



SAFETY PAGES

March 2019

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Remember if you have any safety suggestions, questions or concerns please let us know. In addition, if you have a safety topic that you would like covered in a Safety Page for training purposes let us know and we will develop one. Topics to our inventory of monthly Safety Pages are continually being added.



The OHBA/SAIF Safety Pages are an ongoing series of pages, designed to provide a selection of safety topics each month to OHBA members. Please use these pages to add to (or start) either a Safety Committee file or manual for your company. Some of the Safety Pages will be on general topics and others will be for Owner/Supervisors. The Owner/Supervisor Safety Pages will be on topics based more on compliance or suggested management safety practices.

IMPORTANT NOTICE OF RESPONSIBILITY

The Oregon Home Builders Association Safety Committee's purpose is to provide safety guidelines, information and resources to help our members work more safely and reduce jobsite accidents. Full and active monthly participation in safety meetings using the OHBA Safety Committee's agendas, topics and checklists will only meet safety committee requirements. It remains your responsibility to comply with all aspects of safety rules and regulations.

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OHBA Safety Pages: Eye Protection

Introduction: Eye injuries from dust and particles, welding light, and chemicals are common on jobsites. Often workers wear the wrong eye protection or none at all. Although some eye injuries are minor, even a simple scratch from wood, cement, or drywall dust can cause lasting pain. Metal slivers from a grinding wheel, or rebounding nails from routine hammering and carpentry can puncture the eye and lead to vision loss. Welding light can cause “welders’ flash” that burns eyes and surrounding tissue. Nearby workers and bystanders are also at risk. Work-related eye injuries can have lifelong consequences.



Main Message:

- Identify the eye hazards before you start work.
- Always wear the correct eye protection for those hazards.
- Safety glasses help protect against particles and dust. Look for “Z87+” on the frame or lenses as an indicator of impact protection.
- Use vented goggles for caustic dust, such as cement dust, and non-vented goggles for chemicals.
- Use face shields with safety glasses or goggles for protection from flying objects or chemical splashes.
- When welding, use a welding helmet or goggles with the correct lens shade for the job (shade 10–14 for arc welding; 4–8 for gas welding; and 3–6 for torch brazing). Welders’ helpers and bystanders also need UV protection.
- Take care of your eye protection. Replace it when damaged.
- If injured, do not rub your eyes. For dust, small particles, or chemicals, use the eyewash station. Rinse with clean water for at least 15 to 20 minutes.
- For cuts, punctures, and objects in the eyes, seek medical attention; do not wash out your eyes or try to remove objects yourself.



The information we provide is not intended to include all possible safety measures and controls. In addition, the safety information we provide does not relieve the Members of its own duties and obligations with regard to safety concerns, nor does Oregon Home Builders Association guarantee to the Members or others that the Member’s property, job sites and/or operations are safe, healthful, or in compliance with applicable laws, regulations or standards. The Members remain responsible for their own operations, safety practices and procedures and should consult with legal counsel as they deem appropriate.

SAFETY PAGE MEETING GUIDE

Topic: Eye Protection

Employer: _____ Project: _____

Date: _____ Time: _____ Shift: _____

Number in crew: _____ Number attending: _____

Safety or Health issues discussed. Include recent accident investigations and hazards involving tools, equipment, the work environment, work practices and any Safety or Health recommendations:

Follow up on recommendations from last safety meeting:

Record of those attending:

Name: (please print)	Signature:	Company:
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Supervisor's remarks: _____

Supervisor: _____ (Print) _____ (Signature)

OHBA Safety Pages: Train Your Brain

For Safer decisions, pause and think

Experts tell us there are at least two ways to look at every problem:

- We can rely on our automatic, involuntary response, which is influenced by intuition and unconscious bias.
- We can engage in deliberate, analytical problem solving.

This is sometimes called “fast” and “slow” thinking, and there are advantages and disadvantages to both. For instance, if we’re about to be run over by a speeding taxi, the best response is to leap to safety. But if we’re surprised by a sudden fire, the proper response requires conscious thought.

Making safe decisions often requires that we slow down and think deliberately. This helps to counter any biases, such as assuming company leaders always know what’s right or sticking with the way things have always been done. Consider asking the following:

- What are other ways to perform this task?
- What alternatives are the safest?
- Do we have enough information to make an informed decision?
- Is any key information missing?
- Why are we doing it this way?

The following techniques also can help build resilience and increase performance, focus, and memory while reducing stress, anxiety, and fatigue.

