



SAFETY PAGES

January 2021
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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: 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? Shortcuts 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 harms 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



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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:

Name: (please print)	Signature:	Company:
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Supervisor's remarks: _____

Supervisor: _____ (Print) _____ (Signature)

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.



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SAFETY PAGE MEETING GUIDE

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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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OHBA Safety Pages: Silica Safety

What Is Silicosis? Silicosis is lung damage caused by breathing dust containing extremely fine particles of crystalline silica. Crystalline silica is found in materials such as concrete, masonry, rock, some types of counter tops, ceramic tile, drywall joint compound, etc. When these materials are cut, drilled, ground, or sanded they can leave a fine dust suspended in the air. Breathing in these fine particles can produce lung damage.



How Do Construction Workers Get Exposed? Silica is a basic component of soil, sand and granite. Most crystalline silica comes in the form of quartz. Common sand can be as much as 100 percent quartz, therefore there are many ways to be exposed at construction sites. Silica occurs in many commonly used building products including mortar, grout, cement, stucco, plaster, bricks/blocks, rocks/stones, ceramic tile, drywall joint compound, and fiber-cement board, as well as sandblasting materials.

Some Activities In Which Silica Dust May Be Present In The Air:

- Masonry work (e.g. mixing mortar, cutting brick/block, tuck pointing, etc.)
- Concrete work (e.g. sawing, grinding, drilling, jack-hammering, etc.)
- Dry sweeping of concrete, mortar and sand
- Demolition of concrete and masonry structures or plaster ceiling/walls
- Sanding/finishing drywall joints
- Loading, hauling and dumping rock/stones as well as back fill against foundation walls, etc.
- Sawing fiber-cement board, stone or tile

How Can Silica Exposure Be Reduced or Eliminated? The key to silicosis prevention is to prevent silica dust from becoming airborne. The Occupational Safety and Health Administration (OSHA) requires administrative or engineering controls be used whenever possible. A simple control may work: Example: A water hose to wet dust down at the point of generation. Some additional steps you can take to protect yourself:

- If in construction following the control measures in Table 1 of the OSHA Standard that is associated to your work tasks.
- Or, conducting an Industrial Hygiene (IH) survey in determining this hazard in your normal work operations. An IH survey should be done to determine air concentrations of respirable crystalline silica. From this data an employer can determine the proper protection plan for their employees. These IH surveys can be conducted by your workers' compensation provider, Oregon-OSHA or a safety consulting firm.
- Always use the dust control systems, which are available for many types of dust generating equipment and keep it in good maintenance.
- When sawing concrete or masonry, use saws that provide water to the blade.
- Use local exhaust ventilation or vacuum systems that met the requirements in the Standard to prevent dust from being released into the air.
- Minimize exposures to nearby workers by using good work practices.
- Use abrasives containing less than 1 percent crystalline silica during abrasive blasting to prevent harmful quartz dust from being released in the air.

Only use respirators as directed in Table 1, or IH Survey Requirements, etc. Employees using respirators must be included in a Respiratory Protection Program that is compliant to 29 CFR 1910.134, *Respiratory Protection*, as adopted by the Oregon OSHA. This program should include medical screening, fit-testing, employee training, employee exposure data, and a cartridge change-out schedule. Refer to the manufacturer to determine a filter change out schedule.



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