

Heavy Equipment Operations (1 Hour)

1. Hazards

Caught By
Struck By
Upset / Roll-over

2. Inspections / Service / Maintenance

Pre-use inspections
Scheduled Service
Authorized Maintenance and Modifications
Records / Documentation

3. Transportation

Rated Components
"Tie Down" Theory
Truck Drivers vs Equipment Operators
Securement Issues

4. Operator Safety

Mount / Dismount
Seat Belts
Visibility
Blind Spots

5. Ground Personnel

Awareness
Visibility
Communications
Blind Spots

Selection, Maintenance, & Use of PPE

(1 Hour)

- 1. Job Hazard Analysis**
 - Environmental Hazards
 - Thermal Hazards
 - Chemical Hazards
 - Mechanical Hazards

- 2. Hazard Mitigation**
 - Engineering Controls
 - Administrative Controls
 - Personal Protective Equipment

- 3. Personal Protective Equipment**
 - Eye Protection
 - Hearing Protection
 - Respiratory Protection
 - Gloves
 - Clothing
 - Hard Hats

- 4. Selection / Fitting / Care of PPE**
 - Manufacturers and Vendors
 - Other Resources
 - Employee Selection / Samples
 - Fit Testing
 - Function Evaluation
 - Proper Storage & Care

Ladder & Stairway Safety

(1 hour)

- 1. Stairways**
 - Accessibility
 - Maintenance
 - Railing Systems

- 2. Ladders**
 - Construction
 - Load Ratings
 - Inspection

- 3. Step Ladders**
 - Set up
 - Use
 - Safe Work Practices

- 4. Extension Ladders**
 - Set up
 - Use
 - Safe Work Practices