STCKY Wheel

Field Guide

2025

Ames Construction

Company Office
2500 County Road 42 West
Burnsville, MN 55337
952-435-7106

Central
2500 County Road 42 West
Burnsville, MN 55337
952-435-7106

Eastern
10815 David Taylor Drive
Charlotte, NC 28262
704-980-2637

Mountain
18450 East 28th Avenue
Aurora, CO 80011
303-363-1000

Western - UT
3737 West 2100 South
West Valley City, UT 84120
801-977-8012

Southwest
8333 East Hartford Drive
Scottsdale, AZ 85255
602-431-2111

Western - NV
2070 Griffen Street
Carlin, NV 89822
775-754-2261

Pacific
391 North Main Street
Corona, CA 92880
951-356-1275

Ames Federal
2500 County Road 42 West
Burnsville, MN 55337
952-435-7106

Table of Contents

At Ames, nothing is more important than the well-being of each and every person on our project sites. Ames is Fueled by Family, and we are successful when all our people, partners, and communities are safe and flourishing.

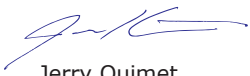
As we all know, every serious injury, accident, or fatality forever changes the lives of those impacted, both on and off our project sites. While we understand there is risk in life, and that risk will likely remain part of our lives and business, we also know that proactively identifying and managing risk reduces the potential for serious injuries and accidents.

Therefore, we are providing this Energy Wheel or STCKY Wheel (Stuff That Can Kill Us) for the identification of project risk. At Ames, everyone is responsible for identifying and taking steps to control hazards. The good news is that the STCKY Wheel is not something extra you are being asked to do. Rather, it's a tool to help you be more effective at identifying risks and increasing our actionable awareness.

As you know every injury or accident on the jobsite is the result of someone coming into contact with an energy source. When we visualize and identify the flow of energy in hazardous situations, we are then able to reduce the resulting risk and the likelihood for harm.

At Ames, we know all workplace injuries and accidents are preventable and can be eliminated. We are committed to taking the threat of those injuries and accidents seriously, so please study this guide and be familiar with the risks on your projects because we are all part of the solution and keeping everyone safe.

BE AMES AND FLOURISH.



Jerry Ouimet,
President and CEO

STCKY Wheel

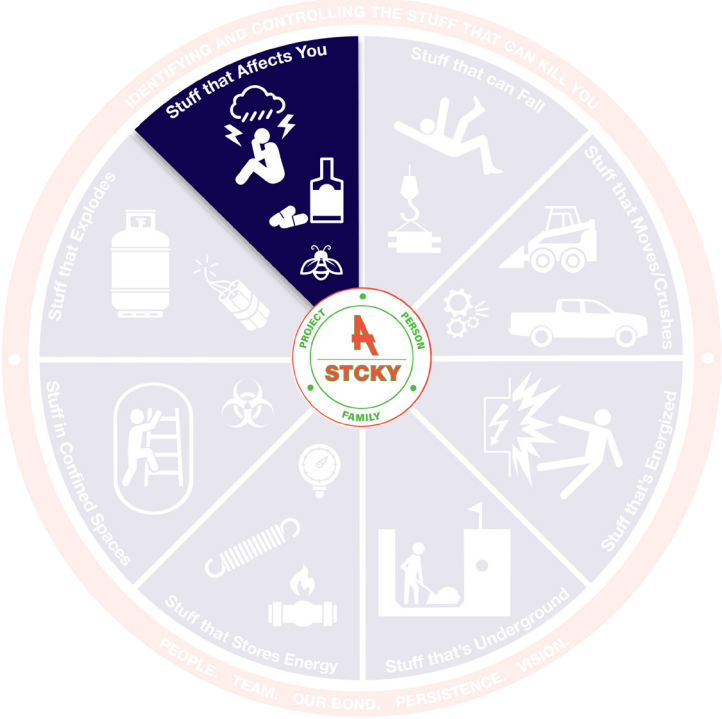
Purpose

- "STCKY" is a way to help us recognize and manage all situations that endanger our people, clients, partners, and communities.
- SIFs (Serious Injuries & Fatalities) are events that result in one of the following:
  - Life Ending
  - Life Altering
  - Life Threatening
- PSIFs (Potential Serious Injuries & Fatalities) are events that have potential to be significant or fatal.

