Lightning Safety

During the past 30 years, lightning has killed an average of 75 people per year in the United States. While documented lightning injuries in the U.S. average about 300 per year, undocumented injuries are likely much higher.

It is important to pay attention to the daily weather forecasts so you know what to expect during the day. Also, pay attention to early signs of thunderstorms, to include:

- High Winds
- Dark Clouds
- Rain
- Distant Thunder
- and Lightning

Do not start any new task that you cannot quickly stop.

Assess the risk and take precautions. During thunderstorms, no place outside is safe, but you can minimize your risk by assessing the lighting threat and taking appropriate actions. **Count the number of seconds between the lightning flash until you hear the thunder. If it is 30 seconds or less, the thunderstorm is within 6 miles of you.** Stop what you are doing and seek safety in a substantial building or metal-topped vehicle with the windows up.

**Objects and equipment to avoid during thunderstorms:**

- Stay off and away from anything tall or high, including rooftops, scaffolding, utility poles, ladders, trees, and heavy equipment
- Do not touch materials or surfaces that can conduct electricity, including metal scaffolding, metal equipment, utility lines, water, water pipes, and plumbing
- Avoid standing in a group of people. Stay several yards away from each other.
- Immediately leave areas with explosives or munitions

**Avoid unsafe shelters.** Unless specifically designed to be lightning safe, small structures do little, if anything, to protect occupants from lightning. May small open shelters on athletic fields, golf courses, parks, roadside picnic areas, school yards, etc. are not designed to protect people from lightning. Avoid small wooden, vinyl, or metal sheds during thunderstorms, as they offer little or no protection from lightning.

**If a co-worker is struck by lightning, understand that the victim does not carry any electrical charge. Call 911 immediately.** If the victim’s heart is stopped, or he/she has stopped breathing, immediately administer CPR.

Safety meetings are mandatory every Monday! Completed topics must be turned in to the Shop Office Tuesday Morning!
**Lightning Safety - (Continued from front)**

### Foreman’s Check List:
- Posting Notices Accessible - Identify Location
- GCC Code of Safe Practices Accessible
- USA Notified/Lines Marked (800) 227-2600
- PG&E Notified/10’ Rule (800) 743-5000
- Required Cal/OSHA Permit(s) obtained
- Emergency Exit Routes/Meeting Location Identified
- Special Hazards Identified
- Fire Extinguishers Charged & Accessible
- First Aid Kit Stocked and Accessible
- Trenching operations & requirements reviewed
- Flagging Operations Reviewed
- Housekeeping/Storage & Handling Requirements Reviewed
- Personal Protective Equipment Reviewed
- Equipment Inspected (faulty/damaged equipment must be tagged and returned to the Santa Rosa Yard)
- MSDS are available for all substances present at the jobsite
- Hazard inspections and corrections are documented

### Reminders:
- Work-related injuries MUST be reported immediately
- GCC uses designated medical providers for treatment of work-related injuries
- All accidents and near-miss incidents must be reported
- No employee can enter a trench exceeding 5’ deep unless advised that it is safe by the competent person
- MSDS sheets are available for review - do not work with any product that you are not familiar with
- Do not enter areas where substances are being used by other contractors, unless trained on the proper safety precautions
- Horseplay is not permitted
- Daily jobsite walkthroughs must be performed
- No employee is permitted to perform any task that they have not been trained to perform
- All potential and/or identified hazards must be reported to allow for immediate correction and communication of exposure to other workers
- Discuss parking arrangements for the project

### Special Topics for Project (address specific exposures, MSDS reviewed, etc.):
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________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________

### Safety Recommendations & Employee Comments:
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________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________

### Tailgate Meeting Attended By (employees are required to sign/print name):
Signature includes confirmation of the following:
- In the last week I have not suffered any work-related injury or illness that has not been reported to my Supervisor
- In the last week I have not been denied my authorized 10-minute breaks
- In accordance with Prop 65 requirements, I have been notified that at I may be working in areas, or with products, which contains chemicals known to the State of California to cause Cancer and Birth Defects or Other Reproductive Harm

Su firma incluye la confirmación de lo siguiente:
- En la semana pasada no he sufrido ninguna lesión o enfermedad relacionada con el trabajo que no haya sido reportada a mi Supervisor.
- En la semana pasada no he sido prevenido de tomar mis descansos autorizados de 10 minutos.
- De acuerdo con los requerimientos de la Prop. 65, se me ha notificado que yo pudiera estar trabajando en áreas o con productos que contienen químicos conocidos por el Estado de California como causantes de Cáncer, Defectos de Nacimiento u otro Daño Reproductivo.

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**Safety Prize Winner:** __________________________

**Supervisor (Print Name):** __________________________  **Date:** ____________