



SAFETY PAGES

July 2021
Safety Pages:

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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: Dehydration

There are various heat stress disorders that may affect us as the summer heat increases the temperature and humidity of our work sites. During the summer, we must all take precautions to ensure our bodies don't get over heated.

Although dehydration is technically not a heat disorder, it is certainly related.

Dehydration occurs when you lose more fluid than you take in and your body doesn't have enough water and other fluids to carry out its normal functions. If lost fluid remains unreplenished, you may suffer serious consequences.

Common causes of dehydration include intense bouts of diarrhea, vomiting, fever or excessive sweating. Inadequate intake of water during hot weather or exercise also may deplete your body's water stores. Anyone may become dehydrated, but young children, older adults and people with chronic illnesses are most at risk.

Early Symptoms of Dehydration

Symptoms and signs of dehydration can be minor, such as increased thirst, or severe and life-threatening, depending on the extent of the dehydration.

The early symptoms of dehydration are

- thirst, and
- reduced urine output and darkening of the urine.

As dehydration progresses, other symptoms develop, including

- dry mouth,
- lightheadedness,
- muscle cramps, and
- palpitations.

Minor dehydration can be treated by replenishing the lost fluids your body has lost. Drink at least 32 ounces of water or sports drinks slowly and steadily. Rest, if you don't feel better, drink more slowly and steadily. For more serious dehydration, seek appropriate medical attention.

On a normal day, a person has to drink a significant amount of water to replace the routine loss.

The formula for daily fluid requirements depends upon an individual's weight.

Bodyweight	Daily fluid requirements (approximate)
100 pounds	50 ounces
150 pounds	65 ounces
200 pounds	70 ounces
250 pounds	85 ounces

This is the basic body requirement. More fluid would be needed to replace excess sweating from exercise or fever, fluid loss from vomiting, and diarrhea or increased urine production.



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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:

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Supervisor's remarks: _____

Supervisor: _____ (Print) _____ (Signature)

OHBA Safety Pages: UV Safety Awareness

Get out the Sunglasses: July is UV Safety Awareness Month

During the summer there is usually a lot of emphasis on protecting skin from UV rays during the summer. But one must not forget about protecting the eyes—the most exposure to bright sunlight increases the risk of developing cataracts, macular degeneration, and growths on the eye including cancer.



July is UV safety awareness month. However, eyes are at risk to UV rays all year round. It is important to protect the eyes from UV rays in all situations by wearing proper eye protection—UV blocking sunglasses.

The hours between 10 a.m. and 4 p.m. daylight savings time (9 a.m. to 3 p.m. standard time) are the most hazardous for UV exposure in the continental United States. UV rays are the greatest during the late spring and early summer in North America.

Ultraviolet (UV) Light

Ultraviolet (UV) rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can penetrate and change skin cells.

The three types of UV rays are ultraviolet A (UVA), ultraviolet B (UVB), and ultraviolet C (UVC)—

Here are some tips from the American Academy of Ophthalmology:

- Don't focus on color or darkness of sunglass lenses: Select sunglasses that block UV rays. Don't be deceived by color or cost. The ability to block UV light is not dependent on the price tag or how dark the sunglass lenses are.
- Check for 100 percent UV protection: Make sure your sunglasses block 100 percent of UV-A rays and UV-B rays.
- Choose wrap-around styles: Ideally, your sunglasses should wrap all the way around to your temples, so the sun's rays can't enter from the side.
- Wear a hat: In addition to your sunglasses, wear a broad-brimmed hat to protect your eyes.
- Don't rely on contact lenses: Even if you wear contact lenses with UV protection, remember your sunglasses.
- Don't be fooled by clouds: The sun's rays can pass through haze and thin clouds. Sun damage to eyes can occur anytime during the year, not just in the summertime.
- Protect your eyes during peak sun times: Sunglasses should be worn whenever outside, and it's especially important to wear sunglasses in the early afternoon and at higher altitudes, where UV light is more intense.
- Never look directly at the sun. Looking directly at the sun at any time, including during an eclipse, can lead to solar retinopathy, damage to the eye's retina from solar radiation.

Credit: Eye&Health.com



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OHBA Safety Pages: Welding Safety

Do not wear any clothing that has been contaminated with oil, grease, gasoline or other flammable or hazardous materials!

- **Wear a welding helmet or face shield with correct shade of filter for type of welding.**
- **Wear safety glasses with side shields under your welding helmet.**
- **Wear dry, hole-free and approved leather welding gloves.**
- **Wear head and ear protection to protect your head and ears from hot sparks and slag.**
- **Wear a flame-retardant shirt or jacket with cuffless pants and high top work boots.**
- **Wear approved respirator when needed due to type of welding being done – hazardous welding fumes; i.e. Hexavalent Chromium.**



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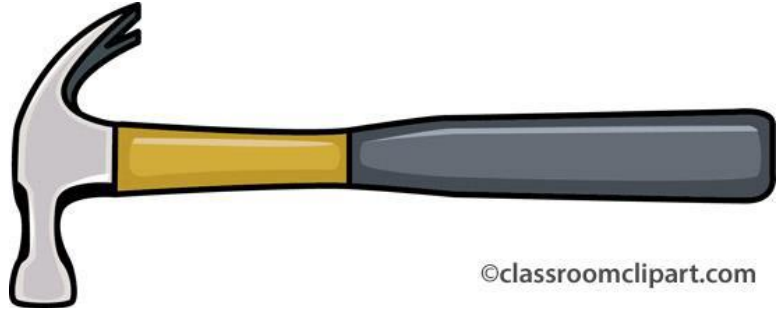
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OHBA Safety Pages: Striking Tool Safety

- **Always wear approved eye protection (Z-87).**



- **Do not use striking tool if head or striking area is mushroomed, dented, chipped, cracked or has excessive wear.**

- **Do not use a striking tool if handle is loose, cracked, splintered, or has excessive wear.**

- **Strike with a square blow with the striking surface parallel to the surface being struck. Always avoid glancing blows and over or under strikes.**

- **Keep other workers clear of the work area.**

- **Survey the area or material you wish to use the striking tool on. Check for hazards or defects in the material or area.**



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