SAFETY PAGES

BUILDERS ASSOCIATION SOUTHERN OREGON

May 2023
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: Fall Protection

Falls are the leading cause of death in construction. Oregon OSHA has several rules for construction activities that specify the minimum height at which workers must be protected from falling. These heights are known as "trigger heights." Beginning January 1, 2017 Oregon OSHA changed the trigger height in the general fall protection rule in construction from 10 feet to 6 feet.
Slide Guards: Oregon-OSHA Fall Protection Rules prohibited the use of slide guards (AKA – toe boards) as the only or primary method of fall protection starting October 1, 2017. Employers may continue to use Slide Guards as part of their fall protection measures however, they will need to utilize additional methods to comply with this new rule. Examples would be personal fall-arrest or restraint systems, positioning device systems, guardrails, safety nets, warning lines, catch platforms, etc. Please check in with your Competent or Qualified person for additional information.
Training Program - The employer is to provide training for each employee who might be exposed to fall hazards such that each employee can recognize the hazards of falling and knows the procedures to be followed to minimize or eliminate these hazards. The employer's competent person shall train each employee, as necessary, in the nature of fall hazards in the work area; the correct procedures for erecting, maintaining, disassembling, and inspecting the fall protection systems to be used; the use and operation of guardrail systems, personal fall arrest systems, safety net systems, warning line systems, safety monitoring systems, personal fall restraint systems, slide guard systems, positioning devices, and other protection to be used; the role of each employee in the safety monitoring system if/when this system is used; the limitations on the use of mechanical equipment during the performance of roofing work; the correct procedures for the handling and storage of equipment and materials and the erection of overhead protection; and the role of employees in the fall protection work plan.
The employer is to verify that each employee has been trained by keeping a **written certification record** containing the name of the employee trained, training date(s), and the signature of the person who conducted the training or the signature of the employer. If the employer relies on training conducted by another employer, the certification record shall indicate the date the employer determined the prior training was adequate rather than the date of actual training.
Other Situations: Although roof work is perhaps the most frequent and obvious situation in which fall protection is needed, there are other times when fall protection is required:
Top plates: (Walking/Working surface) When over 6 feet in height (either to the inside floor or outside ground level), you must use a positive means of fall protection.
Layout, nailing, tilting and bracing of walls: You are allowed a "floor" (not to exceed 6 feet in height) if the work is done to the leading edge . . . the edge of the floor from which the walls are being built, tilted, or braced. Harness-type protection is required for workers involved in the construction process on top of the beams (i.e., safety harness, lanyard, static lines, catch platforms, etc.).
Open-sided floors, platforms, or stairway landings: Must have standard guardrails when 6 feet or higher.
Guardrails need a top rail, midrail, toe boards and posts. The top rail should be 42 inches, plus or minus 3 inches, above the walking/working level; the midrail should be 21 inches. Posts should be of at least 2" x 4" stock with spaces not to exceed 8 feet. The top rail should also be of at least 2' x 4" stock, and the midrail should be at least 1 x 6 stock. If toe board is used it should be a minimum of 3.5" in height. Guardrails need to be able to withstand a minimum 200-pound deflection throughout the system horizontally.
Wall openings: Each employee working on, at, above, or near wall openings (including those with chutes attached) where the inside bottom edge of the wall opening is less than 39 inches above the walking/working surface and the outside bottom edge of the wall opening is six feet or more above lower levels, must be protected from falling by the use of guardrail systems, safety net systems, personal fall arrest systems, or personal fall restraint systems. A simple method to protect employees from falling through such wall openings is to use available framing material as a guardrail that is capable of withstanding, without failure, a force of at least 200 pounds in any outward or downward direction, at any point along the top edge. The top edge height of the top rail must be 42 inches (plus or minus three inches) to the walking/working surface. If the bottom edge of the wall opening is less than 21 inches from the walking/working surface, a midrail must also be installed. An opening means a gap or void 30 inches or more high and 18 inches or more wide, in a wall or partition,
through which employees can fall to a lower level.
Floor openings and holes: Must either be protected with standard guardrails or be capable of supporting, without failure, at least twice the weight of employees, equipment, and materials that may be imposed on the cover at any one time. Examples you might find on your jobsite may include HVAC, chimney, or skylight openings.
Runways and ramps: Must have guardrails whenever they are used at 4 feet or more above ground level.

