

2023 Insulation Safety Scope

Safety Orientation

A safety program containing a general safety overview and safe work practices will be conducted during the scheduled competitor orientation. **Attendance is mandatory for all competitors.**

Personal Protective Equipment

All personal protective equipment must be appropriate for task and meet current ANSI standards, which have been incorporated into the Occupational Safety and Health Administration PPE regulations as follows: Eye and Face Protection ANSI Z87.1; Head Protection ANSI Z89.1; and Foot Protection ANSI Z41.1. There are no ANSI standards for gloves; however, selection must be based on the performance characteristics of the glove in relation to the tasks to be performed. During the practical performance test, **ABC National will provide and require** the proper use of the following personal protective equipment for all competitors (a dust mask also will be provided if a competitor requests one):

- Ear protection (will be required if noise levels are determined to be high by the project manager)
- Safety glasses
- Hard hat (except for welders)
- Cut-resistant gloves
- Cut-resistant sleeves will be provided if a competitor does not have long sleeves

Exceptions to the provided PPE, with prior approval from the project manager, are:

- Prescription safety glasses with non-removable side shields
- Prescriptive goggles
- Task-specific gloves per industry standards, designed to protect against sharp edges or high heat. Competitors may use their own gloves provided the project manager approves of the gloves' condition.

Competitors must provide and use the following:

- Standard work shoes or boots (tennis shoes, sneakers or sandals are not permitted)
- Blue jean pants or work pants
- Shirts with sleeves of minimum 4 inches in length (baggy or excessively loose-fitting clothing is not permitted)

Cell Phones

- No cell phones are permitted before, during or after the competition.

Jewelry

Exposed jewelry is not permitted. Examples include (but are not limited to):

- Earrings (stud or dangling)
- Wristwatches
- Rings
- Studs exposed through the nose, jaw, lip, eyebrow or any visible part of the body
- Gauges (if gauges cannot be removed, they must be covered with tape)
- Long hair must be contained (under a hat or a hairnet)

Safety Judging

Prior to the practical performance test, the competition project manager or judges may inspect each competitor's personal hand tools, which must meet all OSHA regulations and standards. For example, "mushroomed" heads on chisels are not permitted. Judges will be present during the practical performance test to score competitors in such safety areas as the use of PPE, hand and power tool safety, ladder safety, etc. Depending on the severity and frequency of a violation or violations, the judges, in consultation with the respective project manager, have the authority to disqualify competitors.

Note: Competitors are still judged during disassembly/cleanup activities and are subject to disqualification or deduction of points for safety violations.

First Aid

All injuries, regardless of severity, must be reported to the project manager immediately. The project manager will contact the NCC chair or director to determine the appropriate action, including assistance by on-site EMT personnel.

Location of Restroom

The project manager will go over the location of the restroom, emergency exits and fire extinguishers.

Smoking and Tobacco Procedures

Smoking is only permitted during breaks, and you will be escorted to a pre-determined location. There will be no smokeless tobacco allowed during competition. E-cigarettes and vapor cigarettes will follow the same procedures.

Emergency Evacuation and Exits

At your site orientation, your project manager will review the emergency evacuation and meeting location plan, fire extinguishers and exits.