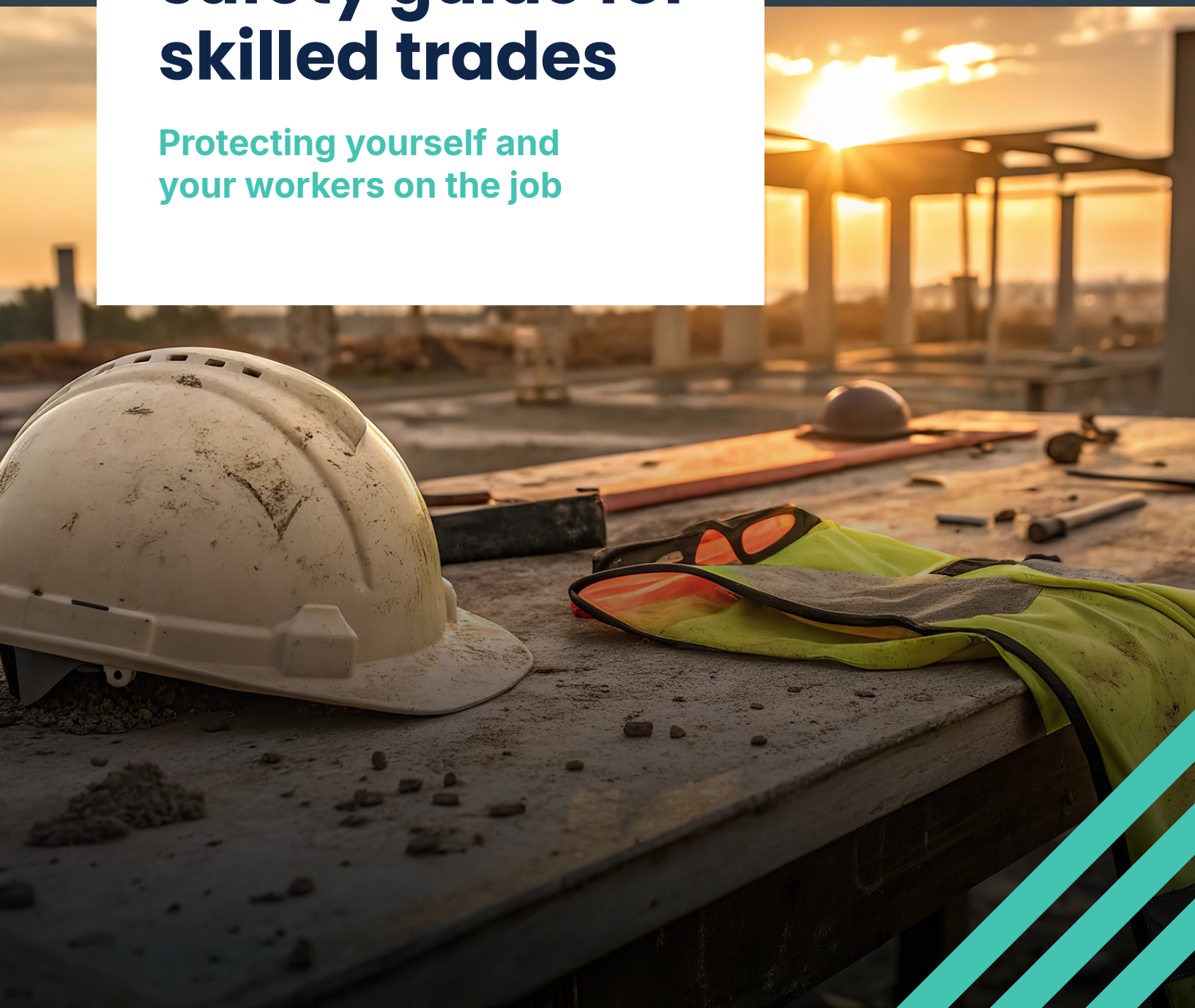
peopleready™
SKILLED TRADES

The essential safety guide for skilled trades

Protecting yourself and your workers on the job



Whether you are a skilled worker or employ skilled workers, you face unique challenges and hazards that require both technical knowledge and unwavering commitment to safety practices.

And every year, thousands of skilled workers suffer preventable injuries on the job. According to the U.S. Bureau of Labor Statistics, there are upwards of 150,000 injuries on construction job sites every year.

