SAFETY PAGES

BUILDERS ASSOCIATION SOUTHERN OREGON

February 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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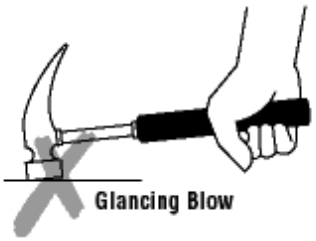
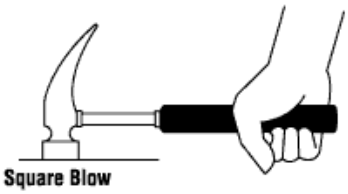
OHBA Safety Pages: Hammer Safety

Introduction: Hammers and other striking tools are widely used and often abused. Hammers are made for specific purposes in various types and sizes, and with striking surfaces of varying hardness. For example, hammers are used for general carpentry, framing, nail pulling, cabinet making, assembling furniture, upholstering, finishing, riveting, bending or shaping metal, striking masonry drill and steel chisels, and so on. Hammers are designed according to the intended purpose.

Main Message:

- Discard any hammer with mushroomed or chipped face or with cracks in the claw or eye sections. Wear safety glasses or goggles, or a face shield (with safety glasses or goggles).
- Make sure to select the proper hammer for the job – one that is too light is just as unsafe and ineffective as one that is too heavy. When driving a nail, hold the hammer close to the end of the handle. Use a light blow at first and increase the power of the blows once the nail is set.
- Select a hammer that is comfortable for you and that is the proper size and weight for the job. Misuse can cause the striking face to chip, possibly causing a serious injury.
- Choose a hammer with a striking face diameter approximately 0.5 inches larger than the face of the tool being struck (e.g., chisels, punches, wedges, etc.).
- Choose a hammer with a cushioned handle to protect you from vibration, impact, and squeezing pressure.
- Use hammers with electrically insulated handles for work on or around exposed energized parts.
- Ensure that the head of the hammer is firmly attached to the handle.
- Replace loose, cracked or splintered handles.
- Keep the work area clear of debris.
- Discard any hammer with mushroomed or chipped face or with cracks in the claw or eye sections.
- Wear safety glasses or goggles, or a face shield (with safety glasses or goggles).
- Strike a hammer blow squarely with the striking face parallel to the surface being struck. Always avoid glancing blows and over and under strikes. (Hammers with beveled faces are less likely to chip or spall.)
- Look behind and above you before swinging the hammer. Keep enough clearance from fellow workers.
- Maintain a secure footing and keep good balance while using a hammer.





SAFETY PAGE MEETING GUIDE Topic: Hammer Safety

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: Burn Prevention

There are three main types of burns common in the workplace: thermal (heat), chemical, and electrical. Review the potential for these types of injuries and implement controls to reduce the likelihood of injury to an employee. Below are reminders to avoid various types of burns:

THERMAL (HEAT):

- Reduce exposure to or contact with steam, flames, hot surfaces, or hot liquids with a temperature above 115 degrees.
- Keep sparks and open flames away from combustible and flammable materials. Don't allow debris to accumulate in your work area.
- Have maintenance employees wear flame-resistant clothing.
- Avoid reaching over or through hot surfaces, pipes, or chemicals.
- Pipes can break under pressure. Ensure line-breaking procedures are followed before you begin work.
- If you are not sure if equipment is hot, do not approach or touch without the proper protective equipment.

If exposed to thermal heat source:

- Move the person to a safe area and stop the burning. If clothing is in flames or smoldering, stop, drop, and roll the person to extinguish the flames.
- For a first-degree burn, immerse the body part in cool water. Have the person drink water and elevate the burned body part to reduce swelling.
- For a second-degree burn, follow the steps for treating a first degree burn but do not apply cold water. Cover any blisters with a dry, non-sticking, sterile dressing.
- For a third-degree burn, cover with dry, sterile, nonstick dressing, treat for shock and seek immediate medical attention.

CHEMICAL:

- Store and handle chemicals according to directions. Read labels/safety data sheets (SDS) for chemicals you work with.
- Make sure to wear all appropriate PPE for the chemical.
- Know the location of the nearest first aid, eye wash station, and fire equipment before beginning the job functions.
- Know what types of chemicals are being used and what precautions need to be taken to avoid a burn.

If exposed to a chemical:

- Remove contaminated clothing.
- Brush off any loose powder and flush the area with water for a minimum of 20 minutes.
- If the chemical has gotten into the eye, flush the eye with clean, clear water. Keep the eye open when flushing.

ELECTRICAL:

- When performing electrical work, follow Lock-Out/Tag-Out procedures and wear appropriate clothing and PPE.
- Know what electrical sources exist in your workplace.
- Train employees on electrical safety.
- Mark overhead power lines and train equipment operators as to their location.
- Know proper clearance distances from power lines to avoid an arc.

If exposed to electricity:

- Make the scene safe. Turn off the power.
- Do not approach the injured person until the power is off.
- Check the airway, breathing, and circulation. Treat for shock.
- Seek immediate medical attention.
- Stay inside of vehicle or equipment that has contacted an overhead powerline until the scene is safe.

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Supervisor: _____ _ _____
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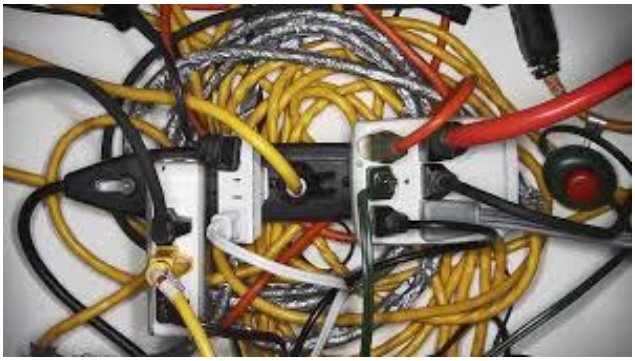
OHBA Safety Pages: Extension Cord Safety

Introduction: On construction sites, flexible extension cords that power tools and equipment are everywhere. These cords are often loose and uncovered. They can cause tripping hazards. They can be damaged easily and create electrical hazards.



Main Message:

- Inspect all extension cords daily for damage and missing grounding prongs. Repair or replace damaged equipment.
- Use a Ground Fault Circuit Interrupter to protect against any electrical fault, especially when working outside or in wet/damp conditions.
- Keep extension cords away from foot traffic to prevent tripping and cord damage. The insulation in cords and electrical tools can become damaged. If a live wire touches exposed metal parts inside a tool, it can become energized.
- DO NOT use extension cords/flexible wiring
  - ~ where frequent inspection would be difficult
  - ~ where damage would be likely
  - ~ disconnect from the power supply by pulling or jerking the cord from the outlet
  - ~ for long-term electrical supply as a substitute for the fixed wiring of a structure
  - ~ rated for light-duty power cords on heavy load applications
  - ~ where vehicles or equipment are allowed to pass over unprotected power cords. Cords should be put into electrical conduits or protected by placing them between two pieces of lumber of suitable strength
- In addition, NEVER USE
  - ~ a metal outlet box, Romex, or nonmetallic cable as an extension cord
  - ~ staples or nails to hold cords in place
  - ~ multiple cords connected together (use one long cord instead)
  - ~ multiple cords plugged into one outlet where a circuit overload could occur

SAFETY PAGE MEETING GUIDE Topic: Extension Cord Safety

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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 deliberatively. 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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