



BCIT

CNST 1100

**Construction Safety Officer
Training**

Lesson Plan

- Sub Authorities,CSABC,MOTH,BC Safety Authority
- US Authorities- OSHA, NIOSH,ACGIH
- Lecture & Discussion
- Act, Regulation & Guideline

1400

Break

1415

Unit A5- Roles & Responsibilities in relation to site safety

- Maintaining a healthy workplace
- Direct & indirect legal responsibilities-Who is responsible
- Who is responsible for a safe work place
- Responsibility for: Owners, CSO, management, supervisors, workers, contractors
- The right to refuse work
- Procedures if work is refused

1530

Clean Up, Review, Homework
IPT Section #1

Tuesday- Day #2

0730

Review of Previous Day
-Review of day to come

0800

Crew Talk #1
-Review Crew Talk & Evaluate

0815

Crew Talk #2
-Review Crew Talk & Evaluate

0830

Crew Talk #3
--Review Crew Talk & Evaluate

0845

Crew Talk #4
Review Crew Talk & Evaluate

0900	<p>Unit A6- The Work Safe BC claim process</p> <ul style="list-style-type: none"> -Employer & worker responsibilities to report accidents -No fault insurance -Who is covered under the act -Work Safes business Units -Registering a business-Work Safe Rates -Establishing a claim- Forms -Benefits and cost reduction
1000	Break
1015	<p>Crew Talk #5</p> <p>Review Crew Talk & Evaluate</p>
1030	<p>Crew Talk #6</p> <p>Review Crew Talk & Evaluate</p>
1100	Review of IPT Section #1
1200	Lunch
1230	<p>Unit B1- Utilizing the OH&S Regulations and the Workers Compensation Act</p> <ul style="list-style-type: none"> -Explain: Table of contents, index, format and numbering system, definitions within the act -Explain the Standards within the OH&S Reg
1330	<p>Unit B2- Regulations for specific construction activities</p> <ul style="list-style-type: none"> -Prime contractor and the responsibilities -Multiple employer work site -Site Coordinator requirements and responsibilities -Locate specific regs that relate to the construction industry – Utilize student work places
1430	Break

1445 **Unit B3-** The Health and Safety Program
-Definition
-Requirements
-Who is involved?
Hand out health and safety log book.
(Work Safe)

1530 **Clean Up**, Review, Homework
IPT Section #2 & #3

Wednesday- Day #3

0730 **Review** of Previous Day
-Review of day to come

0745 **Crew Talk #7**
-Review Crew Talk & Evaluate

0800 **Crew Talk #8**
-Review Crew Talk & Evaluate

0815 City of Vancouver Lecture- Responsibilities of
contractors

0945 Break

1100 **Crew Talk #9**
--Review Crew Talk & Evaluate

1115 **Crew Talk #10**
Review Crew Talk & Evaluate

1130 **Crew Talk #11**
Review Crew Talk & Evaluate

1145 **Crew Talk #12**
Review Crew Talk & Evaluate

1200 **Lunch**

1230 **Review of IPT Section #2 & #3**
1300 **Fire Prevention (New)**
Codes & Regulations

1400 **Extinguishers**
Classes of Fire
Elements
Extinguishers
Use of extinguishers
Inspection of extinguishers

1600 **Clean Up**, Review, Homework
IPT Section #14

Thursday- Day #4

0730 **Review** of Previous Day
-Review of day to come

0800 **Crew Talk #13**
-Review Crew Talk & Evaluate

0815 **Crew Talk #14**
-Review Crew Talk & Evaluate

0830 **Crew Talk #15**
--Review Crew Talk & Evaluate

0845 **Crew Talk #16**
Review Crew Talk & Evaluate

0900 **Crew Talk #17**
Review Crew Talk & Evaluate

0915 **Review of IPT Section #14**

0945	Break
1000	Unit C2-Personal Protective Equipment -Head Gear -Foot Protection -Eye and Face Protection -Respiratory Protection -Hand Protection -Hearing Protection
1030	Unit C1- Identify and predict hazards related to various site activities Discuss hazards relating to -Combustibles -controlled products -electrical tools -moving vehicles-moving equipment -confined spaces -High and low voltage lines -excavation Industry Death rates Relationship of deaths to near misses Injuries related to occupation High risk work situations -Unsloped /unshored excavation -working near high voltage -lockout-IDLH atmospheres -fall protection
1100	Unit C2- Performing a systematic inspection -Definition -What needs to be inspected? -Who performs inspections? -Types-Process-Hierarchy -Perform an inspection report of BCIT Structure- Using the Act, Reg or Guideline
1200	Lunch
1230	Continue to Review Inspection Reports of BCIT Structure

-combine results with 'Act, Reg or Guideline"

1300

Unit C3- Risk Assessment Procedures

- Causes of accidents
- Methods to stop accidents
- What is a task hazard analysis?
- What is the process?