Even the most experienced professionals can benefit from reinforcing safety fundamentals and staying current with best practices. The good news is that most workplace injuries are preventable when proper safety measures are consistently applied.

This shareable guide covers a few of the most common safety concerns while on a job site. But remember, safety isn't a destination — it's an ongoing commitment. The most effective skilled workers are those who continually learn, remain vigilant and never compromise on safety standards.

So, before you or your team heads out to the site, take a few minutes to check out this essential information and make safety your top priority.

Personal protective equipment (PPE) for a safer workplace

From safety glasses and gloves to hard hats, personal protective equipment (PPE) is your primary protection against workplace hazards. Whether you're working with heavy machinery or navigating construction sites, PPE is designed to protect you from physical, chemical, biological and ergonomic risks.

Wearing the right gear isn't just about following protocols, it's about protecting yourself and ensuring you can perform your job safely and effectively.

STAY SAFE ON THE JOB WITH THESE FOUR PPE TIPS FROM THE PRST TEAM.

Pair PPE with proper safety protocol

While you should always wear the required PPE for a task you're performing, PPE should be your last line of defense for safety. Ensure you follow your job site's safety protocols as well.

Assess workplace hazards

Identify the specific hazards present in your work environment. Conduct a thorough assessment to determine which types of PPE are required for the task.

Ensure proper fit and usage

Check that your PPE fits you properly and is worn correctly. Improperly worn PPE may not provide adequate protection.

Become familiar with your PPE

Receive proper training on the correct use, maintenance and limitations of the PPE you are using. Understand its capabilities and the situations in which it is required.

By understanding the importance of PPE and following these tips, you can reduce the risk of accidents and maintain a safer working environment. Stay safe, stay protected!

Staying safe when working around electricity

When using portable electric tools — like angle drills, chop saws and drill drivers — it's important to take the right precautions to protect yourself from electric shock. These tools are powerful and essential, but without proper care, they can pose serious risks.

To help keep you safe, here are four tips to reduce your risk of electric shock on the job. Familiarize yourself with these simple but important steps before powering up.

HERE ARE FOUR ESSENTIAL ELECTRICAL TIPS FROM THE PRST TEAM

Inspect your tools before use

Conditions to look out for include defective or broken insulation and plugs, improperly made connections to terminals, loose or broken switches, and sparking brushes.

Operate in appropriate settings

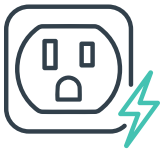
Do not use portable electric tools in the presence of flammable vapors or gases unless they are specifically designed for such use.

Maintain your tools after each use

Electric tools should receive proper care to avoid becoming faulty. Return them to their proper place, handle them with care and inspect them regularly.

Use third-wire grounding

Third-wire grounded or approved double-insulated tools must be used. Any extension cords used must have three-pronged plugs.



Electric tools are essential on the job, but they demand caution. By staying alert, following safety protocols and using your equipment properly, you can help prevent electric shock and protect yourself and your crew.

How to prevent eye injuries on the job

Did you know eye protection has been part of the construction industry since 1910? Since the earliest days of labor, it has remained an essential priority on the job site. With a wide range of options like shields, masks and glasses, having the right protection can make all the difference. The PRST team breaks down four common eye hazards to watch out for and how the right gear can keep your vision safe.

HERE ARE FOUR ESSENTIAL EYE HAZARDS TO WATCH FOR FROM THE PRST TEAM

Unidentified flying objects

Even microscopic particles generated by wind, equipment or cleaning operations can lead to trouble. Always wear eye protection when working in dusty conditions.

Particles from power tools

Whether chipping, sawing or hammering, these particles can strike with great force. For some jobs, it may be advisable to wear safety goggles under a full-face shield.

Invisible hazards

Welding operations and laser beams can generate injurious light rays. Ensure proper eye protection when using such equipment. If nearby, don't look in the direction of welding arcs or laser beams.

Liquids

Hot liquids, such as tar, asphalt and solvents, can cause serious eye injury if splashed in your face. Please use eye protection and a full-face shield when handling liquids and caustic/acid cleaners.

Your eyes are one of your most important tools on the job. By staying aware of common hazards and choosing the right protection, you can prevent serious injuries and stay focused on the work ahead.

