Night Work

What are the special challenges of night work?

On the worksite, the challenges include:
- Poor visibility for motorists
- Poor visibility for workers
- Communication between shifts
- Impaired or drowsy drivers

Night work also causes physical and social disruptions, including:
- Sleep deprivation and disruption
- Risk of injury from drowsiness
- Impaired family or social relationships

How can we protect ourselves at night?

Use special precautions at the worksite for night work. Above all, you must increase visibility and know your surroundings. To increase visibility:
- Wear retro-reflective clothing
- Wear flashing lights on your body or clothing
- Place retro-reflective tape on equipment
- Use good work area lighting

Know your surroundings:
- Know the vehicle and equipment paths
- Know the assigned work areas
- Know the safe path to and from work
- On foot, watch out for equipment
- On equipment, watch out for workers

Always provide clear signage. Space drums and cones closer together at night. For the best lighting, contrast the work lights from the warning lights.

Inspect the traffic control set up by test driving it to highlight problems and then inspecting it frequently.

How can our health habits help?

Night work is not normal. You must compensate and your health habits can make a huge difference. On the worksite, eat protein-rich foods and avoid sugars and fats. Drink plenty of water.

At home, make sleep a priority. Follow a pre-sleep routine and have a light snack before bedtime. Keep daylight out, even if you have to install blackout drapes. Eat family meals together and plan daytime social activities. That way, you’ll be ready for sleep when you come home from work.

Safety meetings are mandatory every Monday! Completed topics must be turned in to the Shop Office Tuesday Morning!
Night Work - (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 is 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.):**

________________________________________________________________________________________________________
___________________________________________________________________________________________
_____________________________________________________________________________________________

**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:**

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Supervisor (Print Name): __________________________  Date: __________________________