

CONSTRUCTION LANGUAGE FOR NEWCOMERS

Terms and Scenarios to Work Safely
for Welders, Carpenters, Millwrights,
and Lathers.



UBC  **BUILT**
CANADIAN DISTRICT

CONTENTS

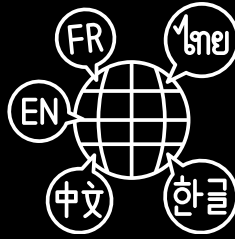
Glossary	5
Fire Extinguisher Classes	7
Jobsite Safety Basics	8
Employer Safety Rules	9
10 Life Saving Rules	12
Worksite Safety in Action	21
Summary	36

DISCLAIMER

The purpose of this document is to provide a general description of safety protocols, equipment and procedures that may be applicable to health and safety for the performance of construction in Canada.

It is not intended to be and shall not be construed as a representation of all health and safety laws, regulations, bylaws and/or ordinances applicable to construction. Readers of this document and participants in the Bridge to Red Seal program are expected to familiarize themselves with all federal, provincial, and municipal health and safety laws, regulations, bylaws and/or ordinances applicable to any construction work they perform in.

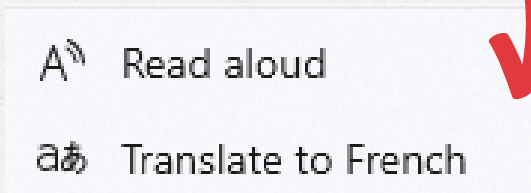
This may include the completion of mandatory training at the participant's own expense.








LANGUAGE SUPPORTS

**To enable
text to speech or translation:**

- 1** Right click anywhere on the webpage.
- 2** Set your preferences from these options:













GLOSSARY

Term	Definition	Symbol
CSA	Canadian Standards Association (CSA): Standards designed to protect the public and improve safety.	
EH	An electrical hazard (EH) is a potentially dangerous situation that can cause injury or death.	
FIT TEST	Checks if the respirator fits the worker's face to ensure they are protected from the airborne hazard.	
FR	Flame retardant (FR) clothing is designed to slow down the spread of flames and reduce the severity of burns.	
LOTO	Lockout / Tagout (LOTO) is a safety procedure that should ensure energy isolation during repair.	

GLOSSARY

Term	Definition	Symbol
HVSA	High Visibility (high-viz) Safety Apparel (HVSA) is required on job sites to ensure workers can be seen.	
MUSTER POINT	A pre-determined area where everyone gathers in case of an emergency.	 Fire assembly point
PPE	Personal Protective Equipment (PPE) is clothing or equipment worn to minimize exposure to hazards.	
SDS	Safety Data Sheets (SDS) provides information about occupational health and safety for use of products and substances.	
STOP THE DROP	A saying to raise awareness about prevention and the dangers of dropped objects.	

FIRE EXTINGUISHER CLASSES CHART

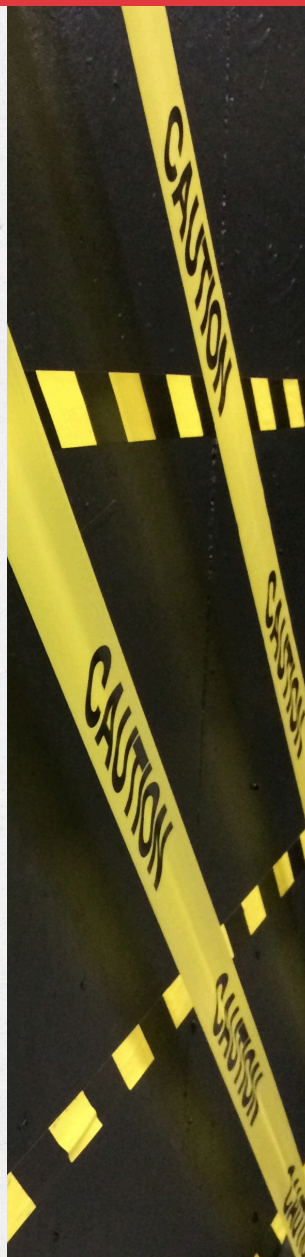
		Class A: Ordinary combustibles	Wood, paper, cloth, trash, plastics, and other solids that are not metal.
		Class B: Flammable or combustible liquids	Gasoline, oil, petroleum, greases, tars, oils, oil-based paints, solvents, lacquers, alcohols, flammable gases.
		Class C: Electrical	Energized electrical equipment (plugged-in).
		Class D: Metals	Magnesium, titanium, zirconium, sodium, lithium, and potassium.
		Class K: Combustible cooking	Grease or oil, such as vegetable oils, animal oils, or fats in cooking appliances.

