



SAFETY PAGES

February 2023
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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.

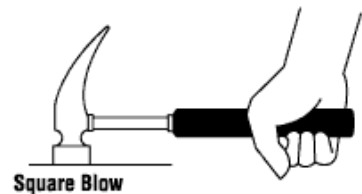
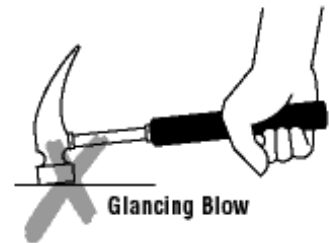
Brad Nanke, Oregon Home Builders Association, Safety Consultant
2075 Madrona Ave. SE STE. 150, Salem, Oregon 97302 541.971.6669 cell 503.362.5120 fax www.oregonhba.com

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.



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:
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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's remarks: _____

Supervisor: _____ (Print) _____ (Signature)

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



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Supervisor: _____
(Print) (Signature)

OHBA Safety Pages: Opioids in Construction

Introduction: Construction work can result in painful injuries that are sometimes treated with prescription opioids. One in four people prescribed opioids for long-term pain become addicted and opioid-related deaths are on the rise.

Main Message:

Chris' Story: Chris strained his back after lifting heavy materials. He tried to ignore the pain, but it wouldn't go away. Chris went to the doctor and was prescribed an opioid to treat the pain. The pills reduced the pain, but his back never got better. Chris found that he needed the pills to make it through the day. Eventually, his doctor refused to give him another prescription. Chris went to another doctor and got a new prescription. Over time his job performance and family life began to suffer. Chris went back to his doctor and asked for help. His doctor helped him to find treatment for his opioid addiction. Chris is now in recovery and using a non-addictive treatment for his pain.



Remember This:

- Your employer must provide a safe work environment to prevent injuries. If you see a hazard on the job, report it to your supervisor or foreman.
- Follow safe work practices to prevent injuries, such as getting help when lifting heavy materials.
- If you are injured, talk to your doctor about non-addictive medications or physical therapy to treat the pain.
- Opioids should be the last option, and if prescribed used for the shortest time possible.
- Addiction is an illness that can be treated. Get help if you find you are dependent on pain medication to get through the day.
- Check with your employer or union to find out if they have a program to help, such as an employee assistance program (EAP) or member assistance program (MAP).
- Call this confidential national hotline to find out about treatment options near you 1-800-662-HELP (4357) or go online at <https://resources.facingaddiction.org>.



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SAFETY PAGE MEETING GUIDE

Topic: Opioids in Construction

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