



# SAFETY PAGES

December 2019  
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: Dumpster Safety

- **A clean dumpster and exterior area enhances your business's image and your commitment to the community.**
- Place dumpsters on level areas with even walking surfaces free of trip, slip and fall hazards.
- **Allow adequate open areas around the dumpster to allow easy disposing of bags and waste debris.**
- During winter months maintain the area around the dumpster free of snow and ice. Clean off snow accumulation from dumpster lids this adds to the weight of the lids.
- **Never use hands or feet to compress or reposition waste in the dumpster.**
- When emptying bags or containers lift them using your legs, **NOT YOUR BACK**. Always lift gradually and smoothly, without jerking or twisting.
- **Limit bag or container contact with your body. Keep bags or containers away from your body.**
- Use caution when opening and closing lids during windy weather.
- **Keep your head and body clear of the lids path should it close unexpectedly.**
- **Be alert for animals, bees, wasps or other insects in the dumpsters.**
- **When possible keep all waste, especially food waste, contained in sealed trash bags.**
- **Don't be a dumpster diver. Never enter the dumpster for any purpose.**
- **Never overfill, load the dumpster evenly to reduce the possibility of tipping.**



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SAFETY POINTER MEETING GUIDE

Topic: Dumpster Safety

Project: \_\_\_\_\_ Address: \_\_\_\_\_

Employer: \_\_\_\_\_ Supervisor: \_\_\_\_\_

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, and work practices:

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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: Winter Driving Safety

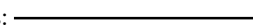
If you do much winter driving in Oregon, you've probably seen the Oregon Department of Transportation (ODOT) SNOW ZONE signs that tell you the current requirements for chains or traction tires. But do you know what they mean? Here are some reminders.

1. You must have chains or traction tires in or on your vehicle; they must be the right size for your vehicle, and of sufficient number to comply with ODOT's chain requirements.
2. You must use chains if your vehicle is towing or rated more than 10,000 pounds gross vehicle weight (GVW). Chains must also be used on a trailer or vehicle being towed if it has a brake that operates while in tow.
3. You must use chains if your vehicle is towing or weighs over 10,000 pounds GVW. If your vehicle weighs 10,000 pounds GVW or less and is not towing you must use chains or traction tires. Chains must also be used on a trailer or vehicle being towed if it has a brake that operates while in tow.



Drivers who disobey SNOW ZONE signs are subject to a class C traffic infraction.

During severe weather, ODOT may require all vehicles to use chains. This is known as a conditional road closure. Chains include any device that attaches to the wheel, vehicle, or outside of the tire, that is designed to increase traction on ice and snow.

Traction tires are studded tires or other tires that are suitable for use in severe snow conditions. These tires are marked with a mountain/snowflake emblem on the sidewall like this: 



Studs must be made of a rigid material that wears at the same rate as the tire tread and must extend at least 0.04 inch but not more than 0.06 inch beyond the tread surface. Studded tires are legal for use in Oregon from Nov. 1 to April 1. For information on tires that are suitable for use in severe snow conditions, contact your tire dealer. A four-wheel or all-wheel drive passenger vehicle is exempt from ODOT's chain requirements if all of the following are true:

- a. It has an unloaded weight of 6,500 pounds or less.
- b. It is operated to provide power to both the front and rear wheels.
- c. It is carrying chains.
- d. It has mud-and-snow, all-weather radial, or traction tires on all of its wheels.
- e. It is not towing another vehicle.
- f. It is not being operated in a manner or under conditions that cause the vehicle to lose traction.

For more information, click on "Trip Check" on the ODOT Web site: [www.oregon.gov/ODOT/](http://www.oregon.gov/ODOT/)



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Supervisor's remarks: \_\_\_\_\_

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

# OHBA Safety Pages: Blind Spots

When pedestrians and forklifts meet unexpectedly, it can have deadly consequences. Blind spots are one of the major causes for this unexpected meeting to take place. They include corners, doorways that open out to an aisle and other areas with limited visibility for both pedestrian and forklift/mobile lift operators.

It is important that forklift operators utilize their horn and take it slow when driving in these areas. It is also important that pedestrians are aware of the traffic in these areas and look



before they leap. If you're headed to the warehouse, for example, expect that a forklift will be in the area moving product. Each year there are fatalities caused by pedestrian forklift collisions.

When walking, take a moment while in these blind spots. Be aware of the traffic and don't go out into the aisle without first stopping and looking both ways to ensure the path is clear. When driving, alert any pedestrians in your path ahead of time, sound the horn at intersection and crossings, and go slowly in case you have to suddenly stop while transporting a heavy load.



