

### ***How to Protect Yourself on Construction Sites***

Personal Protective Equipment (PPE) should be used in almost every work environment and construction site. All workers must follow specific instructions which are intended to help users learn about the different types of PPE that can be used, how to determine which PPE they need for their work tasks and how to select and take care of their PPE.

Selecting the most suitable eye and face protection, the following elements should be taken into consideration: they must be able to protect against specific workplace hazards and should provide unrestricted vision and movement. In addition, protective eye and face wear must comply with the National Standards. Potential hazards which may lead to foot and leg injuries include falling or rolling objects, crushing or penetrating materials, hot, corrosive or poisonous substances, electrical hazards, static electricity or slippery surfaces.

Scaffold safety is also an important topic which must not be ignored as falls are a leading hazard. You must always make sure thorough scaffold safety inspection is carried out by a competent person.

Large mobile scaffolds should be designed by an engineer. The mobile scaffold designer must have a clear understanding of the job site conditions, how the platform can be moved, the loads it needs to support, and the height and width it should have. A mobile scaffold's height oughtn't be more than four times its minimum base width. Mobile scaffolds shouldn't have side brackets or platforms.

#### **Paragraph 1**

choose  
decide  
aim  
duties

#### **Paragraph 2**

wounds caustic  
unlimited  
be according to  
piercing dangers  
aspects account  
possible

#### **Paragraph 3**

examination top  
skilled detailed

#### **Paragraph 4**

movable  
smallest  
weight

**Match the words to their definitions**

<b>standards</b>	a temporary movable platform for workers to stand or sit when working at a height above the ground
<b>substances</b>	an unsafe surface to walk on because of water, ice, oil, etc. where it's easy to fall
<b>scaffold</b>	the accepted or approved criteria that must be followed
<b>bracket</b>	A scientific term for materials with particular characteristics
<b>slippery</b>	capable of destroying a surface gradually (e.g. a strong acid)
<b>corrosive</b>	a supporting piece, often L-shaped

scaffold  
mobile scaffold



**Choose the right caption for each photo**

building site  
construction site



scaffold  
mobile scaffold

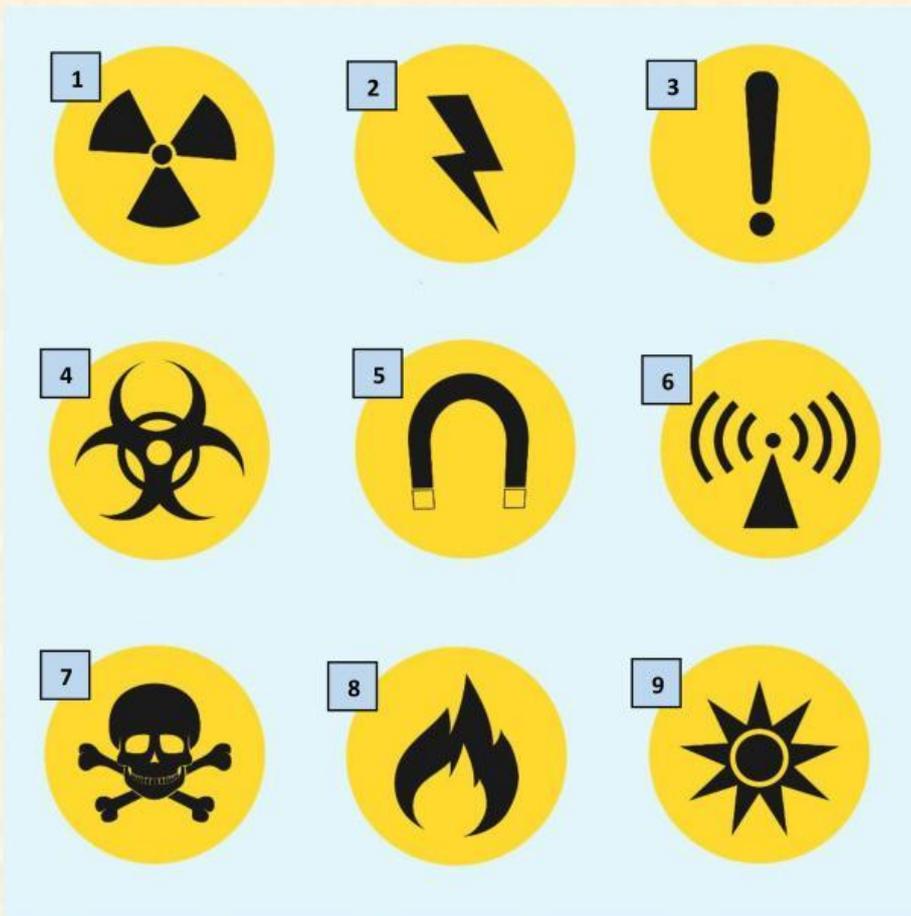


building site  
construction site



Construction workers might be exposed to various types of hazardous substances. They need to be aware of the risk and stay safe. There are different symbols to show that certain substances cause harm to people or the environment.

**Match the hazards to their symbols**



- biohazard
- radiation hazard
- non-ionizing radiation
- optical radiation
- toxic
- warning
- flammable materials
- strong magnetic field
- high voltage

**Which number matches the Greek translation?**

προειδοποίηση για την υγεία/κίνδυνος

ισχυρό μαγνητικό πεδίο

βιολογικός κίνδυνος/μολυσματικές ουσίες

υψηλή τάση

οπτική ακτινοβολία

μη ιονίζουσα ακτινοβολία

εύφλεκτα υλικά

ραδιενέργεια

τοξικές ουσίες