JOBSITE SAFETY BASICS

Jobsite safety means being aware of dangers and taking steps to stay safe.

How to Work Safe:

- 1 Be aware** – Look around using the 20-20-20 rule: Every 20 minutes, take 20 seconds and look 20 feet around you.
- 2 Spot hazards** – Do a field level hazard assessment before you start your work. Check for any changes after every break or new task.
- 3 Take action** – Stop working if something is unsafe. Remove the hazard before you start your work again.
- 4 Follow safety rules** – Wear the right safety gear (PPE), read signs, and use the correct tools or equipment.
- 5 Know emergency plans** – Know where your nearest muster point is in case of an emergency.
- 6 Ask if unsure** – If you don't know, ask!



YOUR EMPLOYER'S SAFETY RULES

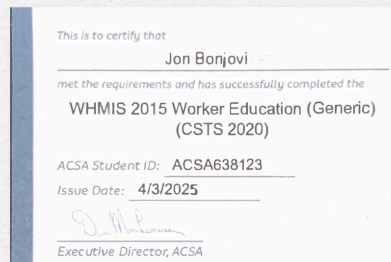
Your employer will have safety rules in place.

A Field Level Hazard Assessment (FLHA) or *Site-Specific Hazard Assessment* is a safety check done before starting work. It helps identify dangers on the job site. Workers must do this before each shift or new task.

Training: Before you start a job, find out what safety training is required. You will need to show proof of training for the courses you have completed. If you do not have the training, your employer will require you to complete it before you can start working.

Here are some courses that may be mandatory on your jobsite:

1. Workplace Hazardous Materials Information System (WHMIS) gives employers and workers information about hazardous materials in the workplace. It is mandatory to have this if hazardous materials are present.



2. Confined Space Entry and Monitor provides important information about working in tanks, silos, manholes, tunnels, and pipelines. The training covers hazard identification, atmosphere monitoring, emergency procedures, and PPE.

3. Fall Protection training makes sure every worker knows how to use and maintain fall protection equipment.

COMMON SAFETY RULES

- ✓ Wear PPE (safety gear).
- ✓ No loose clothing.
- ✓ Tie back long hair.
- ✓ Read and follow signs.
- ✓ Keep the worksite clean and tidy.
- ✓ Follow housekeeping rules.
- ✓ Store tools properly.
- ✓ Inspect tools before use.
- ✓ Report any safety hazards.
- ✓ Complete required safety training.

RIGHT TO REFUSE UNSAFE WORK

**Under Canadian law,
you have the right
to refuse unsafe work.**

Unsafe work may include:

- ✓ Working near or with machines or equipment that are not properly inspected.
- ✓ Correct PPE is not provided.
- ✓ You are not qualified or trained to do the task.
- ✓ Workplace violence.

**If you or someone else
is in danger, stop
working, and tell your
supervisor right away.**



10 LIFE-SAVING RULES

Every job site you work at will have safety rules that you must follow. Company and job site rules are based on federal (Canada-wide) or provincial regulations.

