



Safety Pages

August 2017

August, 2017

Safety Pages:

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|--|---------------------------------|
| <u>Fire Extinguisher Operation.....</u> | <u>P. 2-3</u> |
| <u>Heat Emergencies</u> | <u>P. 4-5</u> |
| <u>Mobile Equipment</u> | <u>P. 6-7</u> |
| <u>Safety Committee Meeting</u> | <u>P. 8-9</u> |
| <u>Injury Tracking Application CSV Documentation</u> | <u>P. 10</u> |
| <u>Solar Eclipse Viewing.....</u> | <u>P. 11-12</u> |

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.

On page 8 is a press release from OR-OSHA on a willful violation for Fall Protection. If you have questions on Fall Protection or are not sure about your own Fall Protection System please feel free to contact [David Davidson](#) at anytime. The citation for this violation was \$70,000!



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.

[David Davidson, 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

Fire Extinguisher Operation

P-A-S-S

Pull Pin on Handle

Aim Nozzle

Squeeze Handle

Sweep the Base of the Fire



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SAFETY POINTER MEETING GUIDE

Topic: Fire Extinguisher Operation

Project: _____ Address: _____

Employer: _____ Supervisor: _____

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, and work practices:

Follow up from last safety meeting:

Record of those attending:

| Name: (please print) | Signature: | Company: |
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Supervisor's remarks: _____

Supervisor: _____
(Signature)

Heat Emergencies

by Doug Plemons

Anyone can become susceptible to heat emergencies in very warm weather. This is especially true for people doing hard work or heavy labor outside. However, if the temperature is high enough, even indoor workers can become susceptible and may suffer heat stroke, heat exhaustion, or heat cramps.

HEAT STROKE (or sun stroke) is a life-threatening situation and must be treated immediately. The victim's temperature-control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

Signs and symptoms of heat stroke are hot, red, dry skin; very small pupils and very high body temperature. The body temperature may be rising rapidly. There may also be a rapid pulse, very small pupils, loss of consciousness, and convulsions. If the victim was sweating from heavy work, his or her skin may be wet; otherwise it will feel dry.

First Aid. Call 911. Get the person out of the heat and into a cooler place fast. Quickly cool the victim's body. Immerse the victim in a cool bath or wrap wet towels around their body and fan them. Elevate head and shoulders and treat for shock. Give nothing by mouth.

HEAT EXHAUSTION is less dangerous than heat stroke but it can cause collapse. It typically occurs when working in a warm, humid place where body fluids are lost through heavy sweating. Fluid loss causes blood flow to decrease in the vital organs, resulting in a form of shock. With heat exhaustion sweat does not evaporate, as it should. As a result, the body is not cooled effectively.

Signs and symptoms of heat exhaustion are cool, pale, and moist (clammy) skin, heavy sweating, dilated pupils, headache, nausea, dizziness, weakness, low blood pressure, weak pulse, and vomiting. Body temperature will be nearly normal.

First Aid. Get the victim out of the heat and into a cooler place immediately. Place them on their back with feet up. If possible, remove or loosen the victim's clothing. Cool them by fanning and applying cold packs (putting a cloth between the cold pack and the victim's skin) or wet towels. Give care for shock and give them one-half glassful of water to drink every 15 minutes, if they are conscious and can tolerate it.

HEAT CRAMPS (muscle spasms) are muscle pains and spasms due to heavy exertion, heavy sweating, and usually involve the abdominal muscles or legs. Cramps occur in arms and legs after strenuous work.

First Aid. Get the victim to a cooler place. If they can tolerate fluids, give them one-half glass of water or sports drinks every 15 minutes for an hour. No alcohol or caffeine.

HEAT RASH (prickly heat) occurs when humidity prevents sweat from evaporating. Over-the-counter drugs are available for treatment.

SUNBURN obviously occurs when skin is over-exposed to the sun's harmful rays. The summer is most dangerous because ultraviolet and infrared rays are intense and because the temperature is warm and comfortable, making it easier to work without a shirt. Wear protective clothing and consider wearing sunscreen or sunblock.

AVOID HEAT EMERGENCIES

During the summer:

- wear protective, lightweight, light-colored clothing
- drink cool water, (not iced water) — at least a cup every 20 minutes
- take breaks to cool off; a worker should never be denied a break if he or she is overheated.

DO NOT GIVE ASPIRIN OR SALT TABLETS TO ANYONE SUFFERING FROM A HEAT-RELATED EMERGENCY.



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SAFETY PAGE MEETING GUIDE

Topic: Heat Emergencies

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)

Working Safely with Mobile Equipment

OHBA Safety Pages

Excavators, dump trucks, graders, rollers, and other mobile equipment play key roles in the road, parking lot and foundation building industry. However, mobile equipment can pose a risk to nearby workers, especially when the operator cannot see them. By following the safety work practices listed below, you can help reduce the risk of injury when working with mobile equipment.