Application

- This guide supports and enhances our existing hazard recognition, assessment, and control process.
- Use this guide during incident investigations: near misses, events with high potential, injury or illness events, property damage events, and environmental release incidents.
- Share and promote this guide with co-workers, supervisors, sub-contractors, and client representatives during planning meetings, toolbox talks, and field visits.

Stuff that Affects You



Stuff that Affects You

Identification

- Stress, anxiety, and depression can impair concentration, judgement, and reaction time, leading to mistakes and accidents.
- Mental health issues can cause fatigue, difficulty focusing, and absenteeism, leading to delays and decreased output Frustration and irritability stemming from mental health struggles can lead to conflicts with co-workers and supervisors. Individuals struggling with mental health may engage in risky behaviors, such as cutting corners or ignoring safety protocols. Co-workers may turn to drugs or alcohol to cope with mental health challenges, further impacting their well-being and safety of themselves and their co-workers.
- Hazardous animals, insects and vegetation can be present in the work area resulting in potential exposure injuries. Allergic reactions to insect stings or bites ranging from mild reactions to life-threatening conditions such as anaphylaxis or anaphylactic shock. Venomous bites or stings from snakes, spiders, or scorpions can lead to cardiac, respiratory, pulmonary, and neurological conditions.
- Extreme temperatures can lead to heat or cold stress illnesses such as heat exhaustion, heat stroke, hypothermia, frostbite, etc.

Response

- Encourage open conversations about mental health and create a safe space for workers to discuss their struggles.
- Ensure co-workers feel comfortable expressing concerns and seeking help without fear of negative consequences.
- Establish strong relationships between co-workers,supervisors, and management to foster a sense of community and belonging.

- Encourage co-workers to take breaks, disconnect from work, and engage in activities outside of work that promote well-being.
- Ensure co-workers have access to LYRA health and understand how to navigate the process.
- When planning the work, consider hazards posed by local wildlife, pets, livestock, insects, and noxious or poisonous plants.
- Remain calm when confronted with potentially dangerous animals and leave the area.
- Prepare and review appropriate controls, emergency response procedures, and first aid training and supplies before beginning work.
- Provide plant identification and wildlife awareness to field crews.

Stuff that can Fall

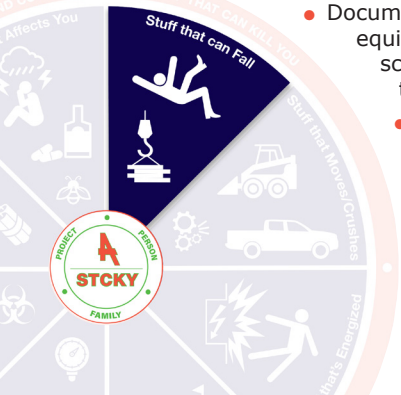
Stuff that can Fall

Identification

- Falls to a lower level without fall protection can result in SIFs.
- Suspension trauma injury can occur when someone is suspended in a fall protection harness if a rescue plan is not executed immediately.
- Inadequate anchor points can negate fall protection equipment and result in a fall.
- Falling objects (tools, materials, equipment, etc.) can result in SIFs. Falling material and loads can strike and injure coworkers.
- Elevated work platforms or scaffolding can fall or collapse, resulting in SIFs.
- Wind, rain and other weather conditions can create hazards while working at heights such as falls, struck-by, or other injuries.

