



# SAFETY PAGES

October 2019  
Safety Pages

Noise & Hearing Protection..... pg. [2-3](#)

Fire Prevention..... pg. [4-5](#)

Housekeeping..... pg. [6-7](#)

Gasoline Safety ..... pg. [8-9](#)

Fatigue..... pg. [10-11](#)

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.

Brad Nanke, Oregon Home Builders Association, Safety Consultant  
2075 Madrona Ave. SE STE. 150, Salem, Oregon 97302 541.971.6669 cell 503.362.5120 fax [www.oregonhba.com](http://www.oregonhba.com)

# OHBA Safety Pages: Noise & Hearing Loss

Our hearing is precious to us. Once we diminish or lose our hearing, we can never fully recover it. Both on the job and at home there are many sources of noise which can damage our hearing. These sounds can damage sensitive structures in the inner ear and cause noise-induced hearing loss (NIHL). Approximately 26 million Americans have some type of noise-induced hearing loss. According to the CDC, over 22 million workers are exposed to hazardous noise levels at work each year. Occupational hearing loss is one of the most common workplace injuries today in the United States.



## How the Ear is Damaged from Noise

Hearing depends on a series of events that change sound waves in the air into electrical signals. Our auditory nerve then carries these signals to the brain through a complex series of steps. To breakdown the process simply- the sound waves travel through the ear and eventually move hair cells up and down in the ear that cause channels to open. This allows chemicals to rush into a cell that creates an electrical signal that translates the sound into something we can understand.

Most noise-induced hearing loss is caused by the damage and eventual death of these hair cells. Unlike bird and amphibian hair cells, human hair cells don't grow back. They are gone for good.

## Signs and Symptoms of Noise Induced Hearing Loss

Most damage due to noise is gradual and over time. Because of this, many people ignore or do not realize that their hearing is being damaged. It becomes noticeable to an individual when it is harder to understand someone talking or needing to turn the TV volume up.

Damage can also occur from a single loud impulse noise such as a gunshot or explosion. These types of noises can rupture the eardrum or damage the bones in the middle ear. This kind of NIHL can be immediate and permanent. Loud noise exposure can also cause tinnitus—a ringing, buzzing, or roaring in the ears or head. Tinnitus may subside over time but can sometimes continue constantly or occasionally throughout a person's life. Hearing loss and tinnitus can occur in one or both ears. Sometimes temporary hearing loss can subside, however the event that caused it can still cause long term damage to your hearing.

## Hearing Damage Prevention

- The best way to protect yourself is to eliminate the exposure to the noise. That can be achieved by removing yourself from the area the noise is in or eliminating the excessive noise altogether.
- Engineering controls are the second-best choice in protection from noise. Sound barriers, enclosures, and noise dampening systems are examples of engineering controls that will bring down the level of noise in an area.
- Administrative controls such as training on using hearing protection, job rotation, breaks, and routine maintenance programs are some ways that protect workers from being exposed to hazardous noise.
- PPE is the last line of defense. It is important to know the levels of noise that remain after applying the other techniques mentioned above. For noises between 85 decibels and 100 decibels on an 8 hour TWA, ear plugs will be enough to protect you if worn correctly. Over 100 decibels requires double hearing protection, an example is earplugs and earmuffs.



The information we provide is not intended to include all possible safety measures and controls. In addition, the safety information we provide does not relieve the Members of its own duties and obligations with regard to safety concerns, nor does Oregon Home Builders Association guarantee to the Members or others that the Member's property, job sites and/or operations are safe, healthful, or in compliance with applicable laws, regulations or standards. The Members remain responsible for their own operations, safety practices and procedures and should consult with legal counsel as they deem appropriate.

SAFETY PAGE MEETING GUIDE

Topic: Noise & Hearing Loss

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:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		

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

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

## OHBA Safety Pages: Fire Prevention

Accidental fires are an unusual occurrence in most workplaces. It is easy to take for granted some of the everyday hazards that, if overlooked, can contribute to the occurrence of these fires. Here are some general tips to help prevent accidental fires at work, as well as at your home:



- Dispense flammable liquids only in areas free from sparks, flames, and other sources of ignition.
- Keep all containers of flammable liquids closed or covered when they are not in use. And return them to their designated storage area when you are done using them;
- When dispensing flammable liquid from one container into another, bond the two containers together and ground one. This helps prevent the build-up of static electricity, which can create a spark and ignite the vapors;
- Discard all rags and waste materials that are impregnated with flammable or combustible liquids, oil, or grease in covered, self-closing metal containers (should be colored red), and empty these containers into designated receptacles at the end of your shift;
- Keep all wastepaper, cardboard, and similar combustible materials cleaned up and placed in designated waste receptacles. Letting these items accumulate on the floor or other work areas creates an unnecessary fire hazard;
- Only use flame or spark-producing equipment, such as welders, torches, and grinders, in designated areas. Special approval of management must be obtained to use this type equipment in areas where it is not normally used (discuss your company's "hot-work permit", if you have one);



- Smoking is allowed only in designated areas. Always dispose of butts in designated receptacles (if you have implemented a smoking ban at your site, discuss that instead);
- Make certain to avoid stacking materials too close to fire sprinkler heads, as doing so can affect their ability to disperse water adequately when activated; usually we must maintain a minimum of 18 inches of clearance below the level of the sprinkler heads;
- Make sure portable fire extinguishers remain fully charged and accessible at all times.



