

# OSHA'S MOST CITED CONSTRUCTION WORKPLACE SAFETY STANDARDS



## General Safety and Health Provisions

1926.20

### WORKPLACE SAFETY ISN'T OPTIONAL

Employers are required to provide safety gear and train you on the hazards, equipment, and work procedures you need to stay safe on the job — it's the law. You have the right to know the risks, get clear instructions, and speak up if something feels unsafe. Safety isn't just a rule — it's your right.



## Fall Protection

1926.501 Duty to Have | 1926.502 Systems Criteria and Practices | 1926.503 Training Requirements

### FALLING ISN'T PART OF THE JOB DESCRIPTION

Falls are the #1 cause of death in construction — and you don't have to take that risk. If you work at heights your employer must provide fall protection (like harnesses, guardrails, and safety nets), make sure that gear is in good condition, and train you to use it. No training? No gear? That's not just sketchy — it's illegal.



## Ladders

1926.1053

### ONE BAD STEP CAN END THE JOB

Ladders might look simple, but falls from them send thousands of workers to the ER every year. OSHA requires your employer to provide the right ladder for the job, inspect and keep it sturdy, and train you to set it up and use it safely. You've got the right to work with safe equipment. Wobbly gear? Walk away.



## Personal Protective Equipment (PPE)

1926.100 Head Protection | 1926.102 Eye and Face Protection

### GEAR UP FOR SAFETY

On a construction site, looking sharp means being protected. When your head, face, and eyes are at risk from bump hazards or falling and flying objects, you have the right to safety gear like hard hats, safety glasses, and face shields — and your employer is required to supply and maintain it. Protect your vision, protect your brain, protect your future.



## Scaffolding

1926.451

### SCAFFOLDS SHOULDN'T LET YOU DOWN

Scaffolds aren't just elevated platforms — they're lifesavers when done right. Employers must build scaffolds that meet strict safety standards to carry the load, stay secure, and protect you from falls. They're also required to teach you how to use them correctly. If a scaffold looks unsafe, call it out. Your safety isn't worth the risk.



## Excavations

1926.651

### DON'T LET THE GROUND GIVE WAY

Excavations can be dangerous. That's why employers are required to support (shore) or slope the walls of trenches and holes and train you to spot the hazards. Don't leave the trench box on the sideline — know the risks and speak up if a site looks unsafe.



## Aerial Lifts

1926.453

### LIFT SMART, STAY SHARP

Working on aerial lifts takes focus — look up and around before elevating. Your employer is required to train you to inspect and operate lifts safely. Get secured from falls before you rise and stay focused on the job to make it back down safely every time.