

## Gotham Ready Mix Safety



Ready Mix truck drivers are responsible for safely delivering concrete to the worksite and maintaining the quality of the concrete during transfer from plant to site. Trucks vary in size and design, and a fully loaded truck may weigh as much as 70,000 pounds and contain as much as 11 cubic yards of concrete.

### *Occupational hazards for ready mixed concrete truck drivers:*

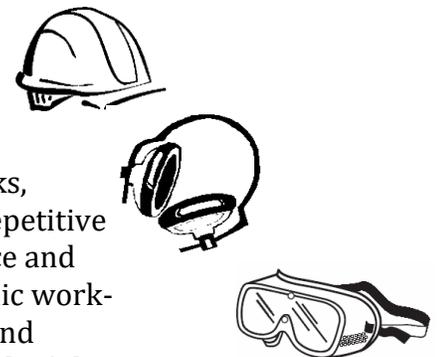
**Slips, trips, and falls** from truck equipment, elevated work stations, and walking surfaces. Falls account for roughly 50% of injuries to ready mix truck drivers. Hazards include slippery surfaces, unstable footing, damaged ladders and walkways, and unsure hand and footholds during climbing and descending. These hazards may occur at the plant, or at the delivery site.

- Use a good three point climbing technique whenever working on equipment. Only climb where proper hand and footholds are provided, and keep them clean and free of mud and cement.
- Never reach around the guard at the top opening of the mixer drum while washing down or checking slump.
- Inspect cab and rear ladders for loose fasteners during your PTI.
- Never stand on your chutes to access the rear of the mixer apparatus – Instead, use an elevated platform with stairways and guardrails.

**Mechanical hazards** during equipment operations, such as handling the load-out chute, can cause pinch point injuries to the hands and fingers, or being struck by swinging parts and falling material and equipment. Moving mixer parts also pose entanglement hazards to the operator.

- Never place your hands in a pinch point when handling chutes.
- Ensure all machine guards are in place and secure.
- Never wear loose or baggy clothes
- Always put on your hard hat and safety glasses before leaving the cab.

**Ergonomic risk factors** include whole-body vibration from driving the trucks, awkward and fixed postures, extremes in temperature (cold and hot), and repetitive twisting of the back and neck. Work-related stress impairs work performance and has shown to cause numerous health problems and has been linked to chronic work-related musculoskeletal disorders. Remember to minimize lifting activities and awkward postures when possible. Always use proper lifting techniques and don't be afraid to ask for help when lifting heavy objects.



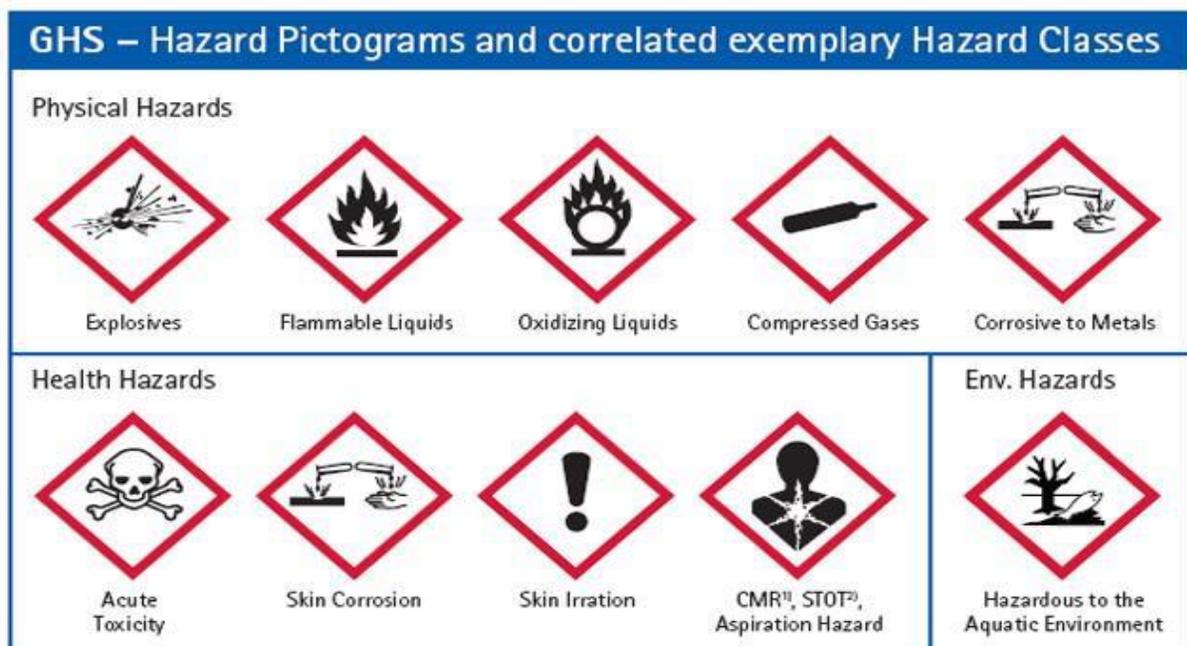
**High levels of noise exposure** may put drivers at risk for noise-induced hearing loss. Wear hearing protection if needed. (Never wear hearing protection while driving.)



**Confined space and silica dust** - Concrete residue removal from the mixer drum expose workers to excessive noise, silica dust, and confined space hazards such as oxygen deficiency, accidental start-up, and heat stress. Drivers may also be exposed to silica dust during drum loading operations at dry mix plants. Exposure prevention is handled simply by remaining in the cab during the load out process.

**Chemical exposures** - Drivers may have skin contact with concrete and admixtures which contain irritants and sensitizing materials. Cement products are highly alkaline by nature and concrete contains materials that may cause skin irritation and allergic reactions once sensitized. Eye injury from splash hazards may occur during loading or unloading operations.

- Use proper personal protective equipment such as eye protection and gloves when working with concrete.
- Be aware of hand washing and eyewash stations at the plant. On the job wash with clean water as soon as possible when exposed to concrete.
- Familiarize yourself with the revised GHS pictograms symbols for hazardous material used in ready mixed operations.



1) carcinogenic, germ cell mutagenic, toxic to reproduction / 2) specific target organ toxicity

**Special Note:** Vehicle accidents continue to be the leading cause of injuries and fatalities in the workplace every year. Additionally, the weight and size of Gotham Ready Mix concrete trucks make them laterally unstable and slow to stop. As a professional driver, it is your responsibility to be well rested and focused on the task at hand before starting your shift.

**AS A GOTHAM READY MIX DRIVER, YOUR NUMBER ONE RESPONSIBILITY IS DRIVING SAFELY**