Safety Work Practices

Operators

- Ensure that workers are clear of the equipment before operating it.
- When operating mobile equipment, carry the load no higher than necessary to avoid limiting your vision.
- Avoid using cell phones while operating mobile equipment.



Nearby Workers

- Before starting work, ensure that you are aware of all mobile equipment operating in and around the site.
- Wear high visibility apparel when working with or near mobile equipment.
- Do not take shortcuts across areas where mobile equipment is working.
- Keep in eye contact with the operator when working near moving machinery or equipment.
- If you use a cell phone, be aware that it can distract your attention from hearing or seeing mobile equipment as it moves around the site.
- Maintain adequate distance from the swing radius of the excavator's turret and bucket.
- Never work under a suspended load including the bucket.



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SAFETY PAGE MEETING GUIDE

Topic: Working Safely with Mobile Equipment

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)

Does Your Company Need a Safety Committee?

Safety Pages for Owners / Supervisors

In 2009, Oregon-OSHA revised its rule for workplace safety committees. That rule, OAR 437-001-0765, now allows employers with 10 or fewer employees to have safety meetings instead of traditional safety committees. That's good news for small business owners. And for construction businesses, you can hold safety meetings even if you have more than 10 employees—as long as at least half of them work at construction sites. Already have a safety committee? No problem, you don't have to change. But safety meetings will save time and keep your paperwork to a minimum.

Gathering requirements for both a meeting and committee are relatively the same. Construction workers are required to gather once a month, and while office employees are encouraged to attend monthly meetings, they are only required to hold quarterly meetings.

For further information please visit Oregon OSHA's Website at:

<http://osha.oregon.gov/OSHArules/div1/437-001-0765.pdf>,

<http://osha.oregon.gov/OSHApubs/0989.pdf>

or

<http://osha.oregon.gov/OSHApubs/factsheets/fs31.pdf>

| IF | YOU CAN HAVE A SAFETY COMMITTEE | YOU CAN HAVE SAFETY MEETINGS |
|--|---------------------------------|------------------------------|
| You have 10 or fewer employees more than half of the year (including seasonal and temporary) | Yes | Yes |
| More than half of your employees report to construction sites | Yes | Yes |
| More than half of your employees are mobile or move frequently between sites | Yes | Yes |
| Most employees do not regularly work outside an office environment | Yes | Yes |
| You have more than 10 employees at a location, and none of the above applies | Yes | No |
| You have satellite or auxiliary offices with 10 or fewer employees at each location | Yes | Yes |

As a reminder, the monthly HBA Safety Page topics are provided to our members as a tool to help comply with the basic goal of Oregon-OSHA's safety committee or meetings requirements. Every employer can help improve the safety awareness of his/her employees by having regular meetings in which safety topics are discussed, jobsite hazards are reviewed and both supervisors and workers brainstorm ways to improve day-to-day safety.

Be sure to have your employees sign in at each meeting on the back of the Safety Page, document any safety issue discussed and any recommendation or action items that came up in the meeting. These meeting minutes should be kept in a log book (3-hole binder is fine). For our members with 10 or fewer employees, holding monthly meetings using the Safety Page topic or other safety-related topic and keeping the log book of these pages with meeting dates and attendees noted fulfills the safety meeting requirements for Oregon-OSHA. Employers with 11 or more employees still need to fully comply with all of Oregon-OSHA's requirements for safety committees unless an exception applies noted above in the box.



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SAFETY PAGE MEETING GUIDE

Topic: Safety Committee and Safety Meetings

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)

Injury Tracking Application

Electronic Submission of Injury and Illness Records to OSHA

The Injury Tracking Application (ITA) will be accessible from the www.osha.gov page on August 1, 2017, where you will be able to provide the Agency your 2016 OSHA Form 300A information. OSHA also published a [notice of proposed rulemaking](#) to extend the date by which certain employers are required to submit the information from their completed 2016 Form 300A electronically from July 1, 2017 to December 1, 2017.

We were not sure if the new Administration was going ahead with this rule change. We now know they are. August 1, 2017 the OSHA web site should go live. At this web site (www.osha.gov) you should be able (if required to do so) to enter your 300A Log info (starting with your 2016 info). Oregon-OSHA will not begin to enforce this new Federal Rule until December 1, 2017.

Who: Establishments with 250 or more employees that are currently required to keep OSHA injury and illness records. Also establishments/industries with 20-249 employees that are classified in [certain industries](#) with historically high rates of occupational injuries and illnesses.

These types of industries include; Construction, Manufacturing, Utilities, Building Material & Supply Dealers plus many more. This will include most of our HBA membership if you have 20 or more employers.

What: Covered establishments with 250 or more employees must electronically submit information from OSHA Forms 300 (Log of Work-Related Injuries and Illnesses), 300A (Summary of Work-Related Injuries and Illnesses), and 301 (Injury and Illness Incident Report). Covered establishments with 20-249 employees must electronically submit information from OSHA Form 300A.