Response

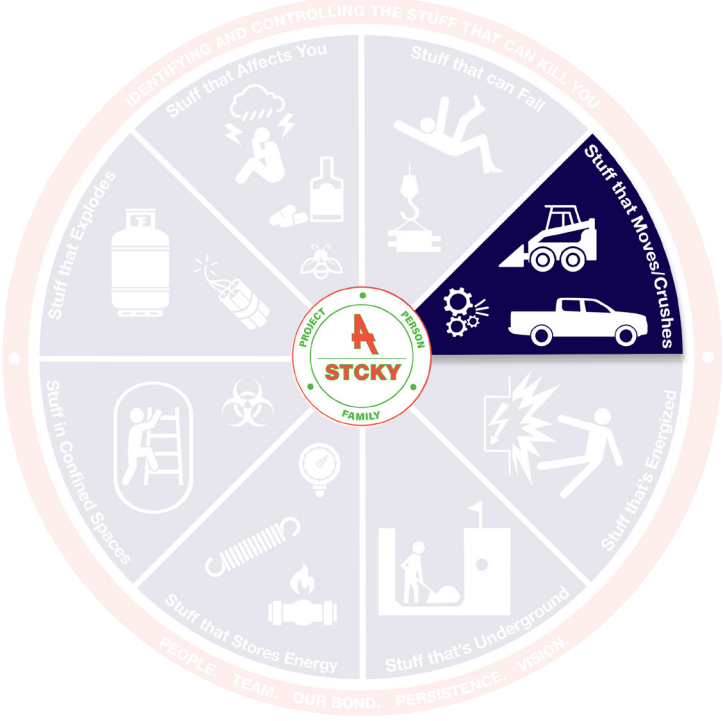
- Consider alternatives to working at heights as the preferred method.
- Fall protection planning and training if there is a risk of a fall. Mandatory when 6' or more above ground; **check local regulations or site-specific requirements.**
  - Prepare and communicate an emergency retrieval and rescue plan.
    - Document inspection of fall protection equipment, rescue equipment, ladders, scaffolds, and aerial lift platforms prior to use.
      - Prepare, communicate and practice rescue plan.
        - Use proper ladders in good condition; consider base, angle, and securement.
          - Maintain three points of contact



when ascending and descending.

- Use the correct fall arrest/restraint system when working from aerial lift platforms.
- Select and use a proper anchor point (5,000 lbs.)
- Use tool lanyards to prevent dropped objects.
- Do not walk or work under suspended loads, across or within paths of travel, or within swing zones. Control access.
- Verify operators, riggers and signalperson are trained and fit for duty.

