

Concrete Safety Field Training

In road construction we work with concrete every day. We use concrete in some way on almost every jobsite. Almost every day we are placing sidewalks, curb-gutter or drives on a jobsite somewhere. We use concrete so much that we forget the hazards that come with working with it.

1. Concrete is made up of cement, sand, and various aggregates. It also contains lime and other additives that are used to speed up drying time, slow it down or increase workability.
2. Skin contact with wet concrete can cause skin irritation or inflammation. If not washed off wet cement in the concrete can even cause blistering and burns.
3. If you allow wet concrete to set on your skin, it can produce calcium hydroxide which is a high alkaline material. This alkaline material can bury the skin quickly.
4. Concrete also has trace amounts of chromium, and some people can be allergic to it. If a person is allergic to chromium they can have skin irritation, dermatitis, itching, peeling skin and other irritations.
5. If you get cement or concrete in your eyes, wash it out immediately with lots of clean water. It can cause irritation, or serious damage if not removed. **Wear your safety glasses. Never wear contact lenses while working in concrete.**

How do you stay safe with concrete?

- a. If you are going to work standing in concrete always wear rubber boots. Never wear leather or other shoes/boots that allow the wet concrete to soak into the material. Wet cement can soak into your socks and cause skin blistering.
- b. Rubber gloves should be worn when handling tools or wet concrete.
- c. OSHA tells us we **MUST** wear a face shield if we are handling the trunk on a pump truck. If you can be splashed in the face or eyes you must take precautions.
- d. Wear long sleeve shirts, when possible, to keep concrete off your arms.
- e. Protect against heat illness, rest-shade-water is a must. Concrete work is hard work. **Review the SDS for all materials you work with. Concrete SDS is attached.**