in OSHA procedures — eliminating the need to hire expensive consultants or send workers to costly seminars — or writing the training materials yourself.
3. You'll get complex, dense "legalese" translated into concise, accurate, easy to understand language — no need to sweat over government documents trying to figure out what they're saying.
4. You'll be shown all the special OSHA requirements for the construction industry.
5. You'll discover how to modify your existing safety procedures to satisfy OSHA requirements instead

of having to start "from scratch."

6. You'll be given model OSHA documentation — on paper and disk — you can rapidly and easily use to create your own safety program.

7. You'll always be up-to-date on the newest OSHA rules and regulations.

8. You'll be less dependent on attorneys — and able to reduce your legal bills substantially.

9. You'll learn how to get additional benefits — such as significant reductions in your workers' compensation costs — from improved safety training and documentation you create in your OSHA compliance efforts.

10. You'll learn tricks of the trade for saving time and reducing compliance costs — inside information that comes directly from ex-OSHA inspectors, agents, and attorneys who now work for us!

lish, you get step by step instructions — with photos, drawings, and forms — showing how to comply with all OSHA regulations for the construction industry. And how to conduct mandatory OSHA safety training, rapidly and affordably.

Comply with the latest OSHA regulations before OSHA inspectors even know about them

With **HOW TO COMPLY WITH OSHA IN THE CONSTRUCTION INDUSTRY** at your side, you'll have answers to your most pressing OSHA questions at your fingertips — all systematically organized and indexed for quick and easy reference. The service includes:

- Over 700 pages of valuable information
- Periodic updates to keep your manual current
- Ready-to-use safety training programs that save you time and money
- Sturdy 3-ring binder
- Disk with sample OSHA safety program
- Unconditional 30-day money-back guarantee of satisfaction

HOW TO COMPLY WITH OSHA IN THE CONSTRUCTION INDUSTRY's periodic updates, sent 5 times a year, ensure you'll always have the most timely and accurate information.

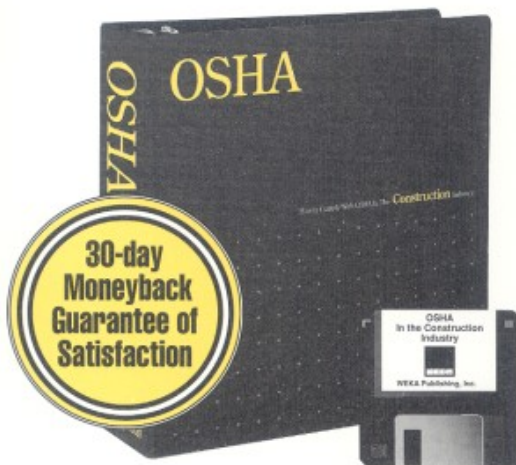
The convenient 3-ring binder format allows for easy insertion of new regulations and explanations into your manual. Pages can be removed, copied, and distributed to substantially cut down on your own paperwork.

Our 100% iron-clad money-back guarantee of satisfaction

Use **HOW TO COMPLY WITH OSHA IN THE CONSTRUCTION INDUSTRY** for a full month. Put it to work. If you don't agree it's the most helpful OSHA resource you've ever seen ... or if you are not 100% delighted for any other reason ... return the manual within 30 days for a prompt and full refund. Either way, the free Bonus Disk is yours to keep ... our way of saying "thanks for giving **HOW TO COMPLY WITH OSHA IN THE CONSTRUCTION INDUSTRY** a try."

Hiring a law firm to guide your business through the OSHA compliance process can cost \$1,200 to \$1,600 a day or more. Owning **HOW TO COMPLY WITH OSHA IN THE CONSTRUCTION INDUSTRY** is like putting a team of top OSHA lawyers on retainer ... but at a very reasonable "salary."

To examine **HOW TO COMPLY WITH OSHA IN THE CONSTRUCTION INDUSTRY** without risk or obligation of any kind for 30 days, call toll-free 1-800-222-WEKA (9352).



Your total OSHA compliance system in a binder

Contains everything you need to comply with current and future OSHA regulations for the construction industry ... nothing is left out!

Pre-Inspection checklists help you prepare for inspections and identify areas requiring corrective actions.

