

TECHNICAL BULLETIN



An Exelon Company




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Construction Site Safety

Inclement weather conditions can make an active construction site a dangerous place. That is why it is important to take safety precautions to avoid injury.

Here are some tips to ensure you are keeping yourself and others on-site safe at all times.

- **Check the forecast** for rainy or windy conditions before entering a site; driving in one or more of these conditions will increase the risk of losing control of your vehicle or getting stuck in the mud.
 - **Dress appropriately** for the conditions that you will be working in—come prepared with boots, a reflective safety vest, a hard hat and anything else you may need to perform your work safely. For example, consider bringing eye protection to a work site that has particles, flying objects or dust, and ear protection to a site where you might be exposed to high levels of noise.
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- A photograph of a construction site after a storm. The ground is covered in mud and debris. In the foreground, there is a large, rusted metal structure, possibly a piece of equipment or a building foundation. In the background, a yellow excavator is visible, partially submerged in the mud. The scene is muddy and hazardous.
- **Survey the area for hazards** such as downed power lines, debris and mud after a storm. If you see downed power lines, do not proceed any further and contact Pepco or Delmarva Power as soon as possible. While walking, be on the lookout for loose debris and muddy areas where you could become stuck or injured.
 - Avoid slipping by keeping your feet **free of mud** while getting on or off equipment. Never climb a ladder outdoors during adverse weather conditions such as high wind, rain or snow. If there are no safe routes to conduct a visit or gain access to the site, delay the visit until conditions improve.
 - Be sure to drink sufficient amounts of water to **prevent dehydration**, and wear sunscreen and a hat or bandana to **minimize sun exposure**. The Occupational Safety and Health Administration (OSHA) recommends drinking small amounts of water every 15 minutes in hot environments to avoid dehydration.

- Be alert for signs of **heat exhaustion**. Symptoms of heat exhaustion are a direct result of the body overheating, and may develop over time or come on suddenly. If you notice symptoms of a heat-related illness in yourself or others, remove the individual from the heat and cool them down.

Common signs of heat exhaustion include:

- Heavy sweating
- Rapid pulse
- Dizziness
- Fatigue
- Muscle cramps
- Nausea
- Headache



Safety should always be your first priority. If you are unsure of best safety practices in a potentially hazardous construction environment, be sure to err on the side of caution. It is better to be overly cautious than to put yourself or others at risk.

Want more information about best practices on construction sites?

Give us a call at **1-866-353-5798** (Pepco) or **1-866-353-5799** (Delmarva Power). You can also email us at **pepcobusiness@icf.com** or **delmarvabusiness@icf.com**.

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