



# SAFETY PAGES

November 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: 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.



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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: \_\_\_\_\_

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# OHBA Safety Pages: Drowsy Driving

According to the National Sleep Foundation's 2005 Sleep in America poll, 60% of adult drivers – about 168 million people – say they have driven a vehicle while feeling drowsy in the past year, and more than one-third, (37% or 103 million people), have actually fallen asleep at the wheel! In fact, of those who have nodded off, 13% say they have done so at least once a month. Four percent – approximately eleven million drivers – admit they have had an accident/near accident because they dozed off or were too tired to drive.

The National Highway Traffic Safety Administration conservatively estimates that 100,000 police-reported crashes are the direct result of driver fatigue each year. This results in an estimated 1,550 deaths, 71,000 injuries, and \$12.5 billion in monetary losses. These figures may be the tip of the iceberg, since currently it is difficult to attribute crashes to sleepiness.

- There is no test to determine sleepiness as there is for intoxication, i.e. a "Breathalyzer".
- State reporting practices are inconsistent. There is little or no police training in identifying drowsiness as a crash factor.
- Self-reporting is unreliable.
- Drowsiness/fatigue may play a role in crashes attributed to other causes such as alcohol. About one million such crashes annually are thought to be produced by driver inattention/lapses.
- According to data from Australia, England, Finland, and other European nations, all of whom have more consistent crash reporting procedures than the U.S., drowsy driving represents 10 to 30 percent of all crashes.

## **Who is at Risk?**

Sleep related crashes are most common in young people, especially men, adults with children and shift workers. According to the NSF's 2002 poll:

- Adults between 18-29 are much more likely to drive while drowsy compared to other age groups.
- Men are more likely than women to drive while drowsy (56% vs. 45%) and are almost twice as likely as women to fall asleep while driving (22% vs. 12%).
- Adults with children in the household are more likely to drive drowsy than those without children.
- Shift workers are more likely than those who work a regular daytime schedule to drive to or from work drowsy at least a few days a month (36% vs. 25%).
- Sleep deprivation increases the risk of a sleep-related crash; the less people sleep, the greater the risk.
- According to a study by the AAA Foundation for Traffic Safety, people who sleep six to seven hours a night are twice as likely to be involved in such a crash as those sleeping 8 hours or more, while people sleeping less than 5 hours increased their risk four to five times.
- A study in Australia showed that being awake for 18 hours produced an impairment equal to a blood alcohol concentration (BAC) of .05, and .10 after 24 hours; .08 is considered legally drunk.

Nearly three-quarters of adults in America (71%) drive a car to and from work, and many are drowsy drivers, according to NSF's 2001 Sleep in America poll. More than one-fourth of these respondents (27%) said they have driven drowsy to or from work at least a few days a month, 12 percent drove drowsy a few days a week, and four percent said they drove drowsy every day or almost every day.

Sleep deprivation and fatigue make lapses of attention more likely to occur and may play a role in behavior that can lead to crashes attributed to other causes.

## **Drowsy Driving Crashes Can Result in High Personal and Economic Costs**

- Several drowsy driving incidents have resulted in jail sentences for the driver.
- Multi-million dollar settlements have been awarded to families of crash victims from lawsuits filed against individuals as well as businesses whose employees were involved in drowsy driving crashes.



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# OHBA Safety Pages: Avoiding Back Injury at Work

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The key to avoiding back injury at work is to always plan ahead. Know how to handle a situation before it happens, that way when something does come up you will be able to make the best possible decision based on the new circumstances.

## **What is the first plan of action that you must use when you see a load that could pose a risk of injury?...**

The safest way to handle the situation is to use whatever form of mechanical means that you have available to you. This means using excavators, loaders, forklifts, dollies, come-alongs, pry-bars, etc. etc. Always use machinery or equipment as your first defense against back injury at work.