1330

Unit C4- A site safety coordinators options for corrective actions based on risk.

- Describe the steps
- Develop a plan

Student develops a corrective action plan after being given a scenario requiring corrections

1400

Unit C5- Describe what actions may be required if a workplace Inspection Report was issued.

- Identify trends from inspection reports

1430

Break

1445

Unit D1- Accident Investigations

- purpose of accident investigation
- Definition of "accident" and "incident"
- the requirement to conduct an investigation
- Qualifications required
- Reports
- Follow up actions
- Distribution of reports
- Procedures

Student groups (4) will participate in a accident investigation, given an accident history

Students will utilize an accident report and an accident investigation checklist

1530

Clean Up, Review, Homework

IPT Section #6 & #7, Prepare for accident investigation (Live Interviews)

Friday- Day #5

- 0730 **Review** of Previous Day
-Review of day to come
- 0800 **Crew Talk #18**
-Review Crew Talk & Evaluate
- 0815 **Crew Talk #19**
-Review Crew Talk & Evaluate
- 0830 **Crew Talk #20**
-Review Crew Talk & Evaluate
- 0845 **Crew Talk #21**
Review Crew Talk & Evaluate
- 0900 **Crew Talk #22**
Review Crew Talk & Evaluate
- 0915 **Crew Talk #23**
Review Crew Talk & Evaluate
- 0930 **Break**
- 0945 **Review of IPT Section #6 & #7**
- 1100 **Accident Investigation Scenario's**
Student groups (4) will participate in accident investigations interviews (10 Min Each Group)1230 **Lunch**
- 1300 **Unit E1- WHMIS & Hazardous Materials**
-Define hazardous materials
-Explain the communication system

- List 3 key elements of the communication system
 - List content of a supplier label
 - List information required on a workplace label and state when they are required
 - List and explain each section of the MSDS
 - Explain each hazard symbols
 - Explain workplace control requirements
 - Explain training requirements
 - Explain the requirements of a WHMIS program review
- Video- "Making WHMIS work"

1500

Break

1515

Unit E2- Rigging, Hoisting and Cranes

- Describe general requirements for rigging, hoisting and cranes
- Describe employer, supervisor and worker responsibilities
- Describe safe work procedures
- Describe regular inspection
- Describe record keeping

1615

Clean Up, Review, Homework
IPT Section #10 , #11, #13

Monday- Day #6

0730

Review of Previous Week
-Review of day to come

0800

Crew Talk #24
-Review Crew Talk & Evaluate

0815

Crew Talk #25
-Review Crew Talk & Evaluate

0830

Crew Talk #26

-Review Crew Talk & Evaluate

0845

Crew Talk #27

Review Crew Talk & Evaluate

0900

Crew Talk #28

Review Crew Talk & Evaluate

0915

Break

0930

Review of IPT Section #10 , #11, #13

1030

Unit E3- Ladders & Stairways

-Discuss statistics in the construction involving falls from ladders

-Describe the design, construction, purposes and use of portable ladders

-Discuss the design, construction and application of handrails on stairways

-Discuss regular inspections of ladders and handrails, Discuss safe work procedures
DVD "Ladder Safety"

1130

Lunch

1230

Unit E12- Occupational First Aid

-Discuss the general requirements for first aid

-Discuss the requirements for construction sites

-Discuss the duties and certification of the first aid attendant

-Discuss the requirements for transporting injured workers to medical aid

-Discuss employer, supervisor and worker responsibilities

-Discuss first aid record keeping

1330

Unit E4- Fall Protection

-Discuss the obligation to use fall protection

-Describe a fall protection plan

- Discuss instruction of workers
- Discuss temporary removal of guardrails
- Discuss the use of harnesses and safety belts.
- Discuss the requirements for connecting equipment
- Discuss the requirements for anchors
- Define fall restraint and fall arrest
- Discuss the requirements for vertical lifelines systems
- Discuss the requirements for horizontal lifelines systems
- Discuss regular inspections and maintenance program
- Discuss the requirement for safety nets
- Describe control zone procedures
- DVD “ Your a Pro”

