



# Caught In-Between Hazards

**What this Toolbox Talk Covers:**

- ✓ The “Dos” and “Don’ts” to avoid caught in-between hazards.

**Discussion Notes:**

- ✓ Discuss the outcomes of the “Dos” and “Don’ts.”

- Do**
- Be aware of job site situations where caught ins (when a worker’s body is caught, compressed or crushed between two or more objects) may occur. These include cave-ins, unguarded machinery, rollovers or being caught between equipment and other objects.
  - Use barricades to keep workers out of the area within the swing radius of swinging structures and other solid objects.
  - When digging a trench that is more than four feet deep:
    - o Use a ladder, stairway or properly designed ramp at least every 25 lineal feet of the trench.
    - o Determine the type of soil using at least one visual and one manual test
    - o Use appropriate safety measures such as sloping, benching and shoring as needed.
  - Always wear a seatbelt when working from a vehicle to avoid being thrown out and caught between objects.
  - Keep a safe distance from loads and materials being moved to ensure you don’t get caught between the load and its destination.
  - Call 811 several days prior to digging to identify and mark all underground utilities.
- Don’t**
- Repair, adjust or clear a jam on equipment that is running. Turn it off and use lockout/tagout procedures before servicing.
  - Use a piece of equipment that is missing safety guards. Ensure all the guards are in position and properly adjusted, paying special attention to rotating or moving parts.
  - Dig in an area where you are unsure of the underground utilities.
  - Place your body under or between powered equipment unless it is de-energized.
  - Reach around, under or through a safety guard. Always report missing or broken barriers to your supervisor.
  - Wear long or loose clothing that could get caught in machinery.

**Discussion questions:**

1. What safety guidelines are given about using powered equipment?
2. How can you identify underground utilities before beginning to dig?

**Meeting notes:**

Employee comments/concerns: \_\_\_\_\_

Other safety issues to be addressed on the job/facility: \_\_\_\_\_

<b>Training record:</b>	Date: _____	Jobsite/Facility: _____	
	Trainer: _____	Title: _____	
Employee name (print)	/ (signature)	Employee name (print)	/ (signature)
_____	/	_____	/
_____	/	_____	/
_____	/	_____	/

(Continue recording signatures on a separate sheet of paper)  
 Employee Quiz is provided on last page. Answers are: 1. (b), 2. (c), 3. (d), 4. (b), 5. (c)



# Employee Quiz

## Topic: Caught In-Between Hazards

Employee Name: \_\_\_\_\_

Circle the correct answer below.

1. You should always wear \_\_\_\_\_ when working from a vehicle.
  - a. Long sleeves
  - b. A seatbelt
  - c. Short sleeves
  - d. Headphones
2. It's okay to place your body under or between powered equipment when:
  - a. The operator has given you the go-ahead signal
  - b. Your supervisor has approved it
  - c. It is de-energized
  - d. It is energized
3. You should use a ladder, stairway or properly designed ramp at least every \_\_\_\_ lineal feet when digging a trench that is more than four feet deep.
  - a. 10
  - b. 15
  - c. 20
  - d. 25
4. Verbal instructions are listed as the best way to keep workers out of the area of the swing radius for a swinging structure.
  - a. True
  - b. False
5. Protective measures such as benching, shoring or sloping should be used when working in an excavation or trench that is more than \_\_\_\_\_ feet deep.
  - a. Two
  - b. Three
  - c. Four
  - d. Five

Training record:      Date: \_\_\_\_\_      Jobsite/Facility: \_\_\_\_\_  
Trainer: \_\_\_\_\_      Title: \_\_\_\_\_