

Unit 1: Safety

Chapter 1: On-the-job Safety Measures

- Personal safety is a combination of knowledge and awareness.
- Force: The amount of effort exerted by the muscles and the amount of pressure on the body parts that result from different job demands.
- Posture: Another name for the position of various parts of the body during activity.
- Repetition: Highly repetitive tasks can lead to fatigue, tissue damage and eventually pain and discomfort.
- Protective Equipment
 - o Head Protection – Hard Hat , earmuffs etc.
 - o Respiratory Protection: CSA 294-8 / Z180.1: Airborne particles, use respirator.
 - o Eye and Face Protection: CSA 294-1.1 goggles or glasses to protect the face.
 - o Hearing Protection CSA 294-2, Earmuffs to protect from hearing loss.
 - o Hand Protection: CSA 2462, Use appropriate protective gloves.
 - o Foot Protection: CSA 2295, Use appropriate footwear with CSA triangle.
- Site Hazards and Protection
 - o Physical Hazards:
 - Inspect confined space, identify equipment, check site plants, check exposed electrical conductors or energy equipment.
 - o Atmospheric Hazards
 - Generally considered to be chemicals or materials in the around the work site
 - Combustible or explosive gases and vapours
 - Too much or too little oxygen
 - Toxic fumes such as CO2
 - o Confined Space
 - Defined as a work area or location by design or construction restricts entry and exit where equipment operations or atmospheres may pose a hazard to health and safety.
 - Site specific situation training and certification required.
 - Companies and employers are responsible.
 - Site safety procedures for group safety, ventilation, good on-site housekeeping, first aid facilities, access, egress, exit, evacuation, rescue, and emergency shutdown.
- Lockout procedures
 - o CSA 2460 and 2462
 - o If you work on a machine or system, use locks to ensure that all source of hazardous energy is isolated and locked off during work.
 - o "Zero energy state" Where there is a lock off and isolation of all energy sources going to machinery.
 - o Procedures involve two parts: locks, and safety tags.
 - Locks are keyed to render a system inoperative.
 - Safety tags are used to identify the person who locks out a system and sometimes two warm workers not to power up the system that cannot be locked out

Premises Technician Study Guide

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