Stuff that Moves or Crushes



Stuff that Moves or Crushes

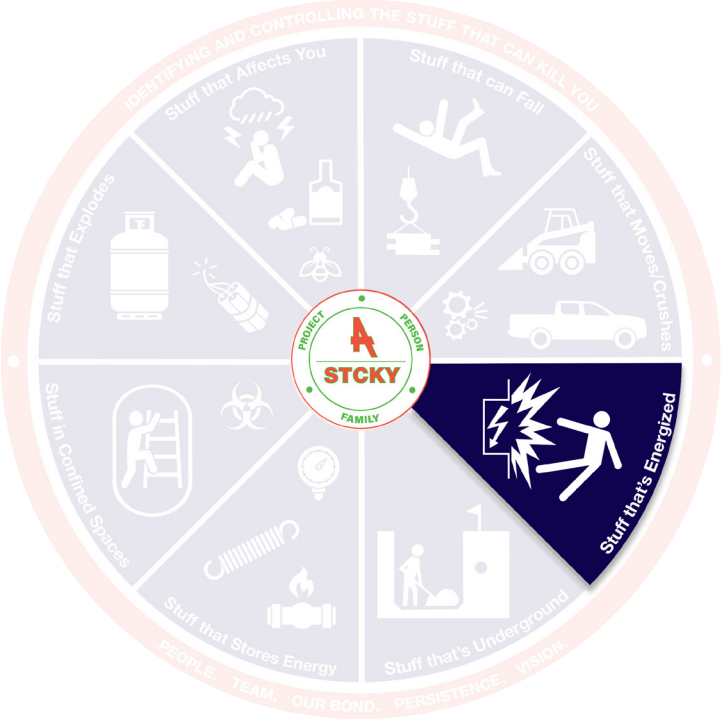
Identification

- Vehicle or equipment malfunctions such as flat tires, ineffective braking, and other system failures can contribute to collisions.
- Poor visibility from weather (rain/fog/snow), poor lighting, or obstructed view (mirror angles, vehicle load, surrounding objects) increase the risk of collisions.
- Stability due to road conditions (wet surfaces, soft shoulders, mud, gravel, potholes) can lead to loss of control or rollovers.
- Potential contact with other equipment or vehicles, cyclists, and moving or stationary objects can result in injury or damage.
- Vehicles and equipment operating in congested areas close to structures, mobile equipment, co-workers, pedestrians, and objects increase risk of collision.
- Unsecured cargo or loads can strike drivers, passengers, or workers in the area.
- Not using seatbelts and PPE that is appropriate for the vehicle can result in injury.
- Moving vehicles on roadways and in work zones can strike nearby co-workers, leading to SIFs.
- Moving equipment parts can strike and seriously injure nearby co-workers.
- Co-workers may be struck by a boat or barge while working on waterways.
- Mobile equipment operating too close to the edge of an excavation or trench can tip over or fall into the trench.
- Co-workers putting their hands or other body parts in a pinch point situation, which could lead to a SIF.

Response

- Conduct vehicle/equipment inspections and verify maintenance prior to operation.
- Verify drivers are approved competent and fit for duty.
- Use seatbelts when vehicle/equipment is in motion.
- Avoid distractions - use mobile devices only when the vehicle/equipment is parked and in a safe location.
- Secure equipment or cargo properly.
- Follow the speed limit.
- Use a spotter to assist with safe vehicle/equipment parking and positioning.
- Understand and avoid blind spots and tipping zones – make eye contact with operator and have an escape route.
- Respect vehicle exclusion zones and path of travel.
- Be aware that changing weather, terrain, and ground conditions can impact anticipated movement, stopping, and stability of mobile and heavy equipment.
- Follow traffic control plan and ensure it is being monitored.
- Ensure guards on equipment and tools are in place and not altered.
- Be situationally aware of your surroundings at all times.

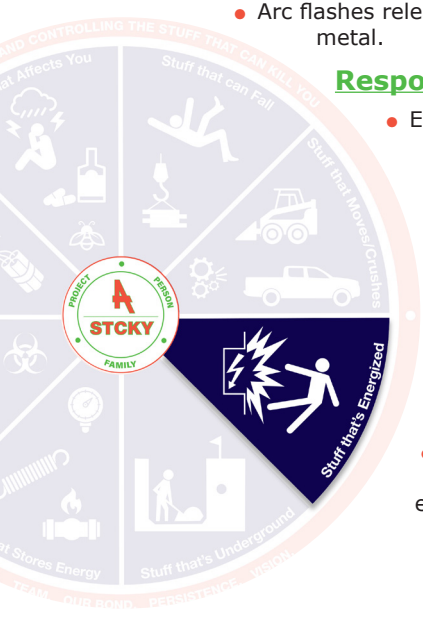
Stuff that's Energized



Stuff that's Energized

Identification

- Overhead power lines present electrocution hazards for co-workers working from ladders, scaffolds, or elevated work platforms.
- Striking overhead power or communication lines or underground utilities with cranes, drill rigs, excavators and other tall equipment can lead to electrocution.
- Co-workers working outdoors can be exposed to lightning during weather events.
- Incorrect wiring or a short in electrical equipment (such as power tools or extension cords) can create an electrocution hazard. Defective extension cords, welding cables, or other electrical equipment can result in electric shock or electrocution.
- Failure to use GFCI in wet environments can lead to electrocution.
- Arc flashes release extreme heat that can vaporize metal.



Response

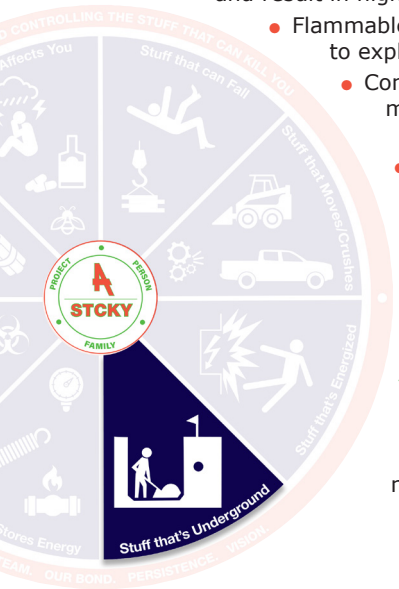
- Establish communication methods with spotters, operators, field staff, and signalers before work begins to prevent contact with overhead power lines.
- Develop and implement a task-specific procedure, including a lockout/tagout (LOTOTO) plan.
- Perform required inspections on electrical equipment.
- Establish and communicate the severe weather plan.
- Wear the appropriate arc rated gear when working around energized components.