Reduce the risk of slips and trips on the job

Slips and trips account for about a third of all construction-related injuries, making job site safety more important than ever. A simple moment of caution can be the difference between a productive day and an injury that sidelines you for weeks, making slips and trips one of the most common — and preventable — hazards on the job. By taking a few simple, proactive steps, you can help reduce hazards, protect yourself and your team, and keep the job site running safely and efficiently.

HERE'S WHAT YOU NEED TO KNOW FROM THE PRST TEAM TO STAY ON YOUR FEET AND INJURY-FREE.

Warm up and stretch

Before you begin your tasks and after lunch breaks, ensure your body is adequately warmed up for the physical activity ahead.

Wear the proper PPE

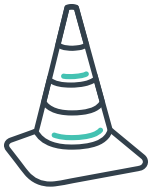
This includes the proper footwear to ensure you maintain your balance. Please report any injuries to your supervisor and local PRST team.

Look out for potential hazards

Always clear your work area of debris, loose cords and other objects. Never leave spills unattended or objects on stairways or ramps, and ensure your work area is properly lit.

Take extra caution

Be extra careful when working on elevated surfaces and stay clear from the edge of unprotected floors and roofs. Use hand or safety rails when climbing and descending stairs.



Prioritizing slip and trip prevention is a simple yet powerful way to protect yourself and those around you. Your awareness and taking proactive measures today can save you from significant delays later — stay alert, stay safe, and keep moving forward.

Best practices for working on scaffolds

Did you know that approximately 65% of all construction workers perform work on scaffolds? With so many tradespeople relying on them daily, following proper safety protocols is essential — not just for your well-being but for everyone on the job site.

Whether you're setting up, working from or moving around scaffolding, staying vigilant can prevent accidents and keep operations running smoothly.

HERE ARE FOUR ESSENTIAL SCAFFOLDING TIPS FROM THE PRST TEAM

Wear the proper PPE

Hard hats and sturdy, non-skid boots should be worn when working on, under or around a scaffold. Use tool lanyards to prevent slips and falls and to protect workers below.

Never exceed the maximum load

Workers should never exceed the maximum load when working on scaffolds — or climb scaffolding anywhere except for the access points designed for reaching the working platform.

Inspect equipment before use

When using personal fall arrest systems on a scaffold, thoroughly inspect the equipment for damage and wear. Anchor the system to a safe point that won't allow you to free-fall more than six feet before stopping.

Assess conditions first

Never work on scaffolding covered in ice, water or mud. If a working platform is out of reach, never use boxes, ladders or other objects to increase your working height on a scaffold.

Prioritizing scaffold safety is crucial for protecting yourself and those around you. By following these essential tips, you can help prevent accidents and keep your job site running smoothly.

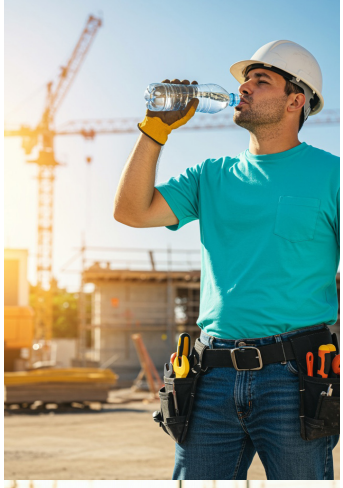
Top heat safety tips for construction workers

For tradesmen and tradeswomen working in non-climate-controlled environments, it's crucial that you keep yourself cool to keep yourself safe.

HERE ARE A FEW HEAT SAFETY TIPS TO KEEP IN MIND:

1. Build your tolerance

According to OSHA, nearly 3 out of 4 heat-related deaths happen during the first week of work. If you're new to working in a hot environment, it's essential that you allow your body to adjust and build up a tolerance. Not doing so opens you up to heat illnesses — and even death.

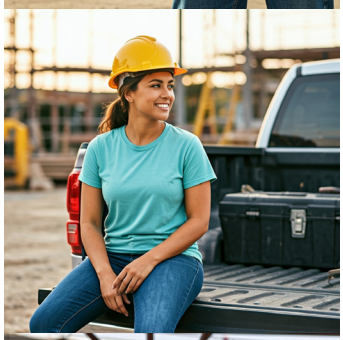


2. Water. Rest. Shade.

That's the safety message from OSHA's Heat Illness Prevention campaign. These three are so important we're giving each of them their own tip.

