hospitals or ambulances shall be conspicuously posted. 1926.50(f)

Motor Vehicles and Mechanized Equipment

All vehicles in use shall be checked at the beginning of each shift to ensure that all parts, equipment, and accessories that affect safe operation are in proper operating condition and free from defects. All defects shall be corrected before the vehicle is placed in service. 1926.601(b)(14)

No employer shall use any motor vehicle, earthmoving, or compacting equipment having an obstructed view to the rear unless:

- The vehicle has a reverse signal alarm distinguishable from the surrounding noise level, or
- The vehicle is backed up only when an observer signals that it is safe to do so. 1926.601(b)(4)(i)-(ii) and 1926.602(a)(9)(i)-(ii)

Heavy machinery, equipment, or parts thereof that are suspended or held aloft shall be substantially blocked to prevent falling or shifting before employees are permitted to work under or between them. 1926.600(a)(3)(i)

Obligations

Safety Requirement and Guidelines

Professionalism means that you represent the trade as a whole. Therefore, your personal habits, attitude, and behavior should reflect the skilled professional that you are. Always demonstrate self respect and courtesy.

Never roughhouse, run, play practical jokes, or otherwise "fool around" on the work site. These actions disturb co-workers and cause accidents.

Being under the influence and in the possession of alcohol and illegal drugs is prohibited on all job sites.

Use prescription medication only as directed. Be aware of side effects such as drowsiness, dizziness, or slowed reflexes which could put you at high risk for an accident. Tell your supervisor if you experience any symptoms which limit your full mental and/or physical capabilities.

Your Employer's Obligation

OSHA obligates your employer to provide a safe place for you to work. Notify your foreman immediately if you feel that a hazard exists. If your foreman does not act promptly, contact your employer directly. Also, your employer can be fined for permitting dangerous conditions, even if another contractor is responsible for creating the hazard.

You must be able to help quickly in case of injury or emergencies. Therefore, your employer must provide you with the following:

- · A first aid kit approved by a physician.
- Do you know its location at each site?
- · A person trained to give first aid.
- Do you know who that person is?
- Telephone numbers of rescue squads, paramedics, fire departments, and the location of the nearest hospital.
 - Are these posted in an obvious place?