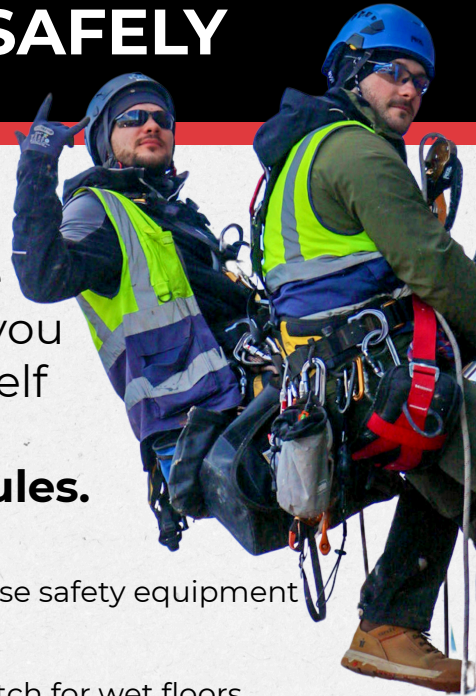


ATTENTION

**Failing to follow
important rules
could result in
injury, death, or
job loss.**

1. WORKING SAFELY

To work safely, there are rules to protect you from harming yourself or others. **You must follow the jobsite rules.**



1

Working at Heights – Use safety equipment and/or harnesses.

2

Slips, Trips & Falls – Watch for wet floors, uneven surfaces, or tools in the way.

3

Moving Equipment – Be careful around forklifts and machines. Make eye contact with the operator and get permission before continuing.

4

Lock Out / Tag Out – Turn off power and ensure the proper lock-out / tag-out procedures are followed before working on machines to avoid injury from live or stored energy.

5

Hot Work – Make sure the requirements of your hot work permit are met, and the permit is signed before you start working.

6

Confined Spaces – Before you enter a confined space, sign the valid entry permit. Check the area for hazards and good ventilation. Ensure safety measures such as a hole watch, rescue plan, and proper PPE are in place.

1. WORKING SAFELY


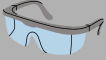




- 7 Pinch Points** – Avoid getting caught between machines or in rigging.
- 8 Ladder Safety** – Keep ladders stable using the 4:1 rule (for every 4 meters up, place the base 1 meter away).
- 9 Fire Extinguishers** – Use the correct fire extinguisher for the materials on fire ([see p. 7 for more details](#)).
- 10 Stop the Drop** – Secure tools with lanyards so they don't fall and injure someone below.




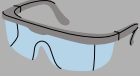

2. PERSONAL PROTECTIVE EQUIPMENT (PPE)

Your employer may provide some PPE but check to see what PPE you are responsible for.

PPE could include:

PPE	CARPENTERS	WELDERS
	Dynamic, Honeywell.	Honeywell / Roughneck Fiber Metal.
	Site and task specific.	Site specific.
	Pioneer, 3M, Tough Duck, ULINE, Dewalt. Fabric is site specific (FR (flame retardant) vs. cotton vs. poly blend).	FR rated clothing OR 100% cotton OR leather. Site specific.
	Task specific (mandatory cut resistant for handling scaffold or formwork material, but they should never be used with powered cutting tools).	Leather gauntlet gloves.
	CSA green triangle with defined heel. Some sites require metatarsal guard; EH (electrical hazard) protection; 6" minimum height.	CSA green triangle with defined heel. Some sites require metatarsal guard; EH protection; site specific, 6" or 8".
	3M disposable; 3M half mask; 3M full mask with 3M P100 pucks-most applications; Other filters for specialized work.	Fit test required: 3M half mask or 3M full face with 3M P100 pucks-most applications. Other filters for specialized work.

2. PERSONAL PROTECTIVE EQUIPMENT (PPE)

PPE	MILLWRIGHTS	INTERIOR SYSTEMS
	CSA approved; colour may be site specific.	Required to enter jobsite; CSA approved.
	CSA approved and task specific - cutting, chemicals.	Employers' responsibility in most jurisdictions.
	CSA approved; High visibility and reflective vests, bibs or coveralls; 50mm width symmetric 'X' on the back.	HVSA (high-visibility safety apparel) approved high viz vest, minimum 50mm wide stripes.
	Hyflex, impact, leather gauntlet gloves; task specific and CSA approved.	Job specific and sometimes mandatory depending on the jobsite. Sometimes it is inappropriate to wear gloves, depending on the task.
	CSA approved. Site specific for 6" or 8"; Site specific if internal metatarsal toe is required.	CSA approved, environmentally appropriate, minimum 6" ankle support is a good rule. Indoor work can allow for a shorter ankle.
	Fit test required; Task specific if full or half face is required as well as specific filters for the task.	Task specific, CSA approved when required.

