

Worksite: _____ Instructor: _____ Date/Time: _____

TOPIC C852: FOCUS FOUR CAUGHT IN OR BETWEEN

Introduction: OSHA developed the Construction Focus Four Module to help workers understand common hazards. This is part of the training required in 10 and 30 hour OSHA Construction Outreach Training Program. A caught-in or -between injury is defined as an injury caused as a result of being crushed between objects. It's differentiated from a struck-by injury because the damage was caused by more than the impact of an object alone. Three common causes of caught injuries are machinery that has unguarded moving parts, buried in or by and pinned between. Knowing how to identify and prevent these hazards are key factors in reducing your chance of injury.

Unguarded Machinery: Machine-related injuries often occur when an unguarded moving part catches and pulls in a limb or loose article of clothing. This can happen by operating a machine improperly or not securely locking out the machinery before cleaning or maintenance. This can result in strangulation, crushing or amputation, involving serious bodily harm or death.

You can prevent caught-in or -between injuries from machinery by approaching the machinery with care and operating it strictly by instructions. Never remove safety guards while the machine is in use. Hazardous moving parts, such as ones that reciprocate or rotate, should be safeguarded if you can contact them. Make sure that the equipment is turned off and energy to it is controlled by LOTO (lock out/ tag out) before starting any maintenance or cleaning. Communicate your intentions when working with machinery to your co-workers.

Buried in or by: Cave-ins are the most significant contributors of buried in or by injuries. There are several ways you can become the victim of such an injury, they can be caused by unstable product stacking, unprotected work site trenches or working beneath temporary job structures (scaffolding). Triggering these hazards can crush or suffocate you.

If you're near materials that could collapse, create a protective space to limit risk. If materials are stacked high, slope their stack at an angle that reduces the chance that they will lose balance. In work site trenches, slope the walls for the same effect. You should also use a trench box or shield. Shoring, a system that supports the sides of an excavation, will also prevent cave-ins if done correctly.

Pinned Between: Being pinned between two objects can cause broken bones, asphyxiation or death. Any moving object that can pin or crush you against another object, solid or moving, can be considered a safety hazard. All loads must be properly secured. Maintain a safe distance from surrounding equipment. If you're operating a vehicle, wear a shoulder harness or a seatbelt to prevent being thrown from the vehicle and crushed under it in the event that it roll over.

Conclusion: Risks from caught-in or -between hazards can be reduced tremendously by implementing a high level of awareness into your workplace behavior. Keep an eye open for potential hazards and neutralize them, and communicate with your co-workers to advise them of circumstance that could present a potential hazard, such as beginning to operate a machine or stacking heavy materials.

Employee Attendance:(Names or signatures of personnel who are attending this meeting)

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These guidelines do not supersede local, state or federal regulations, and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.