

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

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

scaffold
mobile scaffold



Choose the right caption for each photo

building site
construction site



scaffold
mobile scaffold

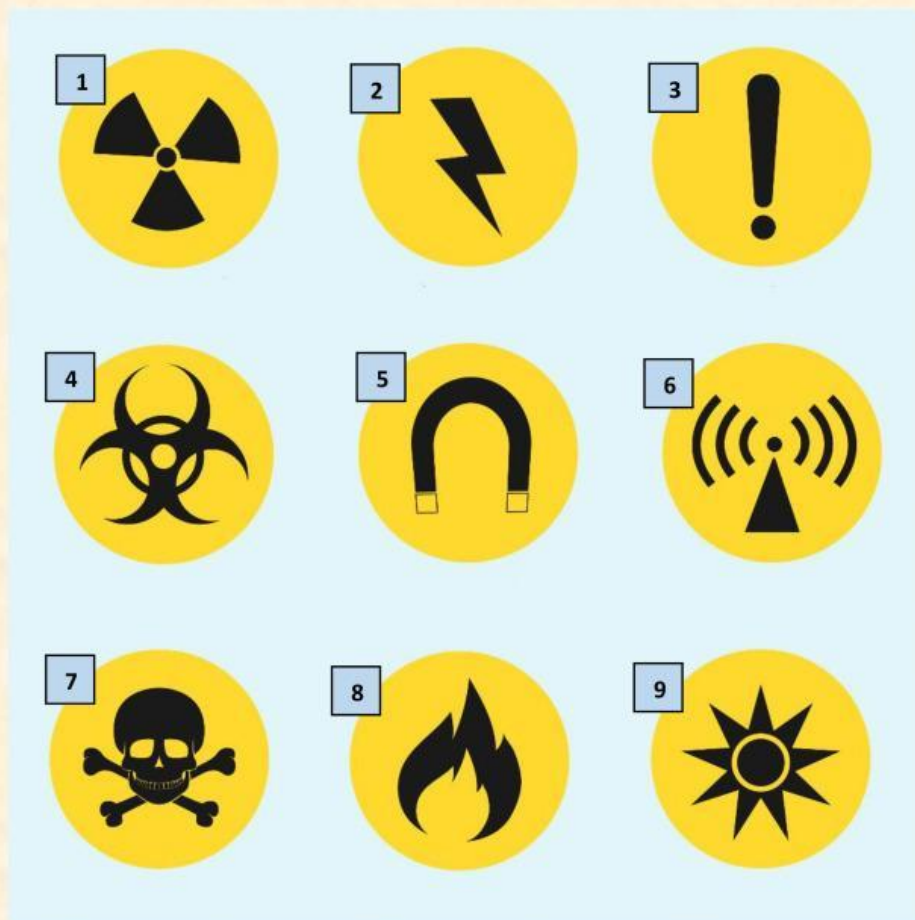


building site
construction site



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