



Teen Construction Safety

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A 5-Minute Safety Training Aid

Each year, thousands of young men and women begin part-time or summer construction jobs. Construction sites change day to day, even hour to hour. A wall, pipe, or wire that wasn't there yesterday may seemingly appear overnight. There are also many different trades working on a site at one time. Due to the ever-changing nature of construction sites, it is important to remember a few important safety tips.

Personal Protective Equipment (PPE)

PPE are items that, when properly worn, will protect your body parts from possible harm. Here are some examples of PPE that should be worn at all times while on a construction site.

Protective Headgear (Hard hat)

Head injuries are caused by falling or flying objects, by bumping into fixed objects, or by other objects that may strike your head. Hard hats accomplish two things: resist penetration of the object and absorb shock. Hard hats should be worn at all times on a construction site especially when overhead work is being done.

Eye Protection (Safety glasses or goggles)

Eye injuries are another potential injury that can occur on construction sites. Eye injuries occur when foreign objects come in contact with the eyes. During any job where chipping, grinding, masonry work, woodwork, sawing, drilling, sanding, or painting is being done, eye protection must be worn.



Foot Protection (Safety-toed boots)

Safety-toed boots protect toes from being crushed when heavy objects are accidentally dropped. Safety-toed boots are needed when carrying or handling materials such as lumber, sheetrock, decking, shingles, or heavy tools and for other activities

where objects might fall onto your feet. Proper safety boots are standard dress when working in the construction industry.

Hand Protection (Gloves)

Gloves prevent cuts, abrasions, burns, and splinters from injuring the hand. Wear gloves when handling heavy loads of materials to help protect your hands from cuts and splinters. Gloves also prevent materials from slipping out of your hands.

Safe Lifting Techniques

Back injuries are the number one injury in the state of Texas and all construction jobs involve a considerable amount of lifting. To prevent back injuries use these simple lifting techniques:



1. Size up the load: ask for help if you need it.
2. Plan your route and ensure that it is free of tripping and slipping hazards.
3. Keep your feet shoulder width apart.
4. Bend your knees: do not bend over at the waist.
5. Get a good grip: gloves help.
6. Keep the load close to your body.
7. Lift with your legs - not your back.
8. Pivot your feet - don't twist your back.

By following these simple lifting techniques, most back injuries can be prevented.

In conclusion, construction jobs are a great way to earn money and learn valuable skills but they pose many possible dangers. By following all safety rules set forth by your employer you can enjoy a productive career in the construction industry.

Remember to practice safety. Don't learn it by accident.

Provided by

Texas Workers' Compensation Commission
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