1430

Break

1500

Visit from CSABC

1530

Clean Up, Review, Homework
IPT Section #4,#5, #8

Tuesday- Day #7

0730

Review of Previous Week
-Review of day to come

0800

Crew Talk #29
-Review Crew Talk & Evaluate

0815

Crew Talk #30
-Review Crew Talk & Evaluate

0830

Crew Talk #31
-Review Crew Talk & Evaluate

- 0845 **Crew Talk #32**
Review Crew Talk & Evaluate
- 0900 **Crew Talk #33**
Review Crew Talk & Evaluate
- 0915 **Break**
- 0930 **Review of IPT Section #4,#5, #8**
- 1030 **Unit E6 & E7- Confined Space and Lock Out**
-Describe the hazards of confined spaces
-Explain the requirements for testing
-Discuss accidents
-Define confined space
-Discuss the general requirements of confined space
-Discuss employer, supervisor and worker responsibilities
-Discuss inspection of confined spaces
-Discuss hazard assessment
-Discuss rescue requirements
-Identify appropriate PPE
-Define lockout
-Identify when to lockout
-Describe lockout implementation
-Describe responsibilities for lockout
-Discuss applicable safety regulation
- 1130 **Lunch**
- 1200 **Electrical Safety**
Rules
Limits
Solutions
- 1430 **Unit E8- Excavation Safety**
-Define excavation

- Discuss the general requirements for excavation
- Discuss the general requirements for underground utilities
- Discuss the general requirements for removing nearby hazards
- Discuss the general requirements for sloping and shoring
- Discuss employer, supervisor and worker responsibilities
- Discuss regular inspections
- Describe standard safe work procedures
- Trench Safety

1600 **Clean Up**, Review, Homework
 IPT Section #14.
 Reminder of the field trip.
 Full PPE required.

Wednesday- Day #8

0730 **Review** of Previous Week
 -Review of day to come

0800 **Crew Talk #34**
 -Review Crew Talk & Evaluate

0815 **Crew Talk #35**
 -Review Crew Talk & Evaluate

0830 **Review of IPT** Section #14

0840 **Traffic Safety (New)**
 -WCB and MOTH regulations;
 -How to effectively change traffic patterns to accommodate work crews;
 -Types of warning devices & their proper use
 -Proper personal clothing and protective wear;
 -Personal safety.

0930	Break
0945	Cement Pumping (New) -Pumps -Outriggers -Booms -Trucks -Reach & capacity -Manpower requirements -Hazards
1030	Unit E9- Form Work -Explain the requirements for a Notice of Project -Discuss regulatory requirements for the design, construction, erection, use, maintenance and dismantling of formwork -Discuss safe work areas and safe access -Describe employer and worker responsibilities -Discuss requirements for engineering certification and when drawings are required -Discuss what needs to be inspected -Discuss the requirements of PPE Fly form DVD
1145	Lunch
1215	Load bus for field trip-
1300	Arrive at Construction site for tour Full PPE Required
1515	Depart Construction Site
1530	Arrive at classroom &Clean Up

Thursday- Day #9

- 0730 **Review** of Previous Week
-Review of day to come
- 0800 **Unit E10- Demolition**
-Discuss structural integrity
-Discuss design of support system
-Identify risk hazards
-Identify safe work procedures
-Identify related personal protective equipment
- 0900 **Unit 11- Occupational Hygiene**
-Define occupational hygiene
-Discuss hazards of asbestos
-Discuss bio-hazardous materials
-Identify personal protective equipment
-Identify risks associated with noise, vibration and temperature
- 1000 **Break**
- 1015 **Unit E5- Scaffolds and Suspension Work Platforms**
-Define suspended work platforms
-Identify types of scaffolds and work platforms
-Discuss the general requirement for the use of scaffolds and suspended work platforms
-Discuss inspection
-Discuss employer, supervisor and worker responsibilities
-Discuss engineering requirements
-Discuss safety devices requirements
-Discuss personal protective equipment
- 1130 **Lunch**
- 1200 **Unit E13- Developing safe work procedures for site activities**

- Define safe work procedures
- Explain safe work procedures analysis
- Describe steps taken in developing safe work procedures
- Develop safe work procedures for selected activities

1300

Documentation

- Describe filing system
- Explain documentation requirements
- Identify records that must be maintained
- Use typical forms: inspection reports, notice to workers/subcontractor, Work Safe BC claim form, first aid report, and other related forms

1400

Break

1415

Review of course content

1530

Clean Up

Friday- Day #10

0800

Begin Testing

1400

Certificates and Farewells