

Construction Occupational Safety and Health (COSH)

Duration: 4 Days

Course Outlines:

Module 1: Importance of Occupational Safety and Health (OSH)

- Introduction
- The Construction Industry
- The Construction Labor Force
- What is Occupational Safety and Health?
- Occupational Safety/Occupational Health defined
- OSH Situationer – Local and International
- Philippine Population and OSH Statistics
- Philippine OSH Data
- OSH Policies / Program Implemented in Establishments
- Why the need of OSH?
- Accident Costs (Iceberg Theory)

Module 2: Unsafe Act / Unsafe Condition

- The Work System
- Work Accident
- Accident Causation
- Heinrich's Theory of Accident Causation
- Frank Bird Causation Model
- Goal of Safety

Module 3: Construction Site Premises

- Introduction
- Managing Safety and Health in Construction Site
- Planning the Work
- Eight (8)hour Orientation for all Employee/Workers, Safety & Health Committee Meeting and Toolbox Meeting
- Organizing the Work
- Site Access
- People on Site
- Visibility
- Minimizing Vehicle Movements
- Vehicle / Equipment Safety (Service and Suppliers)
- Public Safety
- Fire Safety
- Perimeter Fence
- Authorization
- Scaffolding and other Access Equipment (detailed discussion found in separate module)
- Opening and Excavations
- Organizing Site Welfare Facilities
- Security Guard Stations – Threat free Workplace
- Materials Storage and Waste Management/Good Housekeeping
- Personal Protective Equipment

Module 4: Excavation and Trenching

- Excavation
- Prior to Opening
- During Operations
- Equipment Operations at Excavation
- During Break Times
- Access to Excavations
- After Operations
- Excavation in Confined Spaces
- Guidelines for Excavations Work
- Definition
- Hazards to Excavation Workers
- General Shoring Requirements
- Trench and Open Excavations
- Shaft and Tunnel Excavations
- Shoring
- Special Health and Safety Considerations in Excavation

Module 5: Hand and Power Tools

- Hazard Recognition
- Tool Hazards
- Hand Tools
- Hand Tools Basic Safety Rules
- Power Tool Precautions
- Ring Test Abrasive Wheel
- Grinder Safety
- On and Off switches
- Portable Circular and Table Saw
- Portable Drill
- Compressed Air
- Guards
- Safety Switches
- Electric Tools
- Powered Abrasive Wheels Tools
- Pneumatic Tool
- Powder – Actuated Tools
- General Safety Precautions
- Personal Protective Equipment (PPE)
- Training

Module 6: Construction Equipment 1

- Introduction
- Different Types of Mobile Equipment
- Uses of Mobile Equipment
- Safe Operation Guidelines
- Flaggers (Signalers) High – Visibility Clothing
- Rollover Protective Structures (ROPS)
- Job Site Operation Procedure
- Machine Management

Day 2

Module 7: Construction Equipment 2

- Material Handling
- Material Handling Accidents
- Different Types of Crane
- Hazards in Crane Operations
- Basic Rules for Safe Operation of Crane
- Cranes and Derricks
- Rigging
- Shackle
- Hoists, Materials and Personnel
- Construction Elevator Safety
- Powered Industrial Trucks (Forklifts)

Module 8: Fall Protection

- Definition of fall hazards
- Evaluating the Risk
- Categories of Fall
- Control Measure
- Fall Protection System Categories
- Surface Protection Against Slipping & Tripping Hazards
- Edge Protection Using Fixed Barriers
- Surfaces Opening Protection – Guardrails/Floor Coverings
- Travel Restraint System – Safety Belts/Lifeline/Lanyards/Anchorage
- Fall Arrest Systems
- Fall Containment Systems

Module 9: Temporary Structure

- Introduction
- Definition of Scaffold
- Department Order No. 128 – 13: Amending Rule 1414 of the 1989 Occupational Safety and Health Standards, As Amended
- Scaffolding Defined
- Hazards in the use of Scaffolding