## **What is the second plan of action that you must use when you see a load that could pose a risk of injury?...**

Ask a fellow crewmember to help you lift the load. As a rule of thumb, a worker can safely lift 50 lbs. without serious concern of back injury. Therefore, if a piece of equipment weighs 140 lbs., 3 workers should be available to lift the weight. All crewmembers should also be watching out for one another and should offer to help out if they see someone else trying to lift something that is too heavy.

## **What is the third plan of action that you must use when you see a load that could pose a risk of injury?...**

Discuss the situation with your supervisor. Never hesitate to talk to your supervisor if you feel that lifting a load could be dangerous. Any reasonable supervisor will listen to your concerns and find a safer way of handling the situation.

**Remember... NO ONE IS GOING TO THANK YOU IF YOU INJURE YOURSELF!**

Everyone should go home safely at the end of the day, so always remember to use caution and follow the above three steps before lifting anything that could pose a risk of injury.



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# OHBA Safety Pages: Jackhammer Safety

When using a jackhammer:

- Wear proper PPE: eye protection, steel-toed boots, hearing protection, and safety gloves.
- Rotate workers, whenever possible, when jackhammering for extended periods of time.
- Position the jackhammer as near as possible to the work location. Place the compressor as far as possible from the work area to reduce the level of noise.
- Inspect the jackhammer and associated equipment regularly for defects or damage. Check if all components are complete, securely in place (or tightened) and in good condition. Make sure to do this, too, before every shift or start of operations:
  - Check air hoses for breaks, cracks, and worn or damaged couplings.
  - Ensure that the rating of the hose is sufficient for the job intended.
  - Inspect the electrical cord for frays, wear, and other signs of damage.
- Secure hose ends to prevent whipping if an accidental cut or break occurs
- Use the proper weight of the jackhammer for the job. Use a lighter jackhammer for the job as much as possible.
- Use the proper point for the material to be broken. Remember to use rock point for rock, spade point for asphalt, and chisel point for concrete. Never use a broken or cracked point.
- Lift the jackhammer properly by using your legs. This helps you avoid back strain or injury.
- Position the bit where you want to start the cut, then widen your stance to an athletic position prior to pulling the trigger.
- Operate the tool at a slight angle with it leaning back towards you. This way, you prevent the point from getting stuck in the material and the tool from getting out of control.
- Check for dust when operating jackhammer – If necessary, use water suppression and/or respiratory equipment to limit exposure levels.
- Do not jackhammer down beyond the depth of the cutting bit.
- Release air trigger whenever lifting up on the jackhammer. If the jackhammer trigger is operated when jackhammer is not being held down with pressure, it could jump around uncontrolled and injure the worker.
- When moving the jackhammer from place to place during operation, place your hand between the handle and the operating lever.
- Shut off the air supply and relieve pressure from the supply hose before changing tool points. Do the same when leaving the jackhammer unattended.
- Immediately remove defective or malfunctioning jackhammers and other tools until they are properly repaired.
- Barricade the work area as much as possible to keep spectators and untrained personnel from exposure to the hazards of jackhammer operations.
- In the event that the jackhammer bit “gets stuck”:
  - Attempt to free the bit by moving the jackhammer back and forth from side to side.
  - If bit is still stuck, put a second bit into the jackhammer and work at stuck bit from a different angle.



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# OHBA Safety Pages: Power Hand Drill Safety



Wear proper eye and hearing protection.



Keep drill vents clear to maintain adequate drill ventilation.



Keep drill bits sharp at all times.



Keep electrical cords clear of the drilling area.



Secure the material being drilled to prevent movement.



Slow the rate of feed before breaking through the surface.



Drill a small pilot hole before drilling large holes.



Disconnect the power supply before changing or adjusting the drill bit or other attachments.



Remove the chuck key before connecting the drill to the power supply.



Do not use a bent or damaged drill bit.



Do not exceed the manufacturer's recommended maximum drilling capacities.



Do not use high speed steel bits without cooling or lubrication.



Do not reach under or around material being drilled.



Do not overreach. Keep proper footing and balance at all times.



Do not drill with one hand while holding the material with the other.



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