



Training Solutions, Delivered!

CAUGHT-IN AND CAUGHT-BETWEEN HAZARDS IN CONSTRUCTION

**Leader's Guide, Fact Sheet
& Quiz**

Item Number: 5248
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This easy-to-use Leader's Guide is provided to assist in conducting a successful presentation.

PREPARING FOR THE MEETING

Here are a few suggestions for using this program:

- a) Review the contents of the Fact Sheet that immediately follows this page to familiarize yourself with the program topic and the training points discussed in the program. The Fact Sheet also includes a list of Program Objectives that details the information that participants should learn from watching the program.
- b) If required by your organization, make an attendance record to be signed by each participant to document the training to be conducted.
- c) Prepare the area and equipment to be used for the training. Make sure the watching environment is comfortable and free from outside distractions. Also, ensure that participants can see and hear the TV screen or computer monitor without obstructions.
- d) Make copies of the Review Quiz included at the end of this Leader's Guide to be completed by participants at the conclusion of the presentation. Be aware that the page containing the answers to the quiz comes before the quiz itself, which is on the final page.

CONDUCTING THE PRESENTATION

- a) Begin the meeting by welcoming the participants. Introduce yourself and give each person an opportunity to become acquainted if there are new people joining the training session.
- b) Introduce the program by its title and explain to participants what they are expected to learn as stated in the Program Objectives of the Fact Sheet.
- c) Play the program without interruption. Upon completion, lead discussions about your organization's specific policies regarding the subject matter. Make sure to note any unique hazards associated with the program's topic that participants may encounter while performing their job duties at your facility.
- d) Hand out copies of the review quiz to all of the participants and make sure each one completes it before concluding the training session.

5248 CAUGHT-IN AND CAUGHT-BETWEEN HAZARDS IN CONSTRUCTION FACT SHEET

LENGTH: 3:28 MINUTES

PROGRAM SYNOPSIS:

Caught-In and Caught-Between Hazards are some of the leading causes of injuries and fatalities in construction and are part of OSHA's "Fatal Four" construction hazards. "Caught-in" or "caught-between" injuries occur when someone is caught, squeezed, pinched or pinned between two or more objects. If not fatal, these incidents often result in crushing injuries such as broken bones, amputations and asphyxiation. You can prevent these types of situations by never placing yourself between any solid objects that could move, or between moving equipment and stationary objects.

PROGRAM OBJECTIVES:

After watching the program, the participant should be able to explain the following:

- What caught-in and caught-between injuries are;
- Why being aware of surroundings is important;
- The types of caught-in and caught-between hazards and how to prevent them from occurring.

INSTRUCTIONAL CONTENT:

CAUGHT-IN AND CAUGHT-BETWEEN HAZARDS IN CONSTRUCTION

- Caught-In and Caught-Between Hazards are some of the leading causes of injuries and fatalities in construction and are part of OSHA's "Fatal Four" construction hazards.
- "Caught-in" or "caught-between" injuries occur when someone is caught, squeezed, pinched or pinned between two or more objects. If not fatal, these incidents often result in crushing injuries such as broken bones, amputations and asphyxiation.
- Some of the ways a worker can be caught between equipment or objects include being pinned between a piece of moving equipment and a solid wall, being pinned between two different pieces of moving equipment or being pinned between materials being stacked or stored near a solid object.
- You can prevent these types of situations by never placing yourself between any solid objects that could move, or between moving equipment and stationary objects. Make sure to secure, block or chock equipment or objects to ensure that they cannot move on their own.
- Unprotected trenches and excavations can collapse and crush or suffocate workers that are caught between shifting soil and solid objects or caught in and buried under the heavy soil as it collapses.
- Always make sure the required protective systems are in place before entering an excavation and NEVER enter a trench that appears to be unsafe. Also avoid running heavy equipment near the edge of any excavation when workers are inside.
- Place all spoil at least three feet from the edge of the excavation and only enter or exit a trench or excavation by using a ladder, stairway or properly designed ramp.
- Equipment and machinery on construction sites can quickly pull fingers, hands and arms, as well as loose clothing and long hair, into their moving or rotating parts, causing serious "caught-in" injuries. To prevent such injuries, always follow required lockout/tagout procedures to ensure equipment cannot start or move during service.
- Unplug tools before changing bits or blades. Inspect equipment before use. Don't use equipment with missing guards and never remove or alter the guards on your power tools.
- Being caught in collapsing structures, such as scaffolding and walls, during demolition are frequent causes of injuries during construction jobs. To help prevent scaffolding from collapsing, make sure a competent person supervises and inspects scaffold activities as required.

- Do not set up or remove scaffolding unless you are trained and authorized to do so. Don't climb any scaffolding unless it has passed inspection and make sure scaffolding is erected with solid and stable footing.
- To avoid being crushed by falling loads or collapsing walls, make sure jacks have a firm foundation, immediately secure all raised loads and install shoring and bracing materials on unsupported walls.
- Construction workers must be able to recognize and avoid these "Caught-In" and "Caught-Between" hazards and follow the safe work practices and procedures required to prevent injuries and fatalities.

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ANSWERS TO THE REVIEW QUIZ

1. b

2. d

3. a

CAUGHT-IN AND CAUGHT-BETWEEN HAZARDS IN CONSTRUCTION
REVIEW QUIZ

Name _____ Date _____

The following questions are provided to determine how well you understand the information presented in this program.

1. Which of the following best describes a caught-between injury?
 - a. When a person falls from an upper level to a lower level
 - b. When someone is caught or pinned between two or more objects
 - c. When an object or piece of equipment makes forcible contact with an employee
 - d. When a person makes contact with energized sources

2. Which of the following is not a type of caught-in or caught-between hazard?
 - a. Trench cave in
 - b. Wall collapse
 - c. Unguarded moving machinery
 - d. Slip and fall

3. To prevent being crushed by mobile equipment or vehicles you should never place yourself between mobile equipment and a solid subject.
 - a. True
 - b. False