Did you know from working **How to Comply** shows you

WALK-AROUND CHECKLIST FOR OSHA INSPECTIONS

- The employer's designated representative should remain with the inspector at all times.
- The employer representative should take detailed notes on what is observed, who is spoken to, what is said, what samples and pictures were taken, and what documents were reviewed.
- The employer representative should make no gratuitous remarks or offer any information.
- The employer representative should ask questions and document the inspector's responses.
- The employer representative should not alter normal work procedures in order to accommodate the inspection. In some instances, you may decide to suspend work because of the

| RANK IN FREQUENCY CITED | 1926 | |
|-------------------------|-----------|--|
| #1 | 500(D)(1) | GUARDRAILS NOT PROVIDED FOR OPEN-SIDED FLOORS OR PLATFORMS |

RULE: Every open-sided floor or platform 6 feet or more above adjacent floor or ground level shall be guarded by a standard railing, or the equivalent, as specified in paragraph (f)(1) of this section, on all open sides, except where there is an entrance to a ramp, stairway, or fixed ladder. The railing shall be provided with a standard toeboard wherever, beneath the open sides, persons can pass, or there is moving machinery, or there is equipment with which falling materials could create a hazard.

INTENT:

Falls from elevations are the leading cause of fatalities in the construction industry. From 1985-1989, 33% of all construction fatalities (101) resulted from a fall from an elevation. One hundred-seventeen fatalities occurred when employees fell from open-sided floors and through floor openings. This standard specifies the guarding that must be provided for all open-sided floors and platforms 6 feet or more in height. It also specifies minimum requirements for the type of guarding. Paragraph (f) of the same section specifies the requirements of a standard guardrail system. TABLE 5.2-1 lists guardrail specification for various materials. Where there is an open-sided floor/platform and there is a potential for a person to pass or a hazard is presented by machinery, toeboards are required. The intent is to contain any materials near the edge from inadvertently getting pushed over the edge where they may strike persons or machinery below; TABLE 5.2-2 lists specifications for toeboards.

HAZARDS:

- Falls from elevations: probable injuries range from death to fractures. Falls from lower elevations such as 4-6 feet have caused serious lost-time accidents and occasionally have been the cause of fatalities.
- Struck by: the lack of material containment (toeboards) has caused both fatalities and lost-time accidents when falling materials have struck employees below.

(AMONG OTHER) SUGGESTED ABATEMENTS:

- Whenever an employee must work at any elevated location, ask the questions: 1) Are they protected from a fall? and 2) What measures must be taken to protect the employee at the elevated work location?
- Fall prevention systems such as standard guardrail systems provide more positive means of protection than fall protection system such as bodybeltharness-lanyard-lifeline combination, except when workers are suspended, i.e., working on suspended scaffolds, work platforms, etc.
- Construct/maintain all guardrail systems according to OSHA requirements.
- An acceptable method to preclude the use of toeboards, would be to determine the fall radius of materials on an open-sided floor/platform. Place positive physical barriers outside the potential fall radius to keep workers and machines outside the danger zone.

SELECTED CASE HISTORIES:

An employee taking measurements was killed when he fell backwards from an unguarded balcony to the concrete 9th floor.

COMMENTS:

- Falls from elevations accounted for 14% of all lost-time accidents (6).
- This standard was cited in 103 fatality/catastrophe inspections conducted by OSHA over a 4 year period.

ADDITIONAL DOCUMENTS TO AID IN COMPLIANCE:

- [1] Section 500 & Steel Erection - 750 & 751(k); [11]; [12]; [13]; [26] Part 701(f)(2) - Concrete and Masonry Cast.
- OSHA COMPLIANCE LETTER
- Date: 5/22/84; From: Directorate of Field Operations to Regional Administrators; Synopsis - Clarification of 1926.750(b)(1)(iii) stating that "H" wire rope or equivalent safety railing must be used around temporary planked or temporary metal-decked floors during steel erection operations.
- OSHA COMPLIANCE LETTER
- Date: 1/13/81; From: Assistant Secretary to Int. Union of Bricklayers & Allied Craftworkers; Synopsis - Standard 1926.28, 1926.104, 1926.105 & 1926.500(d)(1) do not apply to overhead bricklaying operations.
- OSHA COMPLIANCE LETTER
- Date: 2/13/86; From: Directorate of Field Operations to Individual Company; Synopsis - When structural steel assembly including decking has been completed and other trades are working on the deck while concrete is being poured on the deck, the floor must be guarded in accordance with 1926.500(d)(1).

