SAFETY PAGES

BUILDERS ASSOCIATION SOUTHERN OREGON

January 2024
Safety Pages:

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.

OHBA
OREGON HOME BUILDERS ASSOCIATION

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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2075 Madrona Ave. SE STE. 150, Salem, Oregon 97302 541.971.6669 cell 503.362.5120 fax www.oregonhba.com

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.

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:

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Follow up on recommendations from last safety meeting:

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Record of those attending:

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Supervisor's remarks: _____

Supervisor: _____ _ _____
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OHBA Safety Pages: Hand Safety

Introduction:

Protecting your fingers and hands is important for your work and quality of life. Work-related hand injuries are one of the leading reasons workers end up in the emergency room and miss work. Damage to the nerves in your fingers and hands, loss of a finger, a skin burn, or allergic reaction, can negatively impact the quality of your work, your productivity – or worse – end your career and seriously detract from your quality of life. The cost of these types of injuries and illnesses to the construction industry is estimated in the hundreds of millions of dollars each year.

Main Message:

- Always stay alert and focused on keeping your hands safe – not just at the start of work or a task.
- Keep guards on machinery and power tools in place – Don't remove or reposition them. • Use tools and equipment designed for the work being performed and use them as instructed by your supervisor and/or the manufacturer.
- Don't put your hands or fingers near the moving parts of a power tool or equipment. Make sure machinery, equipment and power tools are completely off before you try replacing, cleaning or repairing parts – follow lock-out/ tag-out procedures.
- Identify safety features on tools and equipment before you use them, such as emergency off switches.
- Check tools and equipment to make sure they are in proper working order before beginning a task.
- Keep hands and fingers away from sharp edges (blades, protruding nails, etc.). Never cut toward the palm of your hand.
- Select hand tools that are ergonomic for your hand (the right size, lowest weight, and have features such as grips, anti-vibration handles, handle angles that allow you to work without your wrist bent.)
- Wear gloves that fit your hand and are right for the work being performed – not all gloves protect against all hazards.
- Do not wear rings, other jewelry or loose articles of clothing that could get caught on a moving object.

SAFETY PAGE MEETING GUIDE Topic: Hand Safety

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OHBA Safety Pages: Seven Common Accident Causes

Introduction:

Consider this statistic: 80 out of every 100 accidents are the fault of the person involved in the incident. Unsafe acts cause four times as many accidents and injuries as unsafe conditions.

Accidents occur for many reasons. In most industries people tend to look for "things" to blame when an accident happens, because it's easier than looking for "root causes," such as those listed below. Consider the underlying accident causes described. Have you been guilty of any of these attitudes or behaviors? If so, you may have not been injured…but next time you may not be so lucky.

Main Message:

1. **Taking Shortcuts:** Every day we make decisions we hope will make the job faster and more efficient. But do time savers ever risk your own safety, or that of other crew members? Short cuts that reduce your safety on the job are not shortcuts but an increased chance for injury.
2. **Being Over-Confident:** Confidence is a good thing. Overconfidence is too much of a good thing. "It'll never happen to me" is an attitude that can lead to improper procedures, tools, or methods in your work. Any of these can lead to an injury.
3. **Starting a Task with Incomplete Instructions:** To do the job safely and right the first time you need complete information. Have you ever seen a worker sent to do a job, having been given only a part of the job's instructions? Don't be shy about asking for explanations about work procedures and safety precautions. It isn't dumb to ask questions; it's dumb not to.
4. **Poor Housekeeping:** When clients, managers or safety professionals walk through your work site, housekeeping is an accurate indicator of everyone's attitude about quality, production, and safety. Poor housekeeping creates hazards of all types. A well-maintained area sets a standard for others to follow. Good housekeeping involves both pride and safety.
5. **Ignoring Safety Procedures:** Purposely failing to observe safety procedures can endanger you and your co-workers. You are being paid to follow the company safety policies-not to make your own rules. Being "casual" about safety can lead to a casualty!
6. **Mental Distractions from Work:** Having a bad day at home and worrying about it at work is a hazardous combination. Dropping your 'mental' guard can pull your focus away from safe work procedures. You can also be distracted when you're busy working and a friend comes by to talk while you are trying to work. Don't become a statistic because you took your eyes off the machine "just for a minute."
7. **Failure to Pre-Plan the Work:** There is a lot of talk today about Job Hazard Analysis. JHA's are an effective way to figure out the smartest ways to work safely and effectively. Being hasty in starting a task, or not thinking through the process can put you in harm's way. Instead, Plan Your Work and then Work Your Plan.

"It is better to be careful 100 times than to get killed once." Mark Twain

SAFETY PAGE MEETING GUIDE Topic: Seven Common Accident Causes

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OHBA Safety Pages: Carbon Monoxide

Carbon monoxide is an odorless, colorless gas that often goes undetected, striking victims caught off guard or in their sleep.

More than 400 people in the U.S. die from unintentional carbon monoxide poisoning every year, according to the Centers for Disease Control and Prevention (CDC). More than 20,000 visit the emergency room, and more than 4,000 others are hospitalized.

This "invisible killer" is produced by burning fuel in cars or trucks, small engines, stoves, lanterns, grills, fireplaces, gas ranges, portable generators or furnaces. When the gas builds up in enclosed spaces, people or animals who breathe it can be poisoned. Ventilation does not guarantee safety.

How Can I Prevent Carbon Monoxide Poisoning?

Winter can be a prime time for carbon monoxide poisoning as people turn on their heating systems and mistakenly warm their cars in garages. So, as the weather turns colder, it's important to take extra precautions. In construction, carbon monoxide hazards can be present all year long.

