

PURPOSE/APPLICATION

This SJP focuses on the use of manual post-pounders to install T-Post and Show Fence.

PPE

- Strike Minimum PPE

TRAINING

- Strike and Client Orientation
- Ground Disturbance Training (as required)

HAZARD SOURCES



PRIOR ACTIVITIES

1. Ensure all excavations are completed in accordance with Strike COP 07 Ground Disturbance and SWPs (e.g., Ground Disturbance Permits and Checklists, line locate reports, daylight, etc.)
2. Inspect all tools and equipment prior to use
3. Obtain all required Safe Work Permit and/or Agreement

#	Job Steps	Hazards	Control Measures
1	Load materials and drive to task location	<ul style="list-style-type: none"> ❖ Motion - Collisions, other traffic, weather/road conditions, Pinch points under or around the material ❖ Gravity - Unsecured or shifting loads, Heavy dunnage, or other material ❖ Motion - Mounting and dismounting truck box 	<ul style="list-style-type: none"> ▪ Drive in a safe manner and follow posted speed limit, keep a safe distance from vehicles ahead ▪ Secure loads with proper straps. Complete a walk-around to ensure the load is strapped properly. Check straps frequently during the trip ▪ Dress properly for the weather and be prepared for any changes ▪ Utilize proper lifting techniques and the buddy system and/or mechanical equipment. Use mechanical equipment when required ▪ Be aware of your body position when loading materials. Keep extremities away from pinch points, communicate with other workers when lifting or moving material ▪ Maintain 3-point contact when mounting and dismounting the truck

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#	Job Steps	Hazards	Control Measures
2	Hauling material from vehicle to work area	❖ Gravity - Heavy lifting, awkward body position, Walking on uneven ground, Mounting and dismounting the vehicle	<ul style="list-style-type: none"> ▪ Move materials in small bundles to avoid heavy lifting. Use buddy system and/or mechanical equipment ▪ Avoid twisting and turning when carrying materials ▪ Maintain 3-point contact when mounting and dismounting the truck. Clean steps and boots clean to avoid slippage ▪ Watch for uneven, or slippery ground, choose a smooth and clean path when unloading and moving materials
3	Pounding posts	❖ Motion - Pinch points between post-pounder and post, Struck by tools/flying debris, Underground facilities, Overextension or slipping backward, Post-pounder coming off the end of post	<ul style="list-style-type: none"> ▪ Be aware of your body/hand position ▪ Communication between workers is key to completing the tasks safely. Do not swing post-pounder until given the signal by your partner ▪ Use a post-pounder designed specifically for the task ▪ Keep hands off of the top of posts when pounding ▪ Always use Strike-approved gloves, safety glasses and minimum PPE ▪ Do not pound posts unless you have received a permit and all underground facilities are identified. If any damage occurs, immediately freeze the scene, and contact your supervision ▪ Add caps to the ends of T-bar where they pose a hazard to workers in the area or as per site requirement
4	Setting up snow fence	<ul style="list-style-type: none"> ❖ Motion - Slipping on the ground while moving between posts ❖ Motion - Cuts or personal injury, Unsecured Snow Fence, Improper tools for the task 	<ul style="list-style-type: none"> ▪ Avoid slippery and uneven ground, watch for ruts, and use traction aids or sand the ground as needed ▪ Only Strike and/or site approved knives are to be used for cutting snow fences. Always cut away from your body using a firm grip. Ensure no body parts are in the cutting path ▪ Inspect knife and blade before using

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#	Job Steps	Hazards	Control Measures
			<ul style="list-style-type: none"> ▪ Use wire cutters to cut and tighten wire ▪ Secure fence with wire to prevent snow fence from falling ▪ Install "Open Excavation" Signage on fence as required
5	Removal of Snow Fence with T-Post Puller	<ul style="list-style-type: none"> ❖ Motion - Pinch points between post and puller, Uneven ground resulting in slips/trips/falls, Over exertion if T-Post where frozen into the ground ❖ Human Factors - Poor body ergonomics ❖ Mechanical - Condition of T-Post Puller 	<ul style="list-style-type: none"> ▪ Assess ground conditions and stand on a level area ▪ Stretch before removing T-Posts. Never overexert body weight onto the T-Post puller handle ▪ Visually inspect the puller for any defects. Remove/tagout puller if defects are noted ▪ If soil is frozen, use post pounder to drive the post through frost first to break the post free; then extract the post

REFERENCE/REGULATIONS

COP 07 - Ground Disturbance
 SWP 18 - Tools/Equipment/Machinery

Albert Occupational Health and Safety Code
 Part 32 Excavating and Tunnelling

British Columbian Occupation Health and Safety Regulation
 Part 20: Construction, Excavation and Demolition

Manitoba Workplace Safety and Health Act and Regulation
 Part 26 Excavations and Tunnels

Occupational Health and Safety Regulations
 Part 17 Excavations, Trenches, Tunnels and Excavated Shafts

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