- **Water**

  Staying hydrated is key to staying safe. OSHA recommends drinking cool water even if you're not thirsty — at least 1 cup every 20 minutes. And stick with water: Sugary and highly caffeinated beverages like soda and energy drinks can promote dehydration, thus increasing your chances of a heat illness.



- **Rest**

  Take breaks to cool down and hydrate.
  If you're a new or returning worker who's not yet acclimated to working in the heat, take more frequent breaks until you build up your tolerance.

- **Shade**

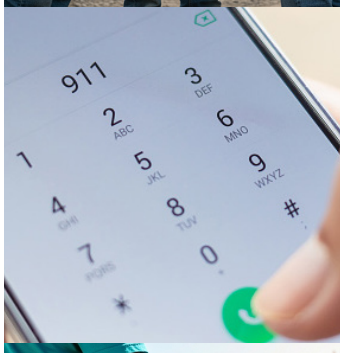
  Limit your exposure to direct sun by taking a break in a shady and/or cool spot.

3. Dress appropriately

Whenever possible, wear a hat and clothing that's both light-colored and breathable. If you're wearing a face mask, change it if it gets wet or dirty.

4. Look out for each other

Pay attention to how you're feeling — and while you're observing yourself, keep an eye on your coworkers too. How do you know if you or your coworker is experiencing a heat illness? OSHA says to be on the lookout for headaches, nausea, weakness/dizziness, heavy sweating or hot dry skin, elevated body temperature, thirst or reduced urine output. In the event of any of these warning signs, move to a shady/cool spot, take off any unnecessary clothing, drink water and otherwise cool down with ice and a fan, if possible.

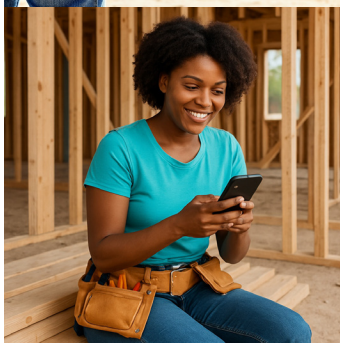


5. Get help

If you or a coworker experience abnormal thinking or behavior, slurred speech, seizures or loss of consciousness, call 911 immediately.
Unsure if you're experiencing a heat-related emergency?
Don't hesitate: Call 911.

6. Stick together

If you or your coworker suspect a heat illness, don't leave one another alone. Again, seek medical care and call 911, if needed.
Stay together until help arrives.



7. Check out this app

Designed to prevent heat stress among workers, the OSHA-NIOSH Heat Safety Tool features real-time heat index and hourly forecasts specific to your location — as well as occupational safety and health recommendations from OSHA and NIOSH (National Institute for Occupational Safety and Health). This app is available in both Google Play and the App Store.

Job site safety checklist for skilled workers

PRE-SHIFT SAFETY CHECK

Personal protective equipment (PPE)

- [ ] Hard hat properly fitted and undamaged
- [ ] Safety glasses or goggles clean and scratch-free
- [ ] High-visibility vest or clothing worn
- [ ] Steel-toed boots with good tread, laces secure
- [ ] Work gloves appropriate for today's tasks
- [ ] Hearing protection available when needed

Personal readiness

- [ ] Well-rested and alert for the shift
- [ ] No impairment from medications, alcohol or substances
- [ ] Hydrated and have water available
- [ ] Weather-appropriate clothing worn
- [ ] Emergency contact information updated with supervisor

TOOL AND EQUIPMENT SAFETY

Hand tools

- [ ] All tools inspected for damage, wear or defects
- [ ] Cutting tools sharp and properly guarded
- [ ] Electrical tools checked for frayed cords or damage
- [ ] Tools organized and secured to prevent falls
- [ ] Right tool selected for each specific job

Power tools and equipment

- [ ] Ground fault circuit interrupters (GFCI) used with electrical tools
- [ ] Guards and safety devices in place and functional
- [ ] Equipment properly maintained per manufacturer specs
- [ ] Lockout/tagout procedures understood and materials available
- [ ] Extension cords rated for the load and environment

WORK AREA ASSESSMENT

Site conditions

- [ ] Work area clean and free of debris
- [ ] Adequate lighting for all tasks
- [ ] Weather conditions safe for planned work
- [ ] Emergency exits and assembly points known