Stuff that's Underground

Stuff that's Underground

Identification

- Spoil piles or other materials too close to the edge of an excavation or trench can result in collapse and entrapment.
- Improper sloping or shoring of excavations or excavations performed in unstable soil types can cause collapse and entrapment.
- Absence of hard barricades can lead to falls into the excavation.
- Materials being lifted overhead can fall into the excavation or trench striking a co-worker.
- Contact with rotating equipment such as augers or excavation attachments like buckets can cause SIFs.
- Noise from equipment can distract workers and hinder communication.
- Toxic gases that are heavier than air can collect in low areas and result in high concentrations.
- Flammable gases may be present and can lead to explosions.
- Contaminated soil (hydrocarbons, heavy metals, asbestos) can lead to SIFs.
- Risk of drowning from leaks or rain runoff that might fill the excavation or trench.
- Underground utility strikes can lead to electrocution or release of pressurized, flammable, or toxic material.



Response

- Verify all underground hazards (pipelines, electrical cables, etc.) have been identified, located, and if necessary, isolated and supported.

- Assess the risk for contaminated soil and identify health monitoring and PPE requirements.
- Obtain required permits and review local legislative requirements prior to excavation work.
- Ensure co-workers conducting excavation or trenching work are properly trained.
- Establish methods for safe entry into and out of excavations.
- Stabilize the soil by means of sloping, shoring, or the use of a trench box.
- Keep spoil piles and other materials a minimum of 2' back from the edge of the excavation.
- Prepare, communicate, and practice rescue plan.

Stuff that Stores Energy

Stuff that Stores Energy

Identification

- Items left in a raised or elevated position that are not secured against movement or release (such as a raised bucket on an excavator, dump truck bed, or a suspended load) can lead to crushing and struck-by injuries.
- Energy stored in an item under tension (compressed or coiled spring, ties in formwork, hydraulic jacks and rods, stacked pipe strapped on flat-bed loads, etc.) released may result in an individual being struck or crushed by the object.
- Release of stored energy from a pressurized system containing liquid (such as hydraulic fluid) or gas that can result in crushing or struck-by injuries.
- Underground utility strike from lack of or improper utility locates (location drawing and information), stacked utility services, cable loops, live electrical systems, and faulty detection equipment.

Response

- Develop and implement a task-specific procedure, including an approved LOTOTO plan.
- Identify all sources of energy and isolation points.
- Blank or bleed lines
- Lock and tag energy sources. Lock keys are only accessible by those performing the work.
- Consider multiple energy source hazards and confirm that they are in a zero-energy state before starting work.
- Where lockout is not possible and tagout is used, additional measures may be required to prevent unintentional operation.

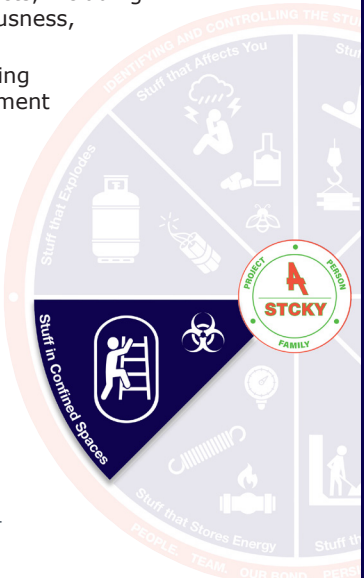
- Where lockout is not possible and a tagout plan is used, verify guards and barriers are in place and appropriate to the hazard and risk level present.
- Identify and label all pinch points where body parts and equipment could be caught during the appropriate risk assessment process.
- Do not remove or alter any guards.

