



Working Safely with Concrete

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Outlined below are some simple suggestions-protection, prevention, common sense precautions-useful to anyone working with cement and concrete.

Protect Your Head

Construction equipment and tools represent constant potential hazards. That's why hard hats are required on construction projects. It is therefore recommended that some sort of head protection, such as a hard hat or safety hat, be worn when working any construction job, large or small.



Protect Your Eyes

Proper eye protection is essential when working with cement or concrete. Eyes are particularly vulnerable to blowing dust, splattering concrete, and other foreign objects. On some jobs it may be advisable to wear full-cover goggles or safety glasses with side shields. Remember that sight is precious.



Respiratory Protection

Avoid actions that cause dust to become airborne. Local or general ventilation can control exposures below applicable exposure limits; respirators may be used in poorly ventilated areas, where exposure limits are exceeded, or when dust causes discomfort or irritation. Avoid prolonged exposure to dust.





Protect Your Skin

When working with fresh concrete, care should be taken to avoid skin irritation or chemical burns. Prolonged contact between fresh concrete and skin surfaces, eyes, and clothing may result in burns. Clothing worn as protection from fresh concrete should not be allowed to become saturated with moisture from fresh concrete because saturated clothing can transmit alkaline or hygroscopic effects to the skin.

Waterproof gloves, a long-sleeved shirt, and long pants should be worn.

Protect Your Feet

If you must stand in fresh concrete while it is being placed, screeded, or floated, wear rubber boots high enough to prevent concrete from getting into them.



Boots should always be protected with steel toe caps and worn at all times when handling concrete.



Hearing Protection

Suitable hearing protection should be worn when cutting concrete using percussive drills etc.