PHOTOGRAPHS, ILLUSTRATIONS AND OTHER DOCUMENTS



☒ VIOLATION ☐ IN-COMPLIANCE

Exposure to open-sided floor



☐ VIOLATION ☒ IN-COMPLIANCE

Properly erected wire rope perimeter guardrail system.
NOTE: The high visibility tape on wire rope (arrow) on top floor makes the guard rail easier for the employees to see.



☒ VIOLATION ☐ IN-COMPLIANCE

Too much sag in the wire rope (arrows) guard rails.



☐ VIOLATION ☒ IN-COMPLIANCE

Properly erected wooden guardrail system for platform.
NOTE: The top erection floor has a properly erected wire rope guard-rail system.

Plain-English interpretations of complex OSHA regulations are illustrated with clear, easy to follow photographs demonstrating correct and incorrect procedures.

One out of every four lost-time injuries is back-related — and usually caused by improper lifting. Even worse: OSHA may find your company in violation of regulations if your workers don't lift according to OSHA-approved guidelines. Follow these simple instructions to ensure compliance, avoid fines, and reduce worker's compensation costs.

OSHA prohibits your employees
trenches without sidewall protection?
WITH OSHA IN THE CONSTRUCTION INDUSTRY
the right and wrong ways to comply.

ILLUSTRATIONS and OTHER DOCUMENTS



☐ VIOLATION ☒ IN-COMPLIANCE

Properly constructed timber shoring
and trench box (left).

NOTE: The plywood (bottom right) is not a structural member of the shoring system. It is to be used only to prevent the soil in the sidewalls from raveling.



☒ VIOLATION ☐ IN-COMPLIANCE

Improper shoring including bracing is not secured
(above).

IN-COMPLIANCE

Safety Training Topic #9

Back Injuries

Prevent back injuries with proper lifting techniques

Back injuries account for about one-fourth of lost-time injuries. Many of these injuries could be avoided if workers practiced a few basic and simple rules for back conservation.

Avoid the need to move materials manually—use a machine when you can. Proper planning and good job design can eliminate much lifting.

The use of mechanical lifting aids can be a back-saver. However, if you must lift, remember that your body is not a crane; your back is not designed to "boom up," "boom down" or "boom to the side" with ease.

Therefore, when lifting and carrying a load:

Examine the load for grease, oil, sharp edges and other

OSHA is cracking down on companies
whose workers fail to wear the proper
protective gear. Find out how your crews
must dress on the job site to avoid crippling
injuries and hefty fines.

Safety Training Topic #2

Personal Protective Equipment

Personal Protective Equipment doesn't work if it isn't used

Hard hats, goggles, face shields, earplugs, steel-toed shoes, respirators. What do all these items have in common? They are all various forms of personal protective equipment. They work, but only if they are worn.

Data from the Bureau of Labor Statistics show:

Hard hats were worn by only 16% of those workers who sustained head injuries, although two-fifths were required to wear them for certain tasks at specific locations;

Only 16% of approximately 770 workers suffering from

Most Frequently Violated OSHA Standards for Construction

| STANDARD VIOLATED | SUBJECT | TOTAL VIOLATIONS | SERIOUS VIOLATIONS | INITIAL PENALTY | ADJUSTED PENALTY |
|-------------------|---|------------------|--------------------|-----------------|------------------|
| 1926.56(e)(1) | Written hazard communication program | 3,463 | 1,789 | \$1,174,178 | \$364,492 |
| 1926.59(h) | Employee information and training | 2,277 | 1,487 | \$709,333 | \$230,456 |
| 1926.21(b)(2) | Safety training: employer responsibility | 1,541 | 1,344 | \$1,820,415 | \$485,809 |
| 1926.100(a) | Head protection—helmets | 1,412 | 1,250 | \$1,075,996 | \$307,837 |
| 1926.59(g)(1) | Manufacturers must provide MSDSs | 1,306 | 800 | \$310,255 | \$106,932 |
| 1926.500(d)(1) | Guarding of open-sided floors, platforms | 1,271 | 1,151 | \$2,042,698 | \$506,297 |
| 1926.59(g)(8) | Employers must maintain MSDSs | 1,200 | 625 | \$311,712 | \$115,474 |
| 1926.404(b)(1)(i) | Wiring: ground-fault protection | 1,029 | 837 | \$774,251 | \$226,123 |
| 1926.451(d)(10) | Welded scaffolds—guardrails and toeboards | 955 | 872 | \$1,950,297 | \$574,336 |
| 1926.652(a)(1) | Cave-in protection for employees | 977 | 806 | \$4,585,588 | \$1,098,562 |

Here are
the 10 OSHA
standards
violated by
construction
firms most
frequently.
Total violations
cited by OSHA
last year:
15,450.
Total penalties
(before adjustment): more
than \$15
million in fines.
Learn how to
avoid being
cited.