3. TOOL & EQUIPMENT SAFETY

-  Learn to use tools safety.
-  Inspect tools before using them.
-  Keep safety guards on machines. Do not bypass safety features or remove safety guards.



4. CHEMICAL SAFETY

-  Know about hazardous materials (paint, asbestos, etc.).
-  Read Safety Data Sheets (SDS) before using chemicals. Always label any containers that you put chemicals in.
-  Use masks and ventilation when handling chemicals or dangerous substances.



5. EMERGENCY PLANS

- ✓ Know where your muster station is.
- ✓ Know where first-aid kits and fire extinguishers are.
- ✓ Report accidents right away.
- ✓ Be aware of pinch points (blind spots, pits/holes, rigging gear).



6. LIFTING & MOVING OBJECTS

- ✓ Lift with your legs, not your back. Bend your knees!
- ✓ Use equipment like dollies, chain falls, or cranes for heavy objects. If you do not have rigging training, ask for help from someone who does.



7. COMMUNICATION & TEAMWORK

- ✓ Follow instructions from supervisors or experienced workers.
- ✓ Use hand signals or radios to communicate in loud areas.
- ✓ Pay attention to horn blasts and know what they mean for the site you are working on.
- ✓ Ask questions if you don't understand.



8. PERMITS AND SAFETY MEETINGS

- ✓ Check the work permit to ensure it is up-to-date and is signed before starting your task.
- ✓ Read all posted safety signs.
- ✓ Attend toolbox talks.
- ✓ Conduct a field-level hazard assessment (FLHA) before starting a task.



SITE SAFETY			
	Heavy plant and machinery operate on this site		Hard hats must be worn on site at all times
	Caution Fork lift trucks operating		High visibility clothing must be worn on site at all times
	Reversing in and out of site is strictly forbidden		Safety boots must be worn on site at all times
	Vehicles must not enter the site without authority of site supervisor		Strictly Enforce max speed on site at all times

ALL VISITORS MUST REPORT TO RECEPTION

9. WEATHER & ENVIRONMENT

- ✓ Be prepared for hot, cold, or wet weather.
- ✓ Drink water and take breaks.
- ✓ Watch for signs of heat exhaustion or hypothermia.
- ✓ Put garbage in garbage cans to avoid attracting wildlife and animals.



10. FIT FOR DUTY / WORK READY

- ✓ Be alert and focused.
- ✓ Avoid working if overtired or distracted.
- ✓ Bring the right gear and PPE for your job.
- ✓ Report unsafe work conditions.
- ✗ Never work under the influence of drugs or alcohol.



Scenario 1

SAFETY BARRIERS ARE IMPORTANT

ALEX IS A CARPENTER APPRENTICE

They leave their measuring tape near a steel beam. When they return, they see the area is blocked with red tape that says "DANGER: DO NOT ENTER."

The area looks empty and quiet, so Alex decides to quickly grab the tape. They duck under the barrier and step inside.

At that moment, workers above are loosening bolts on a scaffold platform. A speed wrench falls out of a worker's toolbelt and drops to the ground below.



"Watch out!" someone yells.

Alex stops just in time as the speed wrench crashes nearby. Shaken, they quickly leave the danger zone. A supervisor approaches them.

SAFETY BARRIERS

KEY LESSONS



Do not enter restricted areas.

Danger tape protects you from unseen dangers.



If you leave a tool in a dangerous area, report it to a supervisor.

They will help you retrieve it safely.



Hazards aren't always visible.

Overhead work, loose equipment, and falling objects can be deadly.



Scenario 2**DRESSING FOR WINTER****SOLOMON IS NEW TO CANADA**

Solomon starts his construction job in the summer. When winter arrives, he is not prepared for the cold.

During the first heavy snowstorm, his bus is delayed due to the weather, making him late and stressed. On-site, he walks around outdoors. His boots are uninsulated, and his socks are thin. Within an hour his feet are soaked and cold.

His only pair of gloves are wet from the snow. His hands are numb.