Switch on

Ask simple questions to activate deliberate thinking:

- What’s changed since my last shift?
- How would someone else see this?
- Does this mean I’m safe?

PAUSE before acting

Perceive the situation.

Allow at least 10 seconds.

Understand before taking action.

Seek new solutions.

Evaluate if things are going as expected.

Take a walk

Focused walking, such as in a labyrinth, can induce a contemplative or meditative state of mind.

Prime for safety

Conduct a job hazard analysis or pre-task plan.

Take care of yourself

Reducing fatigue, eating a balanced diet, and managing stress can increase our capacity for deliberate thinking.

Unplug from screens

Powering down electronics provides time to reset, refresh, and refocus.

Practice mindfulness

Follow these steps for five minutes each day:

1. Sit with your back straight.
2. Take a deep breath and close your eyes.
3. Notice your natural breathing pattern but don’t change it.
4. As your mind wanders, bring your awareness back to your breathing.

Credit: Saif.com



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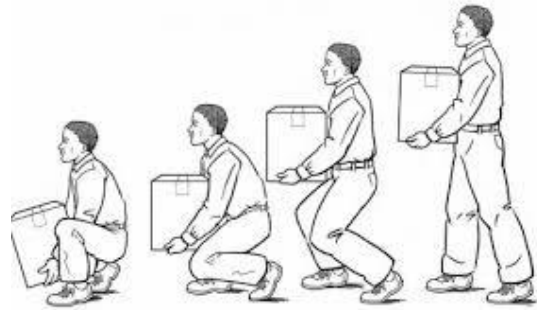
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Supervisor: _____ (Print) _____ (Signature)

OHBA Safety Pages: Lifting and Carrying

Introduction: Back injuries are caused by lifting and carrying heavy materials, working in awkward positions, and bending often to lift materials off the ground. Construction has one of the highest rates of back injuries of any industry.



Main Message:

- Whenever possible, use mechanical equipment like a dolly to move heavy objects horizontally.
- Never try to lift an item weighing over 50 pounds by yourself.
- Plan your lifts; make sure the path is clear and you are facing the direction of travel before lifting.
- While lifting, tuck in your chin to keep your neck straight, and keep your back as straight as possible.
- Lift with the leg muscles, which can help protect your back.
- Ask for help with heavy or awkward objects.
- Avoid twisting your body while carrying an object.
- Coordinate and practice team lifting before using it for moving objects.



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OHBA Safety Pages: Hearing Protection

Hearing Protection is for Everyone

Why? Everyone is exposed to loud noise at some time in their lives—even babies! Lawn mowing, fitness classes, truck and tractor pulls, airplanes, table saws, rock concerts, snowmobiles—all these environments can be too loud. The decibel is a unit used to express sound level, and “loud noise” means sounds that are more than 80 decibels. Loud noise can be very hazardous to your health and particularly to your hearing. Over time, exposure to loud sounds on a regular basis can result in permanent hearing loss. You often don’t know you have the hearing problem until it is too late to do anything about it. Sudden, VERY loud noises, like explosions, can cause instant hearing loss.



Why is hearing loss a problem? Imagine being cut off from all the things that are important to you—friends, family, TV, radio, MUSIC! It’s not a comforting thought. When you’re born, your hearing is as good as it will ever be, so you need start protecting it as soon as you can. Hearing loss due to loud noise is preventable, but it is NOT treatable once you have it.

So what kind of hearing protection should I wear? Either earplugs or earmuffs are fine. For noise exposure outside of the workplace, most types sold in safety stores or hardware stores will block out enough noise to protect your hearing. Pick a style that you like the look of and feels comfortable to wear.

Really, what’s the BEST hearing protector? The best hearing protector is one that you will want to wear for the entire time you’re exposed to noise.

How should they fit? Earplugs should fit snugly in your ear canal and someone looking at you should have a hard time seeing them. If they stick out too far, they’re not blocking sound. Earmuffs should fit close to your head, with no gaps. There is another style of hearing protector called the “banded” earplug—it’s an earplug (that can go into the ear canal or sit over it) on a headband.

How long do they last? Foam (“disposable”) earplugs will last for about 10 wearings; other earplugs will last about 1 year. The custom molded type, made of medical silicone, will last about 3-4 years. Earmuffs will last about 4-5 years, but you must replace the cuff (the part that sits right on your skin) every year. The oils and sweat from your skin will make the plastic of the cuff deteriorate.



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