HUDSON BAY® INSULATION

Energy Efficiency Specialists™

Impalement Hazards

Instructor -- Chris Jenkins

Division -- Seattle

Start Date -- 2025-08-19

Expiration Date -- 2030-08-19

Job Name -- SMC NT

Foreman -- Erik Gladsjo

Attendance -- Erik Gladsjo, Chris Jenkins, Ryan Krahmer, Michael White, Guillermo Avina Marmolejo, Ronaldo Negrete-Nolasco, Noah Bos, Justin Cimorelli, Donte Davis

Comments:

Impalement injuries are serious:and often deadly. In our trade, we work around sharp materials and tools every day: exposed rebar, threaded rod, overhead piping, and more. That means the risk of impalement is real, and we can't afford to ignore it.

Common Impalement Hazards on the Jobsite.

Exposed Rebar or Threaded Rod sticking up from floor penetrations or concrete decks.

Uncapped All-Thread Rod used in overhead supports or hangers.

Scaffolding or Fall Hazards above areas with sharp objects.

Open Duct or Pipe Ends at head or chest level.

Working Above or Below Trades without guarding or barriers in place.

WA L&I and OSHA both require that all projecting materials be guarded to eliminate the hazard of

impalement:especially when work is taking place above or around them.

Preventative Measures

Cap It or Cover It

All exposed rebar and steel rods must be protected with approved impalement protection caps:not just plastic bump caps.

Standard plastic :mushroom: or :bump: caps are only allowed at ground level where there's no fall risk:and only used to prevent minor scrapes or cuts.

If there's any chance of a fall, only use steel-reinforced impalement caps.

These caps should be at least 4: square or 4.5: round to properly distribute impact force.

You can also build wooden troughs or covers using 2x4s to protect multiple rods:just ensure they're secure and impact-resistant.

Use Fall Protection

Always tie off when working above exposed hazards.

Keep walking, working surfaces clean and free of tripping hazards.

Barricade and Communicate

Use caution tape, flags, or barriers to block off impalement hazards.

Talk with the GC or other trades to coordinate and eliminate risk zones wherever possible.

Inspect the Area Daily

During your daily hazard analysis or pre-task planning, identify impalement risk.

Make sure any penetrations are capped, filled, or guarded before work begins.

Never Assume It's Safe

Even short rebar or threaded rod can cause life-threatening injuries.

If you see an unprotected hazard, stop and report it. Don't walk past danger.

Remember This!

It takes less than a 6-foot fall to suffer a deadly impalement injury. And it doesn't always look dangerous:until it's too late. You're often carrying tools, material, working off ladders, or balancing on platforms. One slip or wrong step could change everything.

Stay alert. Guard the hazard. Speak up. Protect yourself and your crew.