At lunch, he drinks hot coffee to try and warm up, but it's not helping.

He is shivering and his freezing hands and feet make him clumsy. While climbing down a ladder, he loses his grip and falls, twisting his ankle. A coworker helps him get first aid.

DRESSING FOR WINTER

KEY LESSONS



Plan for winter delays.

Snow can slow buses and cars—leave early to arrive on time.



Wear warm, waterproof gear.

Use CSA approved insulated boots, thick socks, and warm gloves.

- Use waterproofing spray on your boots for extra protection.
- Bring an extra set of clothes, so you can change if you get wet.
- Wear multiple layers of clothes to keep warm.

Some companies provide winter PPE or an allowance —ask your employer.



Pay attention to your body.

Stay hydrated in the heat and eat more in the winter to stay warm. Avoid excessive caffeine in the cold as it reduces blood flow to your hands and feet.



Scenario 3**KEEP THE WORKSITE CLEAN****JIWAN IS AN EXPERIENCED DRYWALL WORKER**

Jiwan is working on a new apartment building project. He is carrying drywall sheets with a coworker. The hallway is messy, and there are boxes of drywall screws and empty energy drink cans. The air is dry and dusty from the taping crew who are sanding the drywall compound.



As Jiwan and his coworker walk, they go around boxes of trash and panels. Jiwan's foot gets caught in an extension cord. He falls hard, dropping the drywall sheet and landing on his knees, hurting his back.



His coworker asks him if he's ok. Jiwan says he's fine. He doesn't want to cause any trouble, but his back is in a lot of pain. He rests for a few minutes, but he doesn't feel better. He tells the foreman he can't lift sheets right now and is told to report to first aid.



CLEAN WORKSITE

KEY LESSONS



Keep the worksite clean.

A tidy space is safer and more efficient.



Report and document injuries.



If you get hurt, tell your supervisor and get first aid. Your employer cannot stop you from reporting injuries. In Canada, there are health insurance programs to help you recover, but only if you report them to the jobsite first aid attendant. Make sure you get a copy of the first-aid report.



Right to refuse unsafe work.

If you are asked to do something that seems dangerous or likely to result in an injury, you have the right to refuse the task without fear of discipline. Your employer could plan a safer alternative, get better tools/technique, or improve the environment (better lighting, less trash).



Scenario 4**LOCKOUT / TAGOUT
SAVES LIVES****MIGUEL IS AN EXPERIENCED
MILLWRIGHT**

At a busy processing plant, a maintenance team is repairing a broken conveyor belt. Miguel, an experienced millwright, follows the lockout/tagout (LOTO) to de-energize the machine before starting the repair. Confident it's safe, he starts working.



But he makes one serious mistake—he does not double-check that the work area and equipment are fully locked out and de-energized. As he starts the repair, the conveyor belt starts moving, pulling Miguel in. He is severely injured.



LOCKOUT / TAGOUT

KEY LESSONS



Always verify equipment is off.

Test it before working, never assume the lock out makes it safe. Double-check.



Follow lockout/tagout (LOTO) procedures.

The Canadian Standards Association (CSA) Z462 has rules for workplace electrical safety that must be followed. Read and follow the company safety practices to minimize risk.



Complete training.

Workers must complete Lockout / Tagout (LOTO) training to learn how to identify energy sources; how to apply locks and tags; and how to verify de-energization before starting work.



Clear communication.

Keep open communication with your team. Before working, confirm the lockout status and steps taken to verify it.



Wear the right PPE.

You must wear the right PPE based on the job's hazards. For example, use eye and ear protection for flying debris and loud noises; use hand protection to prevent crushes and cuts.



Scenario 5

MENTAL HEALTH MATTERS

MEET SAM, A NEW EMPLOYEE

Sam, a new employee, is excited to start working in construction. But the crew has a “tough-it-out” mentality, making Sam afraid to talk openly about the stress or mental health challenges they face.



The experienced workers see sharing struggles as a sign of weakness. Though Sam is facing challenges, they are afraid to speak out for fear of being mocked or losing their job. Sam tries to adapt to the culture, but over time, the pressure builds.