Stuff in Confined Spaces

Stuff in Confined Spaces

Identification

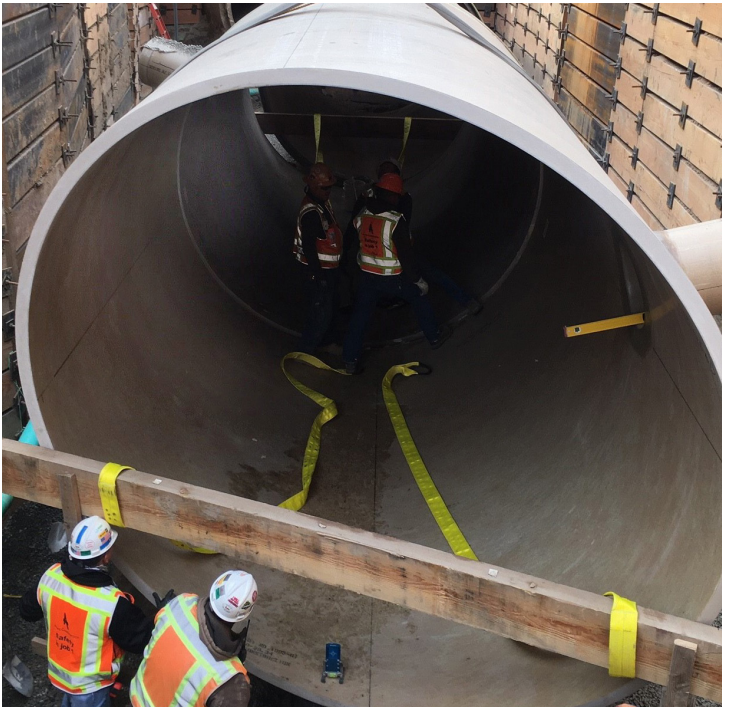
- Slips, trips, or falls due to limited entry and egress points; inability to position ladders for safe movement from level to level; slippery surfaces.
- Flowing liquid or free-flowing solids can result in drowning, suffocation, burns, and other injuries.
- Climbing into or out of confined spaces can lead to falls, being struck by an object, or injuries from unintended contact with structure walls or surfaces.
- Excessive heat due to the enclosed nature of a confined space can increase the risk of heat stress or heat stroke.
- Spaces such as sewers may contain dangerous animals, insects, human waste, and other biological materials than can infect workers with a variety of diseases.
- Hazardous atmospheres- such as flammable, explosive atmospheres, toxic, or oxygen-deficient atmospheres- may lead to serious environmental effects, such as fire or explosion, or several health effects, including impaired judgement, unconsciousness, asphyxiation,and death.
- Defective extension cords, welding cables, or other electrical equipment can result in electric shock or electrocution.
- Failure to use GFCI in wet environments can lead to electrocution.



Response

- Identify all hazards associated with the space and whether it meets permit-required criteria.
- Ensure the work plan, along with the permit, is communicated and understood by all crew-members.

- Make sure energy sources have been identified and isolated.
- Have an appropriate rescue plan in place, with equipment and trained co-workers readily available prior to entry.
- Confirm designated co-workers and contractors have appropriate training to perform confined space entry work.
- Ventilate and test the atmosphere prior to entry.
- Verify two-way communication is established and tested.
- Restrict access to the space through signage and barricades.
- Check access and egress points. Plan for fall protection when access or egress is at an elevated height.

