Roofing Siding and Sheet Metal Meeting Kit

WHAT’S AT STAKE

If you’ve ever spent a day on a roof or installing siding, you know it’s no easy task. You’re up high, balancing heavy panels or sheets of metal, often with power tools in hand and the weather working against you. It only takes one misstep, one gust of wind, or one overlooked detail to put your safety at risk. Falls, cuts, strains, or even serious heat or cold exposure are all part of the job if you’re not careful. And when something goes wrong, it doesn’t just slow down the project; it can change your life. That’s why protecting yourself every step of the way is so important. Whether you’re new to trade or have been doing it for years, your health, safety, and future are always on the line.

WHAT’S THE DANGER

Roofing, siding, and sheet metal work might look routine to seasoned crews, but it’s one of the most hazardous construction trades in North America. Here’s why this type of work demands serious attention to safety:
Falls from Height

- Roof edges, scaffolding, and ladders create constant fall risks.
- A slip, misstep, or unsecured harness can lead to life-threatening injuries.
- In both the U.S. and Canada, falls are a leading cause of death in construction.

Sharp Edges and Tools

- Sheet metal has razor-sharp edges that can cause deep cuts or puncture wounds.
- Power tools like shears, saws, and nail guns require focus

and proper handling.

Heat and Weather Exposure

- Roofers work directly under the sun for long hours, risking heat exhaustion or heatstroke.
- Sudden storms or icy conditions can make surfaces slippery and dangerous in seconds.

Electrical Hazards

- Working near overhead power lines or installing metal near wiring can lead to electrocution if precautions aren’t taken.

Heavy Lifting and Strains

- Carrying bundles of shingles or sheets of metal up ladders can put serious strain on your back, shoulders, and knees.

HOW TO PROTECT YOURSELF

Staying safe while working in roofing, siding, and sheet metal means planning ahead, using the right gear, and staying alert every step of the way. The risks are serious—but so are the solutions. Here’s how to protect yourself on every job:

Fall Protection is Non-Negotiable – Falls are the number one hazard in roofing. Always use fall protection, no matter how “quick” the task.

- Wear a properly fitted full-body harness connected to a secure anchor point.
- Use guardrails or safety net systems when available.
- Inspect fall protection equipment daily—frayed lanyards or loose buckles can cost you your life.

Example: Before starting, make sure your lifeline is attached to a rated anchor point, not just a vent pipe or gutter. Check that your harness fits snugly—not loose or twisted.

Protect Your Hands and Eyes – Working with metal means sharp edges and flying debris.

- Wear cut-resistant gloves when handling sheet metal or using power tools.
- Safety glasses or goggles are a must—especially when cutting, grinding, or fastening materials.

Stay Weather-Wise – Roofers and siding crews are always exposed to the elements.

- In hot weather, take breaks in the shade and drink water often.
- Use sunscreen and wear light, breathable clothing.
- If conditions change—rain, ice, or wind—stop and reassess. Slippery surfaces can turn deadly fast.

Watch for Electrical Risks – Overhead wires and nearby electrical panels are real threats.

- Always look up and around for power lines before raising ladders or hoisting materials.
- Keep metal tools and materials a safe distance from energized equipment.

Lift Smart and Plan the Load – Carrying shingles or sheet metal takes a toll.

- Lift with your legs, not your back.
- Use material hoists when possible.
- Break large loads into smaller ones and ask for help when needed.

Do a Site Safety Check – Before any work begins, take a walk around the site.

- Look for uneven ground, loose materials, or unstable ladders.
- Make sure ladders are on level surfaces and tied off at the top.

Bonus Tip: Keep a first aid kit nearby and make sure everyone knows where it is. If someone gets cut or overheated, a fast response makes a big difference.

FINAL WORD

Roofing, siding, and sheet metal work demand focus, skill, and respect for the risks involved. One missed step, one unsecured ladder, or one pair of forgotten gloves can lead to an injury that changes everything.