When: The requirement becomes effective on January 1, 2017. The new reporting requirements will be phased in over two years. In 2017, all covered establishments must submit information from their completed 2016 Form 300A by July 1, 2017. In 2018, covered establishments with 250 or more employees must submit information from all completed 2017 forms (300A, 300, and 301) by July 1, 2018, and covered establishments with 20-249 employees must submit information from their completed 2017 Form 300A by July 1, 2018. Beginning in 2019 and every year thereafter, covered establishments must submit the information by March 2.

How: OSHA will provide a secure website that offers three options for data submission. First, users will be able to manually enter data into a web form. Second, users will be able to upload a CSV file to process single or multiple establishments at the same time. Last, users of automated recordkeeping systems will have the ability to transmit data electronically via an API (application programming interface). We will provide status updates and related information here as it becomes available.

If you have any questions on how to comply with this new rule please feel free to contact me anytime. Phone: 503.399.1500 or Email: david@homebuildersassociation.org

Solar Eclipse Viewing: What to wear to protect your eyes

A solar eclipse occurs when the moon blocks any part of the sun. On Monday, August 21, 2017, a solar eclipse will be visible (weather permitting) across all of North America. The whole continent will experience a partial eclipse lasting 2 to 3 hours. Halfway through the event, anyone within a roughly 70-mile-wide path from Oregon to South Carolina (<https://go.nasa.gov/2pC0lhe> (link is external)) will experience a brief total eclipse, when the moon completely blocks the sun's bright face for up to 2 minutes 40 seconds, turning day into night and making visible the otherwise hidden solar corona — the sun's outer atmosphere — one of nature's most awesome sights. Bright stars and planets will become visible as well.



Looking directly at the sun is unsafe except during the brief total phase of a solar eclipse ("totality"), when the moon entirely blocks the sun's bright face, which will happen only within the narrow path of totality.

The only safe way to look directly at the uneclipsed or partially eclipsed sun is through special-purpose solar filters, such as "eclipse glasses" (example shown at right) or hand-held solar viewers. Homemade filters or ordinary sunglasses, even very dark ones, are not safe for looking at the sun. To date four manufacturers have certified that their eclipse glasses and handheld solar viewers meet the ISO 12312-2 international standard for such products:



1. Rainbow Symphony
 2. American Paper Optics (shown above right – Amazon https://www.amazon.com/Solar-Eclipse-Glasses-Certified-Viewing/dp/B01N9T9CZL/ref=sr_1_3?ie=UTF8&qid=1498677915&sr=8-3&keywords=eclipse+glasses)
 3. Thousand Oaks Optical
 4. TSE 17
- Always inspect your solar filter before use; if scratched or damaged, discard it. Read and follow any instructions printed on or packaged with the filter. Always supervise children using solar filters.

- Stand still and cover your eyes with your eclipse glasses or solar viewer before looking up at the bright sun. After glancing at the sun, turn away and remove your filter — do not remove it while looking at the sun.
- Do not look at the uneclipsed or partially eclipsed sun through an unfiltered camera, telescope, binoculars, or other optical device. Similarly, do not look at the sun through a camera, a



telescope, binoculars, or any other optical device while using your eclipse glasses or hand-held solar viewer — the concentrated solar rays will damage the filter and enter your eye(s), causing serious injury. Seek expert advice before using a solar filter with a camera, a telescope, binoculars, or any other optical device.

- Salem is within the path of totality,

remove your solar filter only when the Moon completely covers the sun's bright face and it suddenly gets quite dark. Experience totality, then, as soon as the bright sun begins to reappear, replace your solar viewer to glance at the remaining partial phases.

An alternative method for safe viewing of the partially eclipsed sun is through #14 welder's glasses. That is much darker than the shades arc welders typically wear, and NASA warns that only #14 or darker is adequate to protect your eyes in an eclipse.

A solar eclipse is one of nature's grandest spectacles. By following these simple rules, you can safely enjoy the view and be rewarded with memories to last a lifetime.

Additional Safety Information

An eclipse is a rare and striking phenomenon you won't want to miss, but you must carefully follow safety procedures. Don't let the requisite warnings scare you away from witnessing this singular spectacle! You can experience the eclipse safely, but it is vital that you protect your eyes at all times with the proper solar filters. No matter what recommended technique you use, do not stare continuously at the sun. Take breaks and give your eyes a rest! Do not use sunglasses: they don't offer your eyes sufficient protection. One excellent resource for safe solar eclipse viewing is here: <http://www.nasa.gov/content/eye-safety-during-a-total-solar-eclipse>

More information:

eclipse.aas.org eclipse2017.nasa.gov

See the attached and website links to safety info for the upcoming solar eclipse.

#1 - <http://www.oregon.gov/oem/hazardsprep/Pages/2017-Total-Solar-Eclipse.aspx>

#2 - <https://www.saif.com/safetyandhealth/the-eclipse-hazard-you-probably-havent-thought-about-video.html>