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COURSE OUTLINE

- Recognized Scaffolding Problem Areas
- Classification of scaffold
- Safety Requirements
- Training and Competency Requirements
- General Requirements
- Specific Requirements of Scaffolding
- Scaffold Design and Stability
- Inspection of Scaffold Components before Erection
- Site Inspection and Preparation
- Scaffolds Erection / Scaffolds Dismantling
- Tools, Equipment and Materials
- Material and Personnel Access
- Supported Scaffold
- Suspended Scaffold
- Ladder Safety
- Scaffold Safety Checklist

Module 10: Erection and Dismantling of Temporary Structures

Needs Actual:

- Scaffold erection and dismantling
- Demo of use of full body harness and components of fall arrest systems
- Familiarization of components of framed and mobile scaffolds
- Sequences of erecting and dismantling the scaffolds
- Application of appropriate tag when inspecting the erected scaffold

Module 11: Environmental Safety

- Definition of Health Hazard
- Definition of Industrial Hygiene
- Classification of Health Hazards
- How Hazards Identified?
- Salient Provisions of Department Order 136 – 14 (Guidelines for the Implementation of GHS in Chemical Safety Program in the Workplace)
- GHS Pictograms
- Safety Data Sheet (SDS)
- Chemical Safety Program Elements
- Confined Space / Hazard / Control Measures
- Evaluation and Control of Health Hazards (Work Environment Measurement)
- Salient Features of D.O. No. 16 – 16. Guidelines on the Accreditation of Consulting Organizations to provide WEM Services.
- Control of Occupational Health Hazards
- Hierarchy of Controls

Module 12: Occupational Health in Construction Industry

- Introduction
- Occupational Hazards defined
- Health Hazards and their Effects
- Factors that Determine Worker's Response to Hazards
- Conditions that Influence Effects of Hazards to the Workers
- Individual Susceptibility
- Health Programs for the Promotion, Prevention and Control
- Occupational Health Risks in Construction
- Example OH Hazards of Specific Construction Worker
- Specific Hazards, Their Ill Effects and Preventive Measures
- Occupational Health Interventions
- Workplace Monitoring Strategies
- Legal Basis of Health Interventions (DO173-05 – Guidelines for the Implementation of Policy and Program on Tuberculosis Prevention and Control in the Workplace)
- D.O. No. 102-10 Series of 2010 (Guidelines for the Implementation of HIV/AIDS Prevention and Control in the Workplace Program)
- DO-05 (Guidelines for the Implementation of a Workplace Policy and Program on Hepatitis B)
- DO No. 53-03 Guidelines for the Implementation of Drug – Free Workplace Policies and Programs in Private Sector.
- Department Order No. 208 series of 2020 – Guidelines for the Implementation of Mental Health Workplace Policies and Programs for the Private Sector
- Smoking Prevention and Cessation – RA 9211 Tobacco Regulation Act of 2003

- DO 56 – 03 – Rationalizing the Implementation of the Family Welfare Program (FEP) in DOLE
- OH Personnel and Facilities
- Workers Welfare Facilities
- Sample Health Programs
- Role of the Safety Officer in the Development and Implementation of Medical Surveillance Program

Module 13: Prevention and Control of COVID-19 at the Workplace

- Introduction
- Cause of COVID-19
- Transmission/Signs and Symptoms
- Diagnosis
- Treatment
- Government Responses
- Compliance Monitoring and Enforcement

Module 14: Personal Protective Equipment

- Introduction
- Definition of PPE
- OSHS Rule 1080: Personal Protective Equipment and Devices
- Administrative Fines for Willful Violations
- Effective PPE Program
- Areas of Protection
- Fall Protection
- Factors to Consider in Selection of PPE Appropriateness
- Limitations of PPE

Module 15: Demolition Safety

- Introduction
- Demolition Defined
- Safe Demolition Requires Adequate Planning
- Key areas for Planning
- Types Demolition technique
- Methods of Demolition
- Procedures
- Principal Hazards Associated with Demolition Work.
- Hierarchy of Hazard Control
- Stages of Demolition Work

Day 4

Module 16: Routine Site Safety Inspection

- Introduction
- Definition of Safety and Health Inspection
- Why are Workplace Inspections important
- Purposes of Safety Inspection
- Elements of effective Safety Inspection
- Types of Inspection
- Who should be on the Inspection Team?
- Preparing for Inspection
- Inspection Tools
- Inspection Checklist
- Inspection Proper
- Inspection Items
- Hazard Communication
- After Inspection
- Inspection Report
- Corrective Actions
- Implementing and Monitoring
- Review /Follow-up