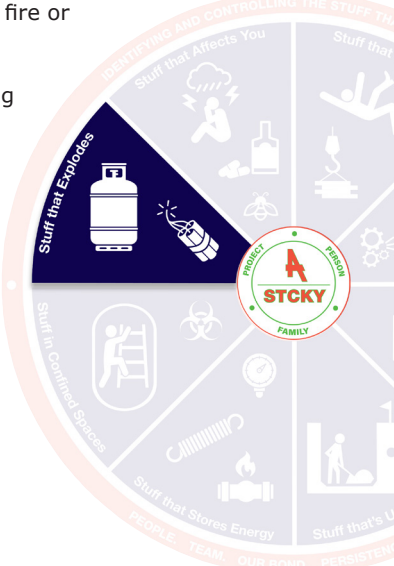


Stuff that Explodes

Stuff that Explodes

Identification

- Vehicles operating near explosive atmospheres or dried-out vegetation can create an additional ignition source, leading to fire or explosion.
- Improper handling of corrosive, flammable, and combustible materials can lead to fire or explosion.
- Compressed gas cylinders can become projectiles if valves are broken in a fall or collision, or can explode if the tank overheats.
- Unrestricted entry into a work area by combustible engine-driven equipment such as welding machines, generators, or vehicles can start a fire or can result in an explosion.
- Flammable or combustible accumulations, spills, drips, or other releases can result in fire or explosions.
- Pressurized gas lines may be present during excavating or pile-driving activities where grinding, cutting, or welding are present and lead to fire or explosion.
- Hazardous by-products such as welding fumes or gases can lead to asphyxiation, fire or explosion, and toxicity or other illness.
- Co-workers could enter the blasting exclusion zone and be struck-by fly rock.
- Undetonated charges mishandled.

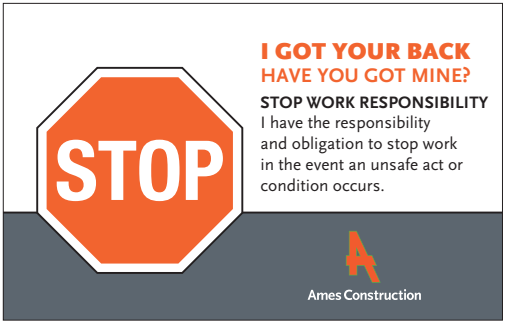


Response

- Ensure controlled access zones are established and vehicles are kept out of areas where an explosive atmosphere exists.
- Hazardous materials must be handled with care and SDS must be readily available.

- Compressed gas cylinders must be stored upright and be secured from movement.
- Secure blasting exclusion zones to prevent any unauthorized entry.
- Follow mis-fire management plan for undetonated charges.
- Prepare, communicate, and practice rescue plan.

Stop Work Responsibility



The purpose of the Ames Construction Stop Work Responsibility (SWR) program is to provide co-workers, sub-contractors, clients, and visitors with the responsibility and obligation to stop work when a perceived unsafe condition or behavior may result in an undesirable event.
Ames construction considers no activity to be so urgent that its standards for environmental protection, safety, or health may be compromised. Co-workers have the right and responsibility to not perform tasks or activities they feel pose undue risk to themselves, co-workers, or the environment.

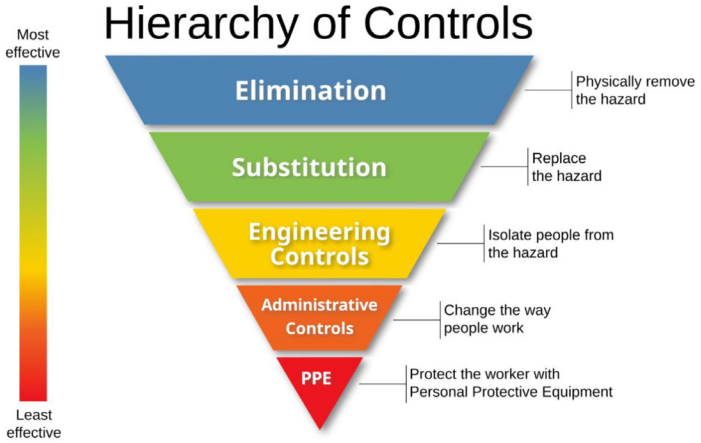
Stop Work Responsibility is a multi-step process:

1. **STOP** – Stop if you see an unsafe condition, action, or behavior that could lead to injury or incident.
2. **NOTIFY** – Notify affected personnel and supervision immediately.
3. **CORRECT** – Correct the unsafe condition, action, or behavior.
4. **RESUME** – Resume work once the issue has been resolved and the crew has re-briefed.

Hierarchy of Controls

Hierarchy of Controls: Applying the right controls for the Energy

We must assess each project and task to determine the hazards associated with each form of energy and implement controls to eliminate or minimize our exposure. When implementing controls, follow the Hierarchy of Controls below, which are listed from most effective to least effective.

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