



## Safety Services for Contractors & Construction Managers



Rising liability and workman's compensation insurance rates have created a crisis in the construction industry in New York State. Carina Construction Services of Ithaca, NY was founded in 2003 to assist General Contractors, Construction Managers, Architects, and Owners in developing comprehensive safety programs and safe worksites.

The following packets is an overview of the services offered by Carina Construction Services:

- Why Choose Carina Construction Services for Your Companies Safety Needs	3
- Safety Services for Construction Contractors	4
- Safety Services for Construction Managers	5
- Carina's Safety Director – Ken Brown	6
- Safety Inspection Rates By Region	6 - 9
- Sample Project Safety Inspection Report	10 -15
- Weekly Tool Box Talk Fax Service	16
- Sample Weekly Tool Box Talk	17

*Carina Construction Services – Complete Outsourcing of  
Your Companies Safety Needs*



## Why Chose Carina Construction Services for Your Companies Safety Needs?

- Experienced Professionals Provide Complete Management of Your Firms Safety Program and Inspections
- OSHA Requires All Contractors to Have a Safety Program in Place That Includes Employee Training and Regular Job-site Inspections. (CFR 1926.20-21)
- Lower Your Firms Workman's Compensation Modifiers
- Safe Worksites = Greater Productivity and Employee Loyalty
- New York State Labor Law 240/241 (Scaffold Law) Holds General Contractors Responsible For Maintenance of a Safe Worksite for All Workers On-site
- Outsourcing of Safety Program = More Efficient Project Management
- Carina Provides a Visible Symbol of Your Firms Commitment to Safety
- Regular Inspections of Project Work-sites Creates a Positive Company Safety Culture and Attitude
- Carina Can Develop a Safety Plan That Meets Your Firm's Unique Needs and Project Requirements

*Carina Construction Services – Complete Outsourcing of  
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## **Safety Services for Construction Contractors**

Carina Construction Services offers contractors complete outsourcing of company safety programs, construction safety inspection, and safety training. A full array of construction safety services are offered including:

1. Creation and Publication of Customized Corporate Safety Programs
2. Creation and Publication of Site Specific Safety Plans
3. On-site Safety Compliance Inspections and Reports
  - Comprehensive on-site inspection of all on-going work in process for OSHA compliance
  - Inspection can be tailored to contractor's needs, including inspection of sub-contractor work.
  - Written Safety Inspection Report includes:
    - Photographic documentation of all observed safety violations
    - OSHA CFR 1910 or 1926 reference for observed safety violations
    - Recommended means to correct unsafe conditions
    - Inspection report of safety deficiencies presented to on-site supervisor prior to Carina inspector leaving job-site
    - Safety inspection report will be emailed or faxed to home office by Carina
    - Inspection report will become the property of the customer and will be kept confidential by Carina
    - Review of MSDS Sheet File for project
4. Tool Box Talks
  - Can be presented onsite as part of a Safety Compliance Inspection
  - Weekly Tool Box Talk Fax Service
5. Safety Consulting available by phone 24/7 or site visit to address specific needs
6. OSHA 10 hour course training for construction supervisors and foreman



730 Willow Avenue, Ithaca, NY 14850  
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## Construction Safety Inspection Rates

Construction Safety Inspections by Carina Construction Services include a minimum of two hours on-site inspecting job conditions, a written safety report that is given to field supervision prior to leaving the site, photographic documentation of unsafe conditions, and a tool-box talk for all on-site employees. Rates include all travel and administrative costs. Additional inspections on the same day, in the same county, are \$ 175.00. Multi-location projects are subject to an additional fee. Full-day rate (up to 8 Hours) is \$ 450.00.