The information we provide is not intended to include all possible safety measures and controls. In addition, the safety information we provide does not relieve the Members of its own duties and obligations with regard to safety concerns, nor does Oregon Home Builders Association guarantee to the Members or others that the Member's property, job sites and/or operations are safe, healthful, or in compliance with applicable laws, regulations or standards. The Members remain responsible for their own operations, safety practices and procedures and should consult with legal counsel as they deem appropriate.

SAFETY PAGE MEETING GUIDE

Topic: Fire Prevention

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:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		

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

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

## OHBA Safety Pages: Housekeeping

The lack of proper housekeeping on the job is one safety hazard common to all construction sites and manufacturing shops. Good housekeeping is one item that can help improve not only the safety on the job, but also the morale and productivity of the job.



- Helps to limit potential of slips, trips and falls from spills or cluttered floor or ground areas.
- Increases production and efficiency of the operation. Time is not spent maneuvering over or around someone else's mess or looking for proper tools and materials.
- Helps to prevent a fire that could cause an injury and/or shut down the job site.
- Creates a good "first impression" of workplace environment and reflects well on the quality of work.
- Keep scrap lumber with protruding nails separate from other debris; bend nails over or remove from lumber.
- Keep all waste debris in neat piles and away from the immediate work area.
- Store materials only in their designated areas.
- Place trash barrels where needed to eliminate food and other lunch debris.
- Keep tools and equipment stored neatly.
- Keep extension cords from being trip hazards. If necessary, run them overhead; same applies to air compressor hoses.
- Don't let trash and debris build up. If it does, make an extra effort to get it cleaned up.

### Good Housekeeping Can:

- Help to prevent minor injuries like cuts, punctures, slivers.
- Help prevent major accidents like slips, trips, falls and fires.
- Also help to prevent strains and sprains from not having to lift, push or pull material or equipment from around or over debris.



The information we provide is not intended to include all possible safety measures and controls. In addition, the safety information we provide does not relieve the Members of its own duties and obligations with regard to safety concerns, nor does Oregon Home Builders Association guarantee to the Members or others that the Member's property, job sites and/or operations are safe, healthful, or in compliance with applicable laws, regulations or standards. The Members remain responsible for their own operations, safety practices and procedures and should consult with legal counsel as they deem appropriate.

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:

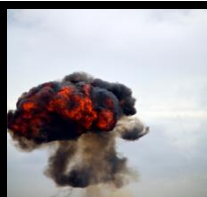
Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		

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

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

# OHBA Safety Pages: Gasoline Safety

- Never use or store around an open flame, pilot lights, portable heaters or other ignition sources!
- Never smoke or permit smoking while being dispensed or near storage location!
- Never use to start, restart or accelerate a fire!
- Never refill gasoline engines when hot!
- Never use as a hand cleaner!
- Never use as a solvent to clean things!
- Always store in proper safety cans that are rated for gasoline and DOT approved!
- Never store in glass or plastic bottle containers!
- Dispense in a well-ventilated area!
- Remove clothing that has been soaked by gasoline!
- Limit the amount in the workplace!



**1 gallon of gasoline = 20 sticks of dynamite!**

**An ignited gasoline fireball can reach temperatures of 15,000 degrees F.**



regulations or standards. The Members remain responsible for their own operations, safety practices and procedures and should consult with legal counsel as they deem appropriate.

The information we provide is not intended to include all possible safety measures and controls. In addition, the safety information we provide does not relieve the Members of its own duties and obligations with regard to safety concerns, nor does Oregon Home Builders Association guarantee to the Members or others that the Member's property, job sites and/or operations are safe, healthful, or in compliance with applicable laws,



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:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		

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

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

## OHBA Safety Pages: Shifts, Long Hours and Fatigue

Working evening or early morning shifts makes it hard to get enough quality sleep. Lack of sleep and long work hours can make you tired (fatigued) at work. Tired workers can have a harder time focusing, putting them at higher risk for injury.



### ➤ Signs of fatigue include

- Poor sleep
- Feeling tired or falling asleep at work
- Lack of energy or motivation; a ‘do not care’ attitude; moodiness; or poor judgment
- Difficulty focusing on work
- Slowed reactions
- Increased anger or irritability

### ➤ Take action

- Take breaks at least every 1 to 2 hours or spend time working on another task.
- Eat healthy snacks often, such as fruit and nuts. Candy, chips, and other processed and sugary foods make you feel more tired.
- Drink plenty of water to stay hydrated.
- If possible, stay or go frequently into brightly lit areas to improve alertness.
- Don’t drive or operate machinery if overly tired. Drowsiness increases your risk of a car crash or other incident.

### ➤ Make changes

- Rest on your days off and have at least one day off per week.
- Limit use of caffeine, especially 5 hours or more before bed.
- Make your sleeping space comfortable, dark, and quiet. Avoid lighted screens of cell phones, tablets, computers, etc., 60 to 90 minutes before bed.
- Get 7 to 9 hours of quality sleep each day (most people need this much). See a doctor if you are having trouble sleeping or if you fall asleep at work. Remember, getting enough sleep can save your life.



The information we provide is not intended to include all possible safety measures and controls. In addition, the safety information we provide does not relieve the Members of its own duties and obligations with regard to safety concerns, nor does Oregon Home Builders Association guarantee to the Members or others that the Member’s property, job sites and/or operations are safe, healthful, or in compliance with applicable laws, regulations or standards. The Members remain responsible for their own operations, safety practices and procedures and should consult with legal counsel as they deem appropriate.

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:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		

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

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