Collisions can also occur between employees at hallway corners and doorways in both production and office areas and can be the cause of a significant injury. In most cases pedestrians are in a hurry or focused on something other than their travel. Pay attention to your surroundings, slow down at blind intersections, and always be prepared for that chance encounter. Remember, your future is right around the corner, make it a safe one.



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# OHBA Safety Pages: Stairs and Walkways

Stairways and walkways in all businesses can be the cause of injury accidents. These passageways may not typically get the maintenance they need, since they are "only" access ways and not production areas.

Here are some safety tips to help eliminate exposures.



1. Always try to keep one hand free to use the handrails, both up and down the stairways.
2. Keep all stairs and walkways clear of debris and potentially slippery substances such as: water, oil, grease, ice or snow.
3. Keep passageways free of tools, equipment and other materials. Always practice good housekeeping in these non-production areas.
4. When walkways and stairs are provided - use them. Don't short-cut your safety to save a few steps or a few seconds. Doing so saves no time or money if you are injured and cannot work.
5. Handrails and stair steps can become loose and may need to be re-secured or replaced. Immediately notify maintenance or your supervisor of any problems.
6. Secure electrical cords or hoses so that they do not lie across walkways. If electrical cords must be laid across walkways, use approved cord covers whenever possible.
7. Take small steps on wet and icy walkways. Use handholds to stabilize yourself when they are available. Asphalt and oiled surfaces can also be hazardous because rainwater may produce an oil sheen and create slippery walking conditions.

Unlike some exposures, slippery walkways or stairway hazards can appear without warning. Take action to remedy the problem when you see it.

Because...

**Zero Unsafe Behaviors + Zero Unsafe Conditions = Zero Accidents + Zero Injuries**



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## **OHBA Safety Pages: Avoiding Frostbite & Hypothermia**

Cold weather can be dangerous for anyone who spends time outdoors for either work or pleasure. Be mindful of the risks. Excessive exposure to low temperatures, wind or moisture can cause two dangerous conditions: frostbite and hypothermia.

Before venturing outside in winter, be sure to:

- Check the temperature and limit your time outdoors if it's very cold, wet or windy.
- Bundle up in several layers of loose clothing
- Wear mittens rather than gloves
- Cover your head and ears with a warm hat
- Wear socks that will keep your feet warm and dry

### ***Frostbite***

Even skin that is protected can be subject to frostbite. It's the most common injury resulting from exposure to severe cold, and it usually occurs on fingers, toes, nose, ears, cheeks and chin. If caught early, it is possible to prevent permanent damage. If not, frostbite can cause tissue death and lead to amputation.

Superficial frostbite affects the skin surface while the underlying tissue remains soft. The skin appears white, waxy or grayish-yellow and is cold and numb.

If the condition progresses to deep frostbite, all layers of the skin are affected and the outcome likely will be more serious. The skin will become completely numb, blisters may form and eventually the skin tissue dies and turns black.

If you suspect frostbite:

- Move the victim out of the cold and into a warm place
- Remove wet clothing and constricting items
- Protect between fingers and toes with dry gauze
- Seek medical attention as soon as possible
- Warm the frostbitten area in lukewarm water (99 to 104 degrees) for 20 to 30 minutes only if medical care will be delayed and if there is no danger of the skin refreezing
- Do not use chemical warmers directly on frostbitten tissue
- Protect and elevate the frostbitten area

## *Hypothermia*

Hypothermia occurs when the body's core temperature drops below 95 degrees. Hypothermia is most associated with exposure to extreme cold, but it can also occur at higher temperatures if a person becomes chilled from being soaked with rain or submerged in water.

Severe shivering, one of the first signs of hypothermia, is beneficial in keeping the body warm. But as hypothermia progresses, shivering gives way to drowsiness or exhaustion, confusion, shallow breathing, irregular heartbeat, slurred speech, loss of coordination and, eventually, unconsciousness and death.

Paradoxical undressing is an extremely rare symptom of hypothermia. The victim undresses instead of bundling up. Researchers believe that in the final throes of hypothermia, victims may feel like they are overheating due to a rush of warm blood to the extremities.

If you encounter someone suffering from hypothermia:

- Check responsiveness and breathing, and call 911; except in mild cases, the victim needs immediate medical care
- Provide CPR if unresponsive and not breathing normally
- Quickly move the victim out of the cold
- Remove wet clothing.
- Warm the victim with blankets or warm clothing
- Only if the victim is far from medical care, use active rewarming by putting the victim near a heat source and putting warm (but not hot) water in containers against the skin
- Do not rub or massage the victim's skin
- Be very gentle when handling the victim
- Give warm (not hot) drinks to an alert victim who can easily swallow, but do not give alcohol or caffeine

These steps are not a substitute for proper medical care. Be sure to seek medical attention for frostbite and hypothermia as soon as possible.



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