### **Southern Tier Region**

Tioga County - \$ 175.00  
Broome County: \$ 200.00  
Cortland County: \$ 225.00  
Chemung County: \$ 225.00  
Chenango County: \$ 250.00  
Steuben County: \$ 250.00  
Delaware County: \$ 275.00  
Otsego County: \$ 300.00

### **Finger Lakes Region**

Tompkins County: \$ 175.00  
Schuyler County: \$ 225.00  
Cayuga County: \$ 225.00  
Seneca County: \$ 250.00  
Yates County: \$ 250.00  
Livingston County: \$ 275.00  
Ontario County: \$ 275.00



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### Capital / Adirondack Region

Scholarie County: \$ 325.00  
Schenectedy County: \$ 350.00  
Montgomery County: \$ 350.00  
Albany County: \$ 375.00  
Fulton County: \$ 400.00  
Saratoga County: \$ 400.00  
Renssellar County: \$ 400.00  
Columbia County: \$ 400.00  
Warren County: \$ 425.00  
Hamilton County: \$ 425.00  
Washington County: \$ 450.00

### Downstate Region

Sullivan County: \$ 350.00  
Greene County: \$ 350.00  
Ulster County: \$ 375.00  
Orange County: \$ 400.00  
Dutchess County: \$ 450.00  
Putnam County: \$ 450.00  
Westchester County: \$ 450.00  
Rockland County: \$ 450.00



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### **Rochester/Western NY Region**

Allegany County: \$ 325.00

Wayne County: \$ 325.00

Cattaragus County: \$ 375.00

Genesee County: \$ 375.00

Wyoming County: \$ 400.00

Erie County: \$ 425.00

Monroe County: \$ 425.00

Chautauqua County: \$ 450.00

Orleans County: \$ 450.00

### **Syracuse Region**

Onondaga County: \$ 300.00

Madison County: \$ 300.00

Oneida County: \$ 325.00

Oswego County: \$ 350.00

Lewis County: \$ 375.00

Jefferson County: \$ 400.00

Herkimer County: \$ 400.00



## **SAFETY SERVICES DIVISION**

### **SAMPLE CONSTRUCTION WORK-SITE SAFETY INSPECTION**

PROJECT: ABC SCHOOL ADD/ALT  
LOCATION: ANYTOWN, NY  
CONTRACTOR: SCHMUCK BROTHERS CONSTRUCTION  
INSPECTOR: KEN BROWN – CARINA CONSTRUCTION SERVICES

**Item # 1:** This roofer below gained access on to this roof by way of a stepladder. The ladder was opened but was lower than the top of the roof. The extension ladder was not extending up a minimum of 3’ and it was not tied off.

CFR Reference: 1926.1053(b)(1),(8)

**Recommended Correction:** Raise extension ladder 3’ above roof deck and tie off the ladder.



**Item # 2:** This ironworker below gained access to this roof by way of this stepladder. Stepladders must have the metal spreader or locking device opened when in use.

CFR Reference: 1926.1053 (a)(8)

**Correction:** I observed the General Contractor make a job-made ladder for the ironworkers to gain access to this section of roof.



**Item # 3:** A warning line needs to be established in this area to keep the carpenters installing wood blocking away from this edge of the roof.

CFR Reference: 1926.502.f.1-2

**Recommended Correction:** Install warning line, at least 34” high, able to withstand 16 lb of horizontal force, 6’ - 8’ from edge, and flagged at 6’-0” intervals. Workers working on the leading edge will need to be tied off.



**Item # 4:** This extension cord needs to have a GFCI. Extension cords can not be plugged into permanent power without a GFCI device. Additionally the cord should be moved out of the water.

CFR Reference: 1926.404 (b)(1)(ii)

**Recommended Correction:** Use a GFCI device, or attach to temporary power equipped with GFCI protection.



**Item # 5:** This damaged extension cord was being used.

CFR Reference: 1926.416.e.1

**Correction:** I observed the General Contractor cut the ends off the cord, take it out of service, and tag it for repair.



**Item # 6:** Scaffold platform is not level, is not fully planked, does not have base plates or mud sills installed. The work area is also extremely cluttered, presenting additional hazards.

CFR Reference: 1926.451.c.2; 1926.25.a

**Recommended Action:** Install scaffold level, install base plates and mud sills. Clean work area of debris and unused equipment.



**Item # 7:** Worker not wearing a hard-hat. Bucket shall not be used on top of a Baker scaffold to increase the height of the platform. Can not stand on side-rail while working.

CFR Reference: 1926.451.f.14; 1926.100.a

**Recommended Correction:** Remove bucket from platform. Wear the hard-hat. Raise platform on Baker scaffold or get a taller scaffold.



**Item # 8:** Workers can not stand on guardrails of lift basket. Fall protection is required as ironworkers are 15' above work surface. Worker on right needs to clip harness lanyard to the lift basket.