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works for
exposure
chemical
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equipment
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How to Comply with OSHA in the Construction Industry

Table of Contents (a partial list)

Part 1

HOW TO COMPLY WITH OSHA Chapters

- 1 How to Use this Book
- 2 Introduction to OSHA
- 3 Recordkeeping and Reporting
- 4 Safety Planning and Training
- 5 OSHA's Voluntary Protection Program
- 6 Consultation Services
- 7 How to Handle an OSHA Inspection
- 8 Variances
- 9 Citations, Penalties and Appeals

Part 2

REGULATIONS Chapters

- 10 The General Duty Clause; General Regulations
- 11 General Construction Regulations
- 12 Occupational Health and Environmental Controls
- 13 Personal Protective and Life Saving Equipment
- 14 Fire Protection and Prevention

- 15 Signs, Signals and Barricades
- 16 Materials Handling Storage, Use and Disposal
- 17 Hand and Power Tools
- 18 Welding and Gutting
- 19 Electricity and Power Transmission
- 20 Scaffolding, Stairways and Ladders
- 21 Fall Protection
- 22 Cranes, Derricks, Hoists, Elevators and Conveyers
- 23 Motor Vehicles, Mechanized Equipment and Marine Operations
- 24 Excavations, Trenching and Shoring
- 25 Concrete and Masonry Construction
- 26 Steel Erection
- 27 Underground Construction, Caissons, Cofferdams and Compressed Air
- 28 Demolition and Blasting
- 29 Rollover Protective Structures and Overhead Protection
- 30 Commercial Diving
- 31 Toxic and Hazardous Substances
- 32 State-by-State Summaries for Non-Federal States

INDEX

SPECIAL BONUS

Sample OSHA Safety Program on Disk

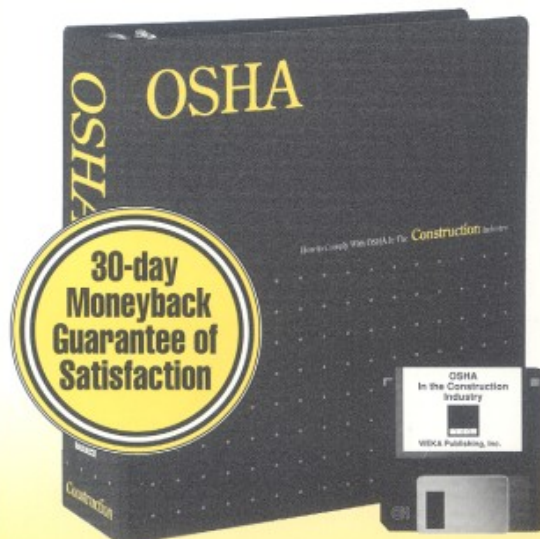
For many construction firms, writing a safety policy is the most difficult — and time-consuming — task in the OSHA compliance process. Now **HOW TO COMPLY WITH OSHA IN THE CONSTRUCTION INDUSTRY** solves this problem ... with this time-saving FREE Bonus Disk.

FREE!

Your **Sample OSHA Safety Program on Disk** can help you write, design, and produce an acceptable safety program for OSHA — quickly and easily.

The disk, which runs on any IBM PC or compatible, contains a ready-to-copy safety program, lockout/tagout policies, sample material safety data sheets, inspection checklists, and more ... all in a convenient word processing format. Eliminate hours of tedious research and writing using "ready made" documentation conforming to the latest OSHA regulations.

Why struggle to find precisely the right words for your safety program when we already know what the "right words" are — and can give them to you ready-to-use? To receive your **HOW TO COMPLY WITH OSHA IN THE CONSTRUCTION INDUSTRY** manual on a no-risk 30-day trial basis ... and get Your **Sample OSHA Safety Program on Disk** at no extra cost — call toll-free: 1-800-222-WEKA.



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