Sam is facing stress at work, at school, and at home. Drained and exhausted, Sam struggles to focus on work. One day, while operating heavy machinery, Sam was tired and distracted which caused a serious accident that injured a coworker.



Your mental health isn't a weakness — it's a safety priority and is just as important as PPE, training, and equipment handling.

MENTAL HEALTH

KEY LESSONS



Mental health is safety.

- Find a mentor or trusted coworker to check in with.
- Know where to get help— Check your Employee Assistance Programs (EAPs), mental health phone numbers, or union support services. If you're unsure, ask HR, safety officers, or a job steward where to find them.



Change the culture.

- It's okay to take breaks or ask for support when you are overwhelmed.
- Check in on coworkers—sometimes a simple “You okay?” makes a difference.



Speak up when you're not fit to work.

- Do a quick self-check: “Am I focused? Am I alert?”
- Be clear and professional if you need a break:

***" I'm struggling to focus,
and I don't want to put
anyone at risk."***

Scenario 6**USE THE
RIGHT PPE!****JOY IS WORKING FOR A
SCAFFOLDING COMPANY**

The job is to dismantle an access scaffold from the outside of the building that is under construction. On the first day, she completed safety training and received her fall protection gear, including a double lanyard "universal" men's harness.

During work, Joy lost her footing and fell through a hole in the platform. The shock absorber worked, reducing the impact. But the leg straps on her harness broke her femur bone.



The crew was able to get her out quickly, but the injury required hospitalization, surgery, and rehabilitation to help her walk again. She was off work for six months, seriously impacting her income and health. She will have chronic pain for the rest of her life.

PPE

KEY LESSONS

✓ **Male and female harnesses are different.**

Females need female-specific harnesses for safety, comfort, strap placement, sizing, and adjustability.



✓ **Check the fit.**

Check the fit of your harness and adjust it before working at heights. If it doesn't feel right, ask for a better-fitting option—safety gear is not one-size-fits-all.



✓ **Speak up for safety.**

If your PPE doesn't fit, talk to your supervisor before starting work.

A proper harness can prevent injuries and save lives.



Scenario 7**HOT WORK PERMIT;
SAFETY FIRST****JEDS IS A NEW WELDER**

Jeds, a new welder at the shipyard, wants to prove himself and make a good impression. The team is working on an important project in dock bottom near flammable materials, and they are under pressure to work fast.

Jeds' supervisor, Ken, is with the other welders, and Jeds wants to show that he can work quickly. He skips the required hot work permit process and starts welding.



Sparks fly, and a fire ignites in a nearby garbage bin. A crew member shouts at Jeds. Ken, the supervisor, rushes to extinguish the flames.

After the fire is out, Ken brings everyone together. He explains that cutting corners can put lives at risk. Proper safety procedures must be followed for hot work. Ken takes Jeds to the safety office to file a report.



HOT WORK PERMIT; SAFETY FIRST

KEY LESSONS

Always follow safety protocols.

Skipping steps like not having a hot work permit in place can lead to fires, serious danger, and job loss.



Hot work permits are essential.

A permit is an important step before work with open flames or sparks. A permit ensures safety checks are in place.



Don't let speed compromise safety.

Taking shortcuts isn't worth the risk—proper preparation keeps everyone safe. Take your time to prepare and prevent a disaster.



SUMMARY

Jobsite safety means knowing about dangers and taking steps to stay safe.

Workers should:

- Look around often to spot hazards.
- Stop unsafe work.
- Follow all safety rules and procedures.

To help prevent accidents, workers should:

- Wear the correct personal protective equipment (PPE).
- Read and follow safety signs.
- Use tools and equipment correctly.
- Understand emergency plans.
- Ask questions if something is unclear or seems unsafe.

Employers are responsible for:

- Setting up safety rules and expectations.
- Providing safety training before work begins.

Required safety training may include:

- WHMIS (Workplace Hazardous Materials Information System).
- Confined Space training.
- Fall Protection training.

Workers have the right to refuse unsafe work, such as working with dangerous machines, in unsafe conditions, or without proper training.

Following safety rules and speaking up about dangers can prevent injuries and save lives.