Hazard identification

- [ ] Overhead hazards identified (power lines, falling objects)
- [ ] Underground utilities located and marked
- [ ] Slip, trip and fall hazards eliminated
- [ ] Chemical hazards identified with safety data sheets available
- [ ] Fire hazards assessed with extinguishers accessible

HEIGHT AND FALL PROTECTION

Working above 6 feet

- [ ] Fall protection system required and properly rigged
- [ ] Ladders inspected and set at proper angle (4:1 ratio)
- [ ] Scaffolding erected by qualified personnel and tagged
- [ ] Guardrails installed where required
- [ ] Fall arrest equipment inspected within last 6 months

Ladder safety

- [ ] Three-point contact maintained while climbing
- [ ] Ladder extends 3 feet above landing point
- [ ] Base secured and top tied off when possible
- [ ] Weight limit not exceeded (user + tools)
- [ ] Never lean ladder against unstable surfaces

COMMUNICATION AND COORDINATION

Team communication

- [ ] Daily safety briefing attended
- [ ] Hazards communicated to nearby workers
- [ ] Hand signals or radio protocols understood
- [ ] Supervisor notified of safety concerns immediately
- [ ] Emergency contact numbers readily available

Documentation

- [ ] Safety data sheets reviewed for chemicals in use
- [ ] Job hazard analysis completed for high-risk tasks
- [ ] Permits obtained for hot work, confined space, or excavation
- [ ] Incident reporting procedures understood
- [ ] Training certifications current and available

EMERGENCY PREPAREDNESS

First aid and medical

- [ ] Location of first aid kit known
- [ ] Qualified first aider identified on site
- [ ] Route to nearest medical facility planned
- [ ] Severe weather shelter location identified
- [ ] Emergency shutdown procedures understood

Fire safety

- [ ] Fire extinguisher locations known and accessible
- [ ] Hot work permits obtained when required
- [ ] Flammable materials properly stored
- [ ] Evacuation routes posted and clear
- [ ] Emergency contact numbers displayed prominently

END-OF-SHIFT CHECKLIST

Site cleanup

- [ ] Work area cleaned and organized
- [ ] Tools properly stored and secured
- [ ] Hazardous materials disposed of correctly
- [ ] Electrical equipment unplugged and stored
- [ ] Access routes left clear for emergency vehicles

Reporting

- [ ] Near misses or safety concerns reported
- [ ] Equipment defects documented
- [ ] Work progress communicated to next shift
- [ ] Security measures activated (locks, alarms, barriers)
- [ ] Personal protective equipment cleaned and stored

REMEMBER: SAFETY IS EVERYONE'S RESPONSIBILITY

STOP work immediately if:

- [x] Conditions become unsafe
- [x] You're unsure about a procedure
- [x] Equipment malfunctions
- [x] Weather creates hazardous conditions
- [x] You observe unsafe behavior

Report all incidents, near misses and safety concerns to your supervisor immediately.

This checklist is a general guide. Always follow your company's specific safety procedures and local regulations.

The PeopleReady Skilled Trades (PRST) Difference

For more than three decades, PRST has made safety a priority.

This commitment is easily seen in every safety-specific program, process and procedure we create. Below are just some of the steps we have taken and continue to take every day to ensure a safe workforce:

- Implement an Injury and Illness Prevention Program (IIPP)
- Complete safety-specific assessments for each tradesperson we hire
- Require onsite, safety-specific training prior to starting on a new job site
- Offer OSHA 10- and 30-hour training to our tradespeople at no cost
- Provide standard personal protective equipment (PPE) to every tradesperson

BeSafe Program

In addition to all of the above, we've also created BeSafe — a program that ensures our customers and tradespeople work safely across a project's entire lifecycle. The program includes weekly safety conference calls, safety-specific assessments that are provided during onboarding and safety-site visits for every one of our projects.

In the very rare case that one of our workers is injured, this program also provides 24/7 NurseCare injury support and a post-incident root cause analysis that ensures we do everything we can to avoid similar accidents in the future. Whether that's adjusting our assessments for new hires or requiring further safety training for current professionals on a job site, we act quickly and take safety seriously.

Want to learn more about our safety standards or request tradespeople?
Visit **skilled.peopleready.com**.