The National Safety Council recommends you install a battery-operated or battery backup carbon monoxide detector in areas where carbon monoxide poisoning can occur. Check or replace the battery when you change the time on your clocks each spring and fall and replace the detector every five years.

The CDC offers these additional tips:

- Have your gas-burning appliances serviced by a qualified technician every year
- Do not use portable flameless chemical heaters indoors
- Never use a generator inside a home, basement, or garage or less than 20 feet from any window, door or vent; fatal levels of carbon monoxide can be produced in just minutes, even with open doors/windows
- Never run a gas-burning appliance or engine in a garage that is attached to a house, even with the garage door open; always open the door to a detached garage to let in fresh air

Symptoms of Carbon Monoxide Poisoning

The U.S. Fire Administration has put together materials on the dangers of carbon monoxide, including a list of carbon monoxide poisoning symptoms.
Symptom severity varies depending on the level of carbon monoxide and duration of exposure. Mild symptoms sometimes are mistaken for flu.

Low to moderate carbon monoxide poisoning:

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness

High-level carbon monoxide poisoning results in:

- Mental confusion
- Vomiting
- Loss of muscular coordination
- Loss of consciousness
- Death

If you think you are experiencing any of the symptoms of carbon monoxide poisoning, go outside and get fresh air immediately. You could lose consciousness and die if you stay in the location.

Source Material: NSC

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OHBA Safety Pages: Working Safely in Cold Weather

Introduction:

Winter has arrived in Oregon with colder temperatures alongside the rain and snow. Anyone working in a cold environment may be at risk of cold stress. Working in cold conditions isn't just uncomfortable, it can be dangerous. Frostbite, numbness, dehydration, and hypothermia are real concerns from chilly outdoor weather. If you're working outdoors this winter, be aware of the dangers and stay safe.

Main Message:

How Cold is Too Cold?

What constitutes extreme cold, and its effects can vary across different areas of the country. In regions that are not used to winter weather, near freezing temperatures are considered "extreme cold." A cold environment forces the body to work harder to maintain its temperature. Whenever temperatures drop below normal and wind speed increases, heat can leave your body more rapidly.

Wind chill is the temperature your body feels when air temperature and wind speed are combined. For example, when the air temperature is 40°F, and the wind speed is 35 mph, the effect on the exposed skin is as if the air temperature was 28°F.

Cold stress occurs by driving down the skin temperature and eventually the internal body temperature (core temperature). This may lead to serious health problems, and may cause tissue damage, and possibly death.

Cold Stress Risk Factors

Some of the risk factors that contribute to cold stress are:

- Wetness/dampness, dressing improperly, and exhaustion
- Predisposing health conditions such as hypertension, hypothyroidism, and diabetes
- Poor physical conditioning

Cold Stress Signs and Symptoms

- Cold stress can be identified in a number of ways, but a few of the most common signs to watch for are dehydration, numbness, shivering, frostbite, and arguably the most dangerous, hypothermia.
- Of course, if there is a noticeable drop in your ability to use your hands and fingers, due to numbness or shivering, cold stress may be occurring.
- Loss of mobility in your hands is a common effect of cold stress and can result in safety hazards to you and your coworkers, especially if you are unable to grip a tool or properly handle the materials you're working with.
- Shivering is another of the body's responses to the cold and a potential indicator of the onset of cold stress. Be on guard if you begin to shiver.
- Shivering is the body's protective mechanism that increases the rate of your body's metabolism. This is a solid sign that hypothermia may be at the beginning stages.

Tips for Working Safely in Colder Weather

1. STAY WELL NOURISHED BY EATING AND DRINKING ENOUGH

Make sure to drink enough fluids, as you dehydrate faster in cold weather conditions. Dehydration causes headaches, dizziness and fatigue, and it's important to stay alert outdoors. Eating enough food during the day, especially fats and carbohydrates, is also important. Your body uses those nutrients as energy to stay warm in cold temperatures.

2. STAY WELL RESTED

Working outdoors can be challenging and increases risks to your safety. Make sure you're getting enough sleep to stay alert on the job when conditions are more dangerous.

3. PLAN BREAKS FROM THE COLD

Just like you need to take breaks from your work throughout the day, your body needs to take breaks from the cold. Plan warm-up times throughout your day to avoid numbness and shivers.

4. STAY DRY

Damp clothing can quickly drop your body temperature. It's more important than ever to stay dry in the cold. Wear a moisture-wicking base layer to draw away sweat as you work. Wear waterproof gear as an outer shell to prevent your under layers from getting wet. Remove any wet clothing immediately.

5. DRESS FOR THE CONDITIONS

Dressing in layers is key, as it not only keeps you warm but allows you to adjust to changing temperatures. Proper gloves, socks and footwear are essential. Choose headwear that keeps your head and ears warm. Your body loses 40% of its heat through the head.

Fast Fact:

What is immersion/trench foot?

- *Trench Foot* or immersion foot is caused by prolonged exposure to wet and cold temperatures. It can occur at temperatures as high as 60°F if the feet are constantly wet. Non-freezing injury occurs because wet feet lose heat 25-times faster than dry feet. To prevent heat loss, the body constricts the blood vessels to shut down circulation in the feet. The skin tissue begins to die because of a lack of oxygen and nutrients and due to the buildup of toxic products.
- Redness of the skin, swelling, numbness, blisters are all symptoms of trench foot.
- The proper medical response for trench foot is to call 911 immediately in an emergency; otherwise seek medical assistance as soon as possible. Remove the shoes, or boots, and wet socks, and then dry and cover the feet.

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