

Concrete Safety

Concrete is composed of materials like cement, sand, stones, and water. When mixed correctly, it can be a stable and versatile building material, with uses ranging from roads, bridges and buildings, to septic tanks and even countertops.

A versatile material

The versatility in using concrete as a building application is accomplished by altering the proportions of air and other variables in the mixture. Strengthening materials such as re-bar, fiberglass strands, and plastic rods are then added.

Safety steps

For your protections, the following precautions should be followed when working with concrete:

- Try not to over-exert yourself when mixing or moving concrete, especially when using a wheelbarrow, shovel, or trough. Concrete is extremely heavy and caution must be used to avoid back, shoulder, or other muscle strains. Keeping yourself physically fit and performing pre-work stretching exercises can aid in injury prevention.
- Always wear safety glasses when mixing or pouring concrete. The lime and cement dust can be very irritating to the eyes. If it gets into your eyes, rinse for 15 minutes with water. If eyes are still irritated, seek medical attention.
- Always wear gloves, boots, and a long sleeve shirt, if possible, when working with concrete. The cement can cause irritation when contacts the skin. Lime burns are common in the construction industry but can be reduced by barrier creams or gloves to protect your hands and forearms.

- Read and follow all of the manufacturers' recommendations on concrete additives, acids for etching, form release oils, or other chemicals used in conjunction with concrete.

Knowledge is safety

If you have any questions regarding the products you are using, or you would like more information on how to protect yourself, ask your supervisor for help. Your supervisor should be able to recommend the correct Personal Protective Equipment (PPE) for your specific task and can provide you with the appropriate Material Safety Data Sheet (MSDS)

For more information and additional risk management and prevention tools, visit: fwcruminsurance.com