

April 2023 Technical Bulletin – Field Safety

Residential New Construction Program



BUILDING A SMARTER ENERGY FUTURESM

Safety is a key component to the success of an organization's operations. One major factor to safety is never to assume anything, always observing and following all manufacturers' instructions issued with equipment in use. Safety covers a broad range of topics; however, this technical bulletin will address three safety concerns that impact Home Energy Raters (HERS) while performing inspections.

1. Personal Protective Equipment (PPE)
2. Step Ladders
3. Body mechanics

Personal Protective Equipment

Personal Protective Equipment (PPE) embodies a wide range of items an individual wears to protect against various hazardous conditions encountered while conducting inspection and other alerting others working nearby you are working in area. The three most important pieces of PPE a home energy specialist should wear while completing inspections in the field are a hard hat, a class 2 safety vest, and eye safety protection.

NOTE: We strongly encourage all energy specialists to wear the PPE listed when completing inspections.

Step Ladder Safety

Step ladders are helpful tools that when used properly provide a safe method for performing tasks at an elevated height. The listed safety tips when followed can aid toward completing the task without unwanted injury.

1. Follow manufacturer's instructions and ladder labels.
2. Face the ladder while climbing up or down.
3. Keep slippery material away from ladders.
4. Only place a ladder on a stable, level surface
5. Maintain 3 points of contact with the ladder.

Body Mechanics for Lifting

The process of lifting and carrying heavy items causes the greatest loads on the lower back and has the highest risk of injury. The use of proper lifting mechanics and posture is critical to prevent injury. In the end, it is more important how you lift than how heavy the weight. Tips on how to lift safely:

- Place the load immediately in front of you.
- Bend the knees to a full squat or lunge position.
- Bring the load towards your chest.
- Assume a neutral position with your back.
- Tighten the lumbar and buttock muscles to "lock" the back.
- Lift from the legs to the standing position.

These are general tips, but please refer to safety manuals, builder guidance onsite, or other references for safety requirements on site.