SAFETY PAGE MEETING GUIDE Topic: Fall 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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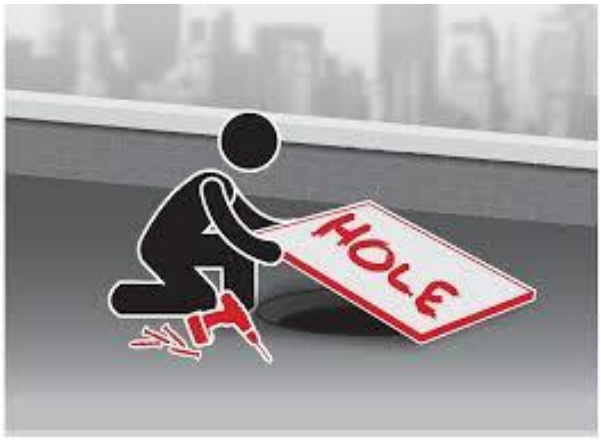
OHBA Safety Pages: Floor & Roof Openings

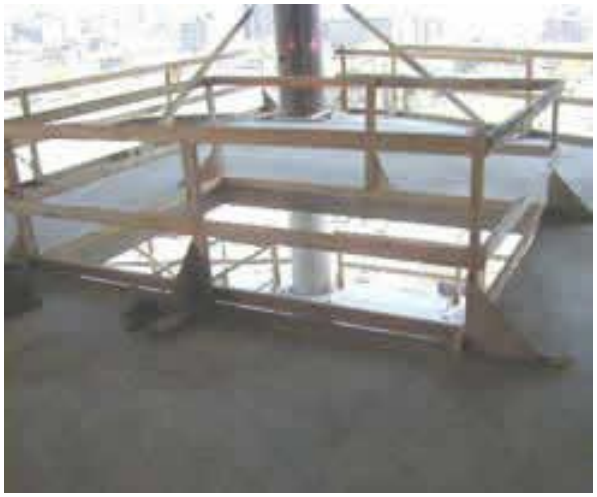
Falls from elevation are one of the leading causes of injuries to construction workers. Floor and roof openings through which workers could fall must be securely covered or be surrounded by standard guardrails.

Covers for holes



Simple and effective when they're properly installed, rigid covers prevent workers from falling through skylights or temporary openings and holes in walking/working surfaces. Covers must:

- Support at least twice the maximum expected weight of workers, equipment, and materials. Skylights are not considered covers unless they meet this strength requirement.
- Be secured so they won't be displaced accidently
- Have full-edge bearing on all four sides
- Be painted with a distinctive color or marked with the word HOLE or COVER



Standard guardrails Standard guardrails are barriers, usually made from posts and wire or boards that keep people away from fall hazards such as wells, pits, shafts, wall openings, etc. Guardrails must be built to withstand a significant amount of force. The top rail must be able to withstand 200 pounds of force when it is applied in an outward or downward direction without failure. A mid-rail must be able to withstand 150 pounds of force applied in the same manner. The top-rail must be 42" in height, plus or minus 3". The mid-rail would be half the distance from the top-rail.

SAFETY PAGE MEETING GUIDE Topic: Floor & Roof Openings

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OHBA Safety Pages: Anchor Points

What is an anchor point? An anchor point is an integral part of a fall protection system, and also a vital piece of equipment for anyone that works on roofs or other elevated surfaces. Anchor points are typically installed on a roof and connects lanyards and lifelines to a worker wearing a body harness.

Even though engineered anchor points are the safest and best solution, workers can also tie-off to existing structures, which can present a problem.

How to pick an existing structure

The issue with picking an existing structure as an anchor point is that it is almost impossible to accurately calculate the load requirements for them. Other than a traditional I-beam, there are few things that qualify as a safe, OSHA-approved way to tie-off. In order for an existing structure to qualify as an anchor point, it must be able to withstand 5,000 pounds of force per person attached, or a safety factor of two (meaning it can withstand twice the force that would be applied in a fall). What's the problem? The problem is that just by eyeballing the job site, it is almost impossible to calculate the exact force these structures can withstand. Not only that, but most people on a job site have no clue about the OSHA requirements, so how on earth could they calculate the correct specifications for the force of a fall?

Unless you are a trained safety professional, it is almost impossible to choose a qualifying existing structure as an anchor point in the spur of the moment. That's why the only way to 100% exceed OSHA regulations and keep your workers safe is with a specialized engineered anchor point system.

How to pick an engineered system

Engineered anchor point systems are anchor points specifically made to exceed OSHA regulations and make sure that your workers can withstand a fall. There are temporary or permanent engineered anchor points.

Permanent Anchor Points

Permanent anchor points are ones that are made of galvanized or stainless steel and are permanently affixed to the structure. They are becoming more popular in recent years, especially on new home construction. Many builders offer homeowners permanent anchor points on their homes as a selling point. Permanent anchor points are easy to install and are cost-effective, and they can be useful even after the initial construction phase.

Portable anchor points

Portable anchor points are useful in situations where there is a temporary need to access a roof or other elevated structure. These portable, non-penetrating weighted anchor systems can be set up quickly and easily with common tools. They are ideal for temporary jobs or for solutions where permanent anchor points are not an option.