Module 17: Job Hazard Analysis

- Introduction
- Job Hazard Analysis explained
- Importance of Job Hazard Analysis
- Value of Job Hazard Analysis
- Jobs appropriate for JHA
- Tips in Conducting JHA
- 5 Steps in JHA Method
- JHA use in Correcting or Preventing Hazards
- JHA – A Form of Detective Work
- Importance of reviewing JHA from time to time
- When to hire a professional to conduct JHA

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COURSE OUTLINE

Module 18: Accident Investigation

- Introduction
- Why should workplace accidents be investigated?
- Why Workers Fail to Report
- Who should investigate accidents?
- Findings Causes
- Multiple Causation Theory
- Method Investigation
- Tips in Interviewing Witnesses
- Sample Question for Reporting using Who, what, When, Why, Where and How
- Gathering Information
- Analyzing the Facts
- Identifying Causal Factors and Selecting Corrective Actions
- Finding Root Cause of an Accident
- Solutions / Recommendations
- Accident Investigation General Process Flow
- Notification to Competent Authority
- Accident Reporting
- OSHS Report Requirements: Rule 1053.01
- OSHS Rule 1053.02
- Recommended Steps in Preparing an Accident/Incident Investigation Report
- Calculating Frequency and Severity Rates
- Sample Exercises on calculating FR/SR

Module 19: Role of Safety Officer

- Safety Officer Defined
- Categories of Safety Officers and Minimum Training Requirements of other OSH Personnel
- Duties and Responsibilities of the Safety Officer
- Minimum classification and number of safety officer for all covered workplace
- Safety Officer and Accreditation as Safety Practitioner
- Who is Safety Practitioner?
- Requirements for Accreditation as SP in Construction
- Practical Tips for Accreditation

Module 20: Tool Box Meeting

- Introduction
- Guidelines for Effective Tool Box Meetings (TBMs)
- Tips in Conducting Toolbox Meeting/s

Module 21: Emergency Preparedness in Construction

- Introduction of Emergency Preparedness
- Disaster defined
- Types of Emergencies (Natural and Man-made)
- Rule 1043.01: Health and Safety Committee
- Rule 1940: Fire Protection and Control
- Agencies Involved in dealing with emergencies
- Develop an Emergency Plan
- Hazard Identification / Assessment
- Emergency Resources
- Communication Systems
- Administrative Plan
- Conduct Training and Drills
- Integrate with Community Plan
- Emergency Response Procedure
- Communication of the Procedure

Module 22: Employee Compensation Program

- Introduction
- Social Security
- ECP Legal Basis
- Workmen's Compensation Program
- Employee Compensation Program
- Work Contingency Prevention
- What is Employees Compensation Program
- List of 32 Occupational Diseases with specific conditions
- Work Related Injuries
- Compensable Illness and Injuries

- Employee Compensation Program Benefits
- Availing of ECP Benefits
- Article 205: Record of Death and Disability
- Availing of Employee Compensation Program Benefits
- Enhanced Employee Compensation Benefit
- Employee Compensation Program for COVID- 19
- Quick Response Program
- Responsibilities of Employers under the Emergency Compensation Program

Module 23: OSH Legislation

- Introduction (Legal Basis)
- The DOLE OSH Framework
- DOLE Department Order No. 198 (IRR of RA 11058)
- D.O. 13-98: GUIDELINES ON OSH IN THE CONSTRUCTION INDUSTRY SALIENT POINTS

Module 24: OSH Programming

- Construction Safety and Health Program(CSHP)
- Construction Safety and Health Committee
- Benefits of Effective CSHP
- CSHP Execution
- OSH Laws and Issuances
- General Guidelines (DPWH D.O. No. 56, Series of 2005)
- Construction Safety & Health Program in Building Permit Application
- Elements of the OSH program (based on DOLE D.O. 13, Series of 1998, and RA 11058)
- Comprehensive CSHP
- Permit To Work System and its checklist
- Liabilities and Penalties
- Cost of CSHP
- Enforcement
 - o Monitor, Review, Evaluate and Improve

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