BUILDERS ASSOCIATION SOUTHERN OREGON

November, 2017

Safety Pages:

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.

OHBA OREGON HOME BUILDERS ASSOCIATION

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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Vehicle Safety

By Robirda Lee, Loss Control Manager, SAIF/HBA Group Workers Comp Program

OHBA Safety Pages

Employers should manage motor vehicle safety just as carefully as they manage other aspects of their business. Consider the following injury data: **Top three driver errors resulting in motor vehicle crashes in Oregon (2004)**

ALL CRASHES

1. Failure to avoid stopped or parked vehicle ahead - 29%; 2. Did not have right of way - 15%; 3. Driving too fast for conditions - 12%; ***Significant contributing factor -*** *Stopped in traffic (except for left turn) 33%*

FATAL CRASHES

1. Driving too fast for conditions - 37%; 2. Failure to maintain lane - 10%; 3. Ran off road - 10%; ***Significant contributing factor*** - ***Had been drinking 38 %***

KEY GUIDELINES FOR AN EFFECTIVE DRIVER SAFETY PROGRAM:

Develop a written vehicle safety policy. Tell employees what management expects when driving company vehicles. Have employees sign an acknowledgement form. Implement a comprehensive drug and alcohol program to hold employees accountable. Sample: http://www.orosha.org/pdf/pubs/4767.pdf

Check workers' driving records. Check employee driving records before they get behind the wheel of YOUR vehicle and annually thereafter. Screen those who have poor driving records.

Investigate Accidents. Investigate all vehicular accidents and review at your safety meeting. Ensure they are reported properly.

Keep vehicles safe. Develop procedures that ensure vehicle-safety inspections and maintenance are done on regular schedules. Have employees report mechanical problems to their supervisors immediately.

Reward and discipline. For employees with excellent driving records, recognition and privileges can be effective. On the flipside, make it clear that employees who violate safety policies will be disciplined.

Invest in education and training. Hold a vehicle safety meeting, review your written policy, and pertinent highway safety rules.

Know the rules. The Oregon Drivers and Motor Vehicle Service's (DMV) *Vehicle Code Book* includes all requirements for vehicle registration, driver licensing, and rules of the road. http://www.oregon.gov/ODOT/DMV/pages/form/vehiclecodebk.aspx

REMINDERS FOR ALL DRIVERS

BUCKLE UP! Seat belts are the most effective way to prevent deaths and serious injuries in traffic accidents. Oregon seat belt use is 93.3%, the fifth highest in the nation. All drivers and passengers must use seat belts. Vehicle owners are required to keep them working properly.

STAY FOCUSED AND AWAKE. It is common to see people reading or talking on cell phones while driving, but driving is not the time for multi-tasking. Drivers make more than 200 traffic-related decisions per mile, so it's critical to focus only on driving. *Drowsiness is also a factor. Such crashes often occur on rural roads or when the driver is alone, usually late at night, early in the morning or mid-afternoon.*

DON'T DRINK AND DRIVE. Alcohol use was a factor in 38 percent of the fatal motor vehicle crashes in Oregon in 2004. It's estimated that 3 in every 10 Americans will be involved in a crash caused by impaired driving. A blood alcohol level of .08 is considered intoxicated by Oregon law. Employers should have a drug and alcohol program in place to minimize this exposure.

KEEP YOUR COOL. Tailgating, weaving in traffic, and ignoring traffic lights and the rights of other drivers is called *aggressive behavior and contributes to an increasing number of crashes. Some employers have a 1-800 number posted on the vehicle so that other drivers can report to the employer if they see these behaviors.*

WATCH OUT FOR PEDESTRIANS. Oregon drivers injured 550 pedestrians and killed 45 in Oregon in 2004. Most incidents happened because drivers failed to give pedestrians the right of way. Pedestrians have the right of way at all intersections, even those that don't have painted crosswalks.

SECURE TOOLS AND EQUIPMENT. Are you sure that 10-foot ladder you're hauling in the back of the pickup will stay there when you're on the freeway? Unsecured and poorly secured.

SAFETY PAGE MEETING GUIDE Topic: Vehicle Safety

Project Name: _____ Location: _____

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, work practices and any Safety or Health recommendations:

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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: _____

Supervisor: _____
(Signature)

OHBA Safety Pages

Winter Driving Safety Reminders #1

If you do much winter driving in Oregon, you've probably seen the Oregon Department of Transportation (ODOT) SNOW ZONE signs that tell you the current requirements for chains or traction tires. But do you know what they mean? Here are some reminders.

1. You must have chains or traction tires in or on your vehicle; they must be the right size for your vehicle, and of sufficient number to comply with ODOT's chain requirements.

2. You must use chains if your vehicle is towing or rated more than 10,000 pounds gross vehicle weight (GVW). Chains must also be used on a trailer or vehicle being towed if it has a brake that operates while in tow.

3. You must use chains if your vehicle is towing or weighs over 10,000 pounds GVW. If your vehicle weighs 10,000 pounds GVW or less and is not towing you must use chains or traction tires. Chains must also be used on a trailer or vehicle being towed if it has a brake that operates while in tow.