Selecting the right anchor point should always be planned and never done in the spur of the moment. The only way to exceed OSHA regulations and make sure your workers are completely safe is to use an engineered anchor point, and to make sure your workers know how to properly use it.

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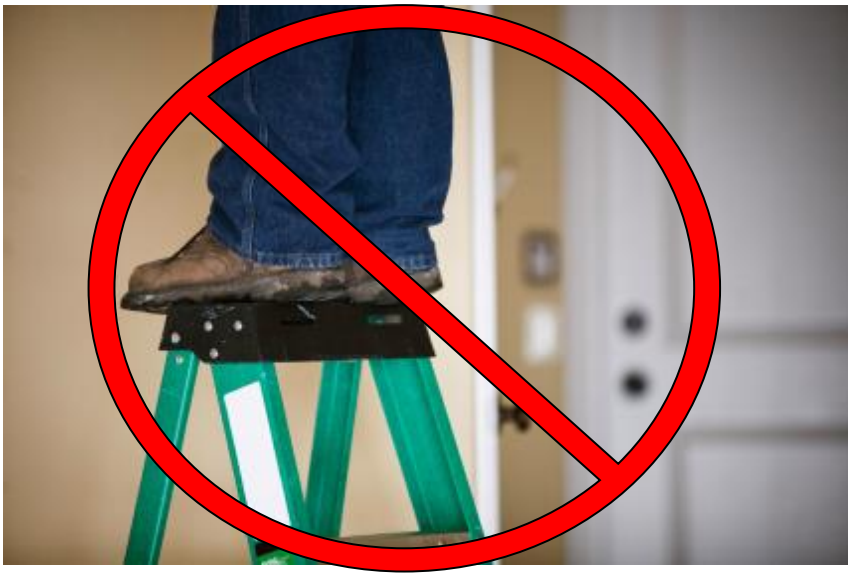
OHBA Safety Pages: Ladder Safety

- ✓ Always check to see that the ladder will remain securely in place.
- ✓ Always face the ladder and maintain three-points of contact when climbing and working on ladder.



- ✓ Always ensure the fly section of extension ladders are properly locked in place.
- ✓ Never climb above the fourth rung from the top of an extension ladder or the second rung from the top of a step ladder. (*Some stepladder manufacturers restrict the use of the top two steps. Please read the ladder warning stickers and owner's manual to see what is required for your ladder.)*
- ✓ Never overreach to the sides of a ladder. Keep your belt buckle between the rails of the ladder.
- ✓ Never climb a ladder with mud, grease, oil, ice/snow or other slip hazards.

SAFETY PAGE MEETING GUIDE Topic: Ladder Safety

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OHBA Safety Pages: UFOs:
Unsafe falling/flying objects

Bet you didn't know that UFOs can be workplace hazards. They can when they're "unsafe falling/flying objects"—and they cause injuries at a surprising number of worksites across pretty much all industries, from factories to offices.

In construction, for example, you're at risk from falling objects when you're beneath equipment, scaffolds, structures, etc., or where overhead work is being performed.

Preventing "UFO" encounters

Preventing injuries from unsafe falling or flying objects isn't rocket science. Try these tips:

Tools

• Secure tools when working under equipment or over people.

• Use toeboards and screens when working over people.

• Inspect tools. Don't use tools with loose, cracked, or splintered handles.

• Inspect guards on grinder and make sure to wear eye and face protection: a face shield, plus safety glasses under the shield.

Equipment

• Wear hard hats when working under equipment.

• Use safety glasses, goggles, or shields where tools or machines may cause flying particles or debris.

• Machines should be set up so the object being machined is properly secured and will not fly out when the machine is turning. Check all guards to see if they are in place and working properly.

• With older equipment, some guards may be missing or lost. Check to ensure all rotating and moving parts are protected and contact cannot be made. This may require working with leadership to install or retrofit new devices on older machines.

• Cleaning with compressed air can be dangerous. If used for cleaning, it should be reduced to less than 30 psi, and should only be used when effective chip guarding is in place and PPE is worn. Never clean clothing with CDA.

Storage

Objects should be stored safely to prevent them from falling. If shelves or storage racks are used, check them for defects so they will not collapse and cause their contents to fall. Store heavy and bulky objects close to the floor.

Lighter and smaller objects should be stored higher. Position objects securely on shelves or racks. Watch for vibrating equipment in the area that may cause objects to fall from storage containers. Securing racks and shelves to the floor, ceiling, or wall is a best practice to prevent tip overs.

Employees

Prevent injuries from falling or flying objects by looking out for:

• New employees not familiar with tools, equipment, or processes
• Employees new to the workforce with little experience and knowledge of work practices
• Employees unfamiliar with equipment requirements, use, limitations, and protections
• Employees who work with special behavior plans requiring limited access to portable objects
• Stressors, such as: - Untidiness - Noise - Fatigue, shiftwork, etc.

Courtesy: SAIF

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