



SAFETY PAGES

May 2020
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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: 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.



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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:

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: 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 accidentally
- 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.



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SAFETY PAGE MEETING GUIDE

Topic: Floor & Roof Openings

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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Record of those attending:

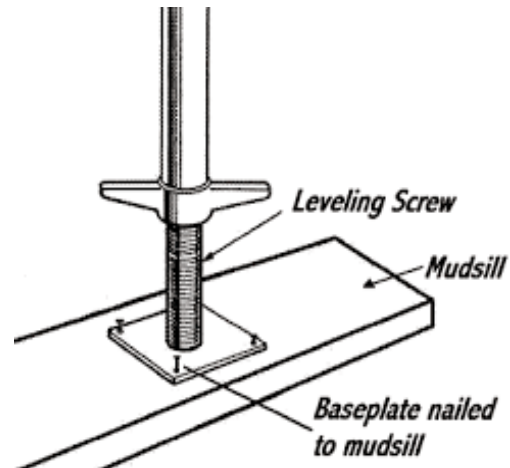
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Supervisor's remarks: _____

Supervisor: _____ (Print) _____ (Signature)

OHBA Safety Pages: Scaffolding Requirements

- Scaffold erection and dismantling must be done by, or supervised by, a qualified person or persons.
- The vertical supports of scaffolds must be – Placed on a firm base or mudsill – Capable of withstanding superimposed weight from the scaffold and anything placed on the scaffold
- Do not use pallets, boxes, concrete blocks, bricks, or other unstable materials to support scaffolds.
- Base plates and mud sills: Poles, legs, posts, frames, and uprights must bear on base plates and mud sills or another firm foundation. Footings must offer full support without settling (e.g. dirt, sand, gravel, and warm asphalt are foundations that can allow settling or displacement).
 - A concrete slab is considered a firm foundation. However, it's still a good practice to use mud sills. Nailing base plates to mud sills will prevent a scaffold from "walking."
 - The scaffold must be plumb and braced so that it does not sway. All scaffolds must be erected plumb and level and be designed for the intended use.
- Supported scaffolds with a height to base-width ratio greater than 4-to-1 (including outrigger supports) must be prevented from tipping. Use ties, guys, braces, or another means that provides at least the same degree of safety. Install guys, ties, or braces where the horizontal members support both the inner and outer legs. They must be installed according to the manufacturer's instructions (or at the closest horizontal member to the 4-to-1 height) and be repeated vertically at least every 20 feet if the scaffold is up to three feet wide, every 26 feet if the scaffold is more than three feet wide.
- Bracing requirements for prefabricated scaffolds must be installed according to the manufacturer's instructions. Bracing for job-built scaffolding must meet standards acceptable to Oregon OSHA.
- Load capacities: Is the load capacity for your scaffold rated for light, medium, or heavy duty? Is it rated for one person? Two? Three? Scaffolds and components must be able to support their own weight and at least four times the maximum intended load applied to them. The maximum intended load includes workers, equipment, and supplies.
- All scaffolds must be inspected before use by those who will use them, regardless of who erected them. No damaged or weakened scaffold may be used until it has been effectively repaired.



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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:

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Supervisor's remarks: _____

Supervisor: _____ (Print) _____ (Signature)

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.



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SAFETY PAGE MEETING GUIDE

Topic: Ladder Safety

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:

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Supervisor's remarks: _____

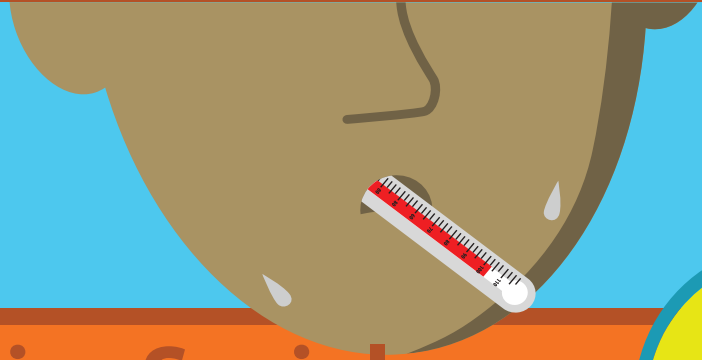
Supervisor: _____ (Print) _____ (Signature)

Let's Prevent the Spread of COVID-19

You can help flatten the curve

Feel Sick?

- Stay home and seek medical attention
- Protect others



Exercise Social Distancing

- Keep 6 feet between you and other people
- Avoid hugs, handshakes, and gatherings



Be Smart

- Wash hands frequently with soap for 20 sec. or longer (or use alcohol-based hand sanitizer with at least 60% alcohol)
- Avoid touching your face. Hands can transfer the virus to your eyes, nose or mouth
- Cover coughs and sneezes



For more COVID-19 resources, please contact Brad Nanke
Brad@oregonhba.com

Prevengamos la propagación del COVID-19

Usted puede ayudar a aplanar la curva

¿Se siente enfermo?

- Quédese en casa y busque atención médica
- Proteja a otros

Ejercite el distanciamiento social

- Mantenga 6 pies entre usted y otras personas
- Evite abrazos, apretones de manos y reuniones

6'-2m

Sea inteligente

- Lávese las manos frecuentemente con jabón durante 20 segundos. o más (o use desinfectante para manos a base de alcohol con al menos 60% de alcohol)
- Evite tocarse la cara, las manos pueden transferir el virus a los ojos, la nariz o la boca
- Cúbrase al toser o estornudar



Para más recursos sobre el COVID-19, por favor contactar Brad Nanke Brad@oregonhba.com