Drivers who disobey SNOW ZONE signs are subject to a class C traffic infraction.
During severe weather, ODOT may require all vehicles to use chains. This is known as a conditional road closure.
Chains include any device that attaches to the wheel, vehicle, or outside of the tire, that is designed to increase traction on ice and snow.
Traction tires are studded tires or other tires that are suitable for use in severe snow conditions. These tires are marked with a mountain/snowflake emblem on the sidewall like this: 
Studs must be made of a rigid material that wears at the same rate as the tire tread and must extend at least 0.04 inch but not more than 0.06 inch beyond the tread surface. Studded tires are legal for use in Oregon from Nov. 1 to April 1. For information on tires that are suitable for use in severe snow conditions, contact your tire dealer.
A four-wheel or all-wheel drive passenger vehicle is exempt from ODOT's chain requirements if all of the following are true:

a. It has an unloaded weight of 6,500 pounds or less.
b. It is operated to provide power to both the front and rear wheels.
c. It is carrying chains.
d. It has mud-and-snow, all-weather radial, or traction tires on all of its wheels.
e. It is not towing another vehicle.
f. It is not being operated in a manner or under conditions that cause the vehicle to lose traction.

For more information, click on "Trip Check" on the ODOT Web site: www.oregon.gov/ODOT/

SAFETY PAGE MEETING GUIDE Topic: Winter Driving Safety Reminders - #1

Employer: _____ Project: _____

Date: _____ Time: _____ Shift: _____

Number in crew: _____ Number attending: _____

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Supervisor: _____ _ _____
(Print) (Signature)

Wrench Safety

OHBA Safety Pages

Inspect the Work Environment –

- Inspect for rounded or worn bolt heads or nuts. Remove accumulation of grease, oil, or similar hazards.
- Remove grease, oil, mud, ice/snow, or other slip hazards from walking or working surfaces.

Use the Correct Wrench for the Task –

- Use the correct wrench type for the job. Use pipe wrenches for pipe plumbing fittings and general use wrenches for nuts and bolts.
- Select the correct wrench size to avoid slippage.
- Do not use damaged, defective, or excessively worn wrenches.

When Using the Wrench –

- Position your body in a way that will prevent you from losing your balance.
- If possible pull the wrench towards you, instead of pushing away.
- Apply slow and steady force. Do not use fast and jerky motions.
- Never use a cheater bar to obtain additional leverage.
- Do not strike a wrench with a hammer or similar object to gain more force.

SAFETY PAGE MEETING GUIDE Topic: Wrench Safety

Employer: _____ Project: _____

Date: _____ Time: _____ Shift: _____

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Supervisor: _____ _ _____
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Pump Jack Scaffolding Requirements

OHBA Safety Pages

A pump jack scaffold is a platform supported by moveable brackets on vertical poles. Pump jacks are relatively inexpensive and useful when it's necessary to work at various heights. Pump jacks are also practical for work where two buildings are so close together that a ladder jack scaffold cannot be installed at the proper angle. There are two basic types: steel and aluminum. Steel pump jacks are made of pressed metal and are designed for use on double-thick two-inch by four-inch wood poles. Aluminum pump jacks are made of aluminum extrusions and are designed for special four-inch by four-inch aluminum poles. Steel pump jack components and aluminum pump jack components can't be interchanged.

- Pump jack brackets, braces, and accessories must be fabricated from metal plates and angles. [29 CFR 1926.452(j)(1)]
- Each pump jack bracket must have two positive gripping mechanisms to prevent any failure or slippage. [29 CFR 1926.452(j)(1)]
- When guardrails are used for fall protection, a workbench may be used as the toprail only if it meets all requirements of paragraphs 29 CFR 1926.451(g)(4)(ii), 29 CFR 1926.451(g)(4)(vii), (viii) and 29 CFR 1926.451(g)(4)(xiii). [29 CFR 1926.452(j)(3)]
- Work benches must not be used as scaffold platforms. [29 CFR 1926.452(j)(4)]
- Poles must be secured to the structure by rigid triangular bracing, or equivalent, at the [29 CFR 1926.452(j)(2)]:
    - Bottom
    - Top
    - Other points as necessary
- When bracing already installed has to be removed so the pump jack can pass, an additional brace must be installed approximately 4 feet above the original brace before it is removed. The additional brace must be left in place until the pump jack has been moved and the original brace reinstalled. [29 CFR 1926.452(j)(2)]
- When poles are made of wood, the pole lumber must be [29 CFR 1926.452(j)(5)]:
    - Straight-grained
    - Free of shakes
    - Free of large loose or dead knots, and other defects that might impair strength.
- When wood poles of two continuous lengths are joined together, the seam must be parallel to the bracket. [29 CFR 1926.452(j)(6)]
- To develop full strength when two-by-fours are spliced to make a pole, mending plates must be installed at all splices. [29 CFR 1926.452(j)(7)]

- Wood poles may not exceed 30 feet in height 29 CFR 1926 Subpart L Appendix A (j).
- When 2 x 4s are spliced together to make a 4 x 4-inch wood pole, they must be:
    - Spliced with 10 penny common nails no more than 12 inches center to center.
    - Staggered uniformly from the opposite outside edges.
- Maximum intended load for pump jack scaffolds is 500 pounds, applied at the center of the platform span. [29 CFR 1926 Subpart L Appendix A (j)]
- Not more than two employees may be on a pump jack scaffold between any two supports at one time. [29 CFR 1926 Subpart L Appendix A (2)(j)]

SAFETY PAGE MEETING GUIDE Topic: Scaffold Requirements

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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