

# ADAMS CONSTRUCTION





**Adams Construction Ltd.**  
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# Adams Construction Ltd. Safety Plan

## 1. Introduction

Adams Construction Ltd. is a full-service construction company specializing in construction, transportation, welding, concrete, and excavation services, operating across the Squamish-Lillooet Regional District (SLRD), Cache Creek, Ashcroft, Kamloops, and the Fraser Valley. Our operations encompass industrial, commercial, residential, and municipal projects.

We are committed to creating a safe and healthy work environment for our employees, contractors, clients, and the communities we serve. Safety is a core value at Adams Construction Ltd., and we prioritize it in every aspect of our work. This Safety Plan outlines our policies, procedures, and practices to ensure the well-being of all stakeholders and compliance with regulatory standards.

## 2. Health and Safety Policy Statement

At Adams Construction Ltd., we believe that:

- **All injuries and incidents are preventable.**
- **Safety is a shared responsibility among all employees and contractors.**
- **Workplace hazards can be identified, mitigated, or eliminated.**
- **Safety education and training are essential to maintaining a safe work environment.**

We are committed to complying with all applicable health and safety regulations, including the Workers Compensation Act and Occupational Health and Safety (OHS) Regulation as outlined by WorkSafeBC.

## 3. Workplace Hazards and Risk Management

### Hazard Identification

- **Excavation risks:** trench collapses, soil instability, equipment proximity.
- **Welding risks:** exposure to fumes, heat, sparks, and arc flash.
- **Concrete risks:** exposure to cement dust and chemical burns.
- **Heavy equipment risks:** moving machinery and equipment failure.
- **Working at heights:** fall hazards from ladders, scaffolding, and aerial lifts.
- **Hazardous materials:** handling and storage of WHMIS-controlled substances.



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Ministry of  
Transportation  
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## Risk Control Measures

- **Engineering Controls:** Use barriers, shoring systems, ventilation, and mechanical lifting aids.
- **Administrative Controls:** Establish safe work procedures, provide training, and enforce protocols.
- **Personal Protective Equipment (PPE):** Provide hard hats, steel-toe boots, gloves, respiratory protection, welding shields, fall arrest systems, and high-visibility vests.

## 4. Emergency Response Plan

### Response Procedures

#### 1. Medical Emergencies:

- Call 911
- Provide first aid using qualified first aid personnel.
- WorkSafeBC Emergency Line: 1-888-621-7233

#### 2. Fire or Explosion:

- Activate the fire alarm and evacuate the area.
- Use fire extinguishers only if safe to do so.

#### 3. Spills of Hazardous Materials:

- Isolate the area and contact the Safety Officer immediately.
- Follow WHMIS protocols for spill containment and cleanup.

### Evacuation Plan

- Clearly marked evacuation routes and muster points will be communicated to all workers during the site orientation.





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## 5. Training and Certification Requirements

All employees and contractors must receive the following training:

- **WHMIS (Workplace Hazardous Materials Information System):** Annual training to recognize and handle hazardous materials.
- **Fall Protection Training:** For employees working at heights or on aerial lifts.
- **Hot Work Permit Training:** Ensures workers are certified for tasks involving welding, cutting, or grinding.
- **First Aid Training:** At least one designated first aid attendant must be present at every site.
- **Pre-Trip Inspection Training for Commercial Drivers:** Required for all operators of commercial vehicles.

## 6. Incident Reporting Procedures

### Reporting an Incident

- **Immediate Reporting:** All incidents, including near-misses, injuries, and property damage, must be reported to the site supervisor immediately.
- **Documentation:** The Safety Officer will document the incident in the Incident Report Form.
- **Investigation:** A root cause analysis will be conducted to determine corrective actions.

### Follow-Up

- Implement corrective measures to prevent recurrence.
- Share findings with all employees during safety meetings.

## 7. Compliance with WorkSafeBC Standards

Adams Construction Ltd. strictly adheres to the **Workers Compensation Act** and **Occupational Health and Safety Regulation (OHSR)**. Regular inspections, audits, and compliance checks are conducted to ensure alignment with WorkSafeBC requirements.





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## 8. Hot Work Permits

- **Hot Work Definition:** Welding, cutting, grinding, or other tasks generating sparks or heat.
- **Permit Process:**
  1. Complete a Hot Work Permit before starting.
  2. Designate a fire watch during and after the activity.
  3. Ensure fire extinguishers are readily accessible.

## 9. Aerial Lifts and Working with Heights

- **Fall Protection Plan:** Workers use fall arrest systems when working at heights over 3 meters.
- **Aerial Lift Pre-Use Inspections:** Check lift components for defects before use.
- **Operator Certification:** Only trained and certified workers may operate aerial lifts.

## 10. WHMIS Training

- **Material Safety Data Sheets (MSDS):** Ensure that MSDS are accessible for all controlled substances.
- **Hazard Communication:** Workers must recognize labels and symbols and understand their meanings.
- **Training Frequency:** WHMIS training is conducted annually.

## 11. Pre-Trip Inspection for Commercial Drivers

All drivers operating company vehicles must:

- Conduct a pre-trip inspection daily, documenting findings on the Pre-Trip Inspection Form.
- Check critical components such as brakes, lights, tires, and fluids.
- Report and resolve any issues before operating the vehicle.

*This Safety Plan will be reviewed annually and updated as needed to reflect changes in regulations, procedures, or job site conditions.*

