

Equipment or circuits that are de-energized must be rendered inoperative and must have tags attached at all points where the equipment or circuits could be energized. 1926.417(b)



Emergency Action Plans

An emergency action plan must be in writing, kept in the workplace, and available to employees for review.

An emergency action plan must include at a minimum:

- Procedures for reporting a fire or other emergency.
- Procedures for emergency evacuation, including type of evacuation and exit route assignments.
- Procedures for critical plant operations before evacuation.
- Procedures to account for all employees after evacuation.
- Procedures for rescue or medical duties; and
- The name or job title of every employee who may be contacted by employees who need more information about the plan or an explanation of their duties under the plan.

The employer shall review the plan with each employee covered by the plan at the following times;

- Initially when the plan is developed.
- Whenever the employee's responsibilities or designated actions under the plan change, &
- Whenever the plan is changed.

Ergonomics

Ergonomics is defined as the science that seeks to adapt work or working conditions to suit the worker; essentially, making the job fit the person. Ergonomic conditions, if left unchecked in the work environment, can lead to severe, long-term injuries that could be career-threatening to employees and costly to employers. Practicing smart ergonomics can increase productivity and reduce lost workdays.

These general ergonomic principles may help you reduce your risk of injury:

Correct, Neutral Posture – the spine is aligned, postures are not exaggerated and do not strain the muscles and back.

Housekeeping – keeps the workplace tidy and reduces the risk of slips, trips and falls.

Lifting – follow good lifting techniques (see Manual Lifting).

Planning – should be done with ergonomics in mind. Plan routes between staging areas and work spaces, scheduling for members of other trades and knowing what services and utilities will be provided.

Power Zone – where the arms and body can lift the most with the least amount of effort.

Proper Handholds – make lifting easier and reduce the risk of injury. Handholds should be large enough to accommodate larger hands and not dig into fingers and palms.

Pulling vs. Pushing – pushing is generally preferable to pulling. Pushing allows you to use large muscle groups and apply more force to