



35 MacDonald Ave,  
Dartmouth, NS, B3B 1C6  
Tel: 902 468 6696  
Toll Free NS: 1 800 971 3888  
Fax: 902 468 8843  
Web: [www.constructionsafetyns.ca](http://www.constructionsafetyns.ca)

### Safe Job Procedures

Name of Job: <b>Construction Laborers</b>	Development Date: <b>March 30th, 2011</b>	Developed By: <b>CSNS</b>
--	--	------------------------------

#### Possible Hazards Present

Slips, trips & falls      Musculoskeletal injury (MSI)      Heavy machinery      Pinch points

Construction debris      Working alone

#### Personal Protective Equipment (PPE) and Devices Recommended

Steel toed boots      Eye protection      Hand protection      Hard hat  
Reflective vest      Respiratory protection as required

### What is a proper safe work procedure to follow?

- Do an inspection of the work area before starting any task
- Make eye contact with all equipment operators to ensure they see you
- Stay alert and periodically look at surroundings to ensure safety
- Request assistance to move all heavy or awkward objects
- Practice good housekeeping
- If you identify a hazard – do what you can to fix it and report it to your supervisor for follow up
- Follow all the rules and Personal Protective Equipment requirements on the site

Please note: This document is for information purposes only as a guide. The safe job procedures (SJP) and safe work practices (SWP) created for your workplace should reflect your organizations processes, equipment and hazards as identified by a hazard analysis. Construction Safety Nova Scotia does not assume responsibility for the use of information in this document. If assistance is needed to complete a SWP and SJP for your organization please contact CSNS member services at [constructionsafetyns.ca](http://constructionsafetyns.ca) or 1.800.971.3888.