CFR: 1926.423.b.2.iv – v

**Recommended Correction:** Stay in lift basket while working. Tie off harness lanyard to the lift basket.



Item # 9: Workers are not wearing hard-hats, when overhead hazards are present. Working off makeshift platform, lashed to forklift forks is not allowable. Working out of excavator bucket is not allowable. Ladder access must extend 3' above a properly built working platform. An operator must be in the forklift at all times when the forklift is in use.

CFR: 1926.100.a; 1926.453.b; General Duty Clause; 1926.1053.b.1

Recommended Correction: Wear hard-hats. Use a proper all terrain basket lift. Working out of buckets or on make shift platforms is **never** allowable. Provide ladder access to roof or scaffolding, with top of ladder extending 3' above work surface.



Item # 10: Spoil pile must be 2' back from edge of bottom of excavation area. Additionally sides of excavation are not properly benched or sloped.

CFR Reference: 1926.651.j.2

Recommended Correction: Move spoil pile. Excavate earth to level no greater than 5' above bottom of work area. Alternate method: Install sheilding or sheet piling to protect excavated area.





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## Weekly Tool-Box Talk Fax Service

OSHA requires that all contractors hold a weekly project safety meeting (tool-box talk) with all on-site employees to review common safety requirements and procedures. Carina Construction Services offers a Weekly Tool-Box Talk Fax Service to assist contractors in carrying out this important requirement. Every Monday morning, Carina Construction Services will fax or email a copy of a weekly tool-box talk and sign-in sheet directly to your firms project construction job-offices.

### **Benefits to Contractors Include:**

- Visible sign to on-site employees that management cares about safety on project sites
- Maximize Production - No lost time for supervision looking for or obtaining new tool box talk material
- Weekly reminder to site-supervisors to hold a project safety meeting
- Weekly training of your firms on-site employees
- New, interesting topics each week
- Site specific topics are available upon request
- Sign-in sheet included for your project record

### **Costs:**

- 1 Project - \$ 5.00/week
- 2-5 Projects - \$ 3.50 per project/week
- 6-20 Projects - \$ 3.00 per project/week
- 20+ Projects - \$ 2.50 per project/week
- *Discounts available to contractors also utilizing Carina's Site Safety Inspection Service*

*Professional Outsourcing Services for the Construction Industry  
Safety - Estimating - Scheduling - Project Management - Program Management*

# JOB-SITE TOOL BOX TALK

## Welding and Cutting Fire Safety

Welding and cutting operations can cause fires that can damage equipment, property, and people. To avoid the risk of injury or damage due to fire, pay attention to people, materials, and equipment located beneath your work area. Cover or protect any combustible materials, flammable liquids, compressed gas cylinders, or any other potential fire hazards.

### Fire Safety for Welding, Burning, and Cutting Operations

- **Remove Objects.** When practical, objects to be heated, welded, or burned should be moved to a designated safe location. Otherwise, precautions must be taken to protect potential fire hazards in the area from heat, sparks, and slag.
- **Flammable Materials.** Welding activities should not take place around flammable paints, compounds, or liquids.
- **Dust.** Welding activities should not take place around heavy dust concentrations.
- **Equipment.** Suitable fire extinguishing equipment should be available in the immediate area, ready to be used.
- **Additional Measures.** If normal fire prevention measures are not sufficient, additional personnel should be assigned to guard against fire for a sufficient amount of time after work is completed.
- **Non-visible Fire Hazards.** When welding, cutting, or heating operations create a fire hazard on the opposite side of walls or on lower floors, precautions should be taken to prevent the possibility of fire.
- **Enclosed Spaces.** In enclosed spaces, the gas supply to the torch should be positively shut off at a point outside the enclosed space when the torch is not in use or unattended. The torch and hose should be removed from the enclosed space between shifts and overnight.
- **Containers.** Drums or containers that had flammable substances in them should be filled with water or thoroughly cleaned out, ventilated, and tested before any welding, cutting, or heating operations take place.
- **Venting.** Before heat is applied to any container or hollow structure, an opening should be provided to vent the build-up of pressure.

*For additional information covering this topic, refer to OSHA 29 Standards 1926.352 or contact Carina Construction Services.*