



# SAFETY PAGES

October 2020  
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: Housekeeping

The lack of proper housekeeping on the job is one safety hazard common to all construction sites and manufacturing shops. Good housekeeping is one item that can help improve not only the safety on the job, but also the morale and productivity of the job.



- Helps to limit potential of slips, trips and falls from spills or cluttered floor or ground areas.
- Increases production and efficiency of the operation. Time is not spent maneuvering over or around someone else's mess or looking for proper tools and materials.
- Helps to prevent a fire that could cause an injury and/or shut down the job site.
- Creates a good "first impression" of workplace environment and reflects well on the quality of work.
- Keep scrap lumber with protruding nails separate from other debris; bend nails over or remove from lumber.
- Keep all waste debris in neat piles and away from the immediate work area.
- Store materials only in their designated areas.
- Place trash barrels where needed to eliminate food and other lunch debris.
- Keep tools and equipment stored neatly.
- Keep extension cords from being trip hazards. If necessary, run them overhead; same applies to air compressor hoses.
- Don't let trash and debris build up. If it does, make an extra effort to get it cleaned up.

## Good Housekeeping Can:

- Help to prevent minor injuries like cuts, punctures, slivers.
- Help prevent major accidents like slips, trips, falls and fires.
- Also help to prevent strains and sprains from not having to lift, push or pull material or equipment from around or over debris.



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: Housekeeping

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:

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Follow up on recommendations from last safety meeting:

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Record of those attending:

| Name: (please print) | Signature: | Company: |
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Supervisor's remarks: \_\_\_\_\_

Supervisor: \_\_\_\_\_ (Print) \_\_\_\_\_ (Signature)

# OHBA Safety Pages: Gasoline Safety

- Never use or store around an open flame, pilot lights, portable heaters or other ignition sources!
- Never smoke or permit smoking while being dispensed or near storage location!
- Never use to start, restart or accelerate a fire!
- Never refill gasoline engines when hot!
- Never use as a hand cleaner!
- Never use as a solvent to clean things!
- Always store in proper safety cans that are rated for gasoline and DOT approved!
- Never store in glass or plastic bottle containers!
- Dispense in a well-ventilated area!
- Remove clothing that has been soaked by gasoline!
- Limit the amount in the workplace!



**1 gallon of gasoline = 20 sticks of dynamite!**

**An ignited gasoline fireball can reach temperatures of 15,000 degrees F.**



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Supervisor: \_\_\_\_\_ (Print) \_\_\_\_\_ (Signature)

# OHBA Safety Pages: Shifts, Long Hours and Fatigue

Working evening or early morning shifts makes it hard to get enough quality sleep. Lack of sleep and long work hours can make you tired (fatigued) at work. Tired workers can have a harder time focusing, putting them at higher risk for injury.



## ➤ Signs of fatigue include

- Poor sleep
- Feeling tired or falling asleep at work
- Lack of energy or motivation; a ‘do not care’ attitude; moodiness; or poor judgment
- Difficulty focusing on work
- Slowed reactions
- Increased anger or irritability

## ➤ Take action

- Take breaks at least every 1 to 2 hours or spend time working on another task.
- Eat healthy snacks often, such as fruit and nuts. Candy, chips, and other processed and sugary foods make you feel more tired.
- Drink plenty of water to stay hydrated.
- If possible, stay or go frequently into brightly lit areas to improve alertness.
- Don’t drive or operate machinery if overly tired. Drowsiness increases your risk of a car crash or other incident.

## ➤ Make changes

- Rest on your days off and have at least one day off per week.
- Limit use of caffeine, especially 5 hours or more before bed.
- Make your sleeping space comfortable, dark, and quiet. Avoid lighted screens of cell phones, tablets, computers, etc., 60 to 90 minutes before bed.
- Get 7 to 9 hours of quality sleep each day (most people need this much). See a doctor if you are having trouble sleeping or if you fall asleep at work. Remember, getting enough sleep can save your life.



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SAFETY PAGE MEETING GUIDE

Topic: Shifts, Long Hours, and Fatigue

Employer: \_\_\_\_\_ Project: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Shift: \_\_\_\_\_

Number in crew: \_\_\_\_\_ Number attending: \_\_\_\_\_

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## OHBA Safety Pages: Avoiding Back Injury at Work

The key to avoiding back injury at work is to always plan ahead. Know how to handle a situation before it happens, that way when something does come up you will be able to make the best possible decision based on the new circumstances.

### **What is the first plan of action that you must use when you see a load that could pose a risk of injury?...**

The safest way to handle the situation is to use whatever form of mechanical means that you have available to you. This means using excavators, loaders, forklifts, dollies, come-alongs, pry-bars, etc. etc. Always use machinery or equipment as your first defense against back injury at work.

### **What is the second plan of action that you must use when you see a load that could pose a risk of injury?...**

Ask a fellow crewmember to help you lift the load. As a rule of thumb, a worker can safely lift 50 lbs. without serious concern of back injury. Therefore, if a piece of equipment weighs 140 lbs., 3 workers should be available to lift the weight. All crewmembers should also be watching out for one another and should offer to help out if they see someone else trying to lift something that is too heavy.

### **What is the third plan of action that you must use when you see a load that could pose a risk of injury?...**

Discuss the situation with your supervisor. Never hesitate to talk to your supervisor if you feel that lifting a load could be dangerous. Any reasonable supervisor will listen to your concerns and find a safer way of handling the situation.

**Remember... NO ONE IS GOING TO THANK YOU IF YOU INJURE YOURSELF!**

Everyone should go home safely at the end of the day, so always remember to use caution and follow the above three steps before lifting anything that could pose a risk of injury.



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SAFETY PAGE MEETING GUIDE

Topic: Avoiding Back Injury at Work

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Number in crew: \_\_\_\_\_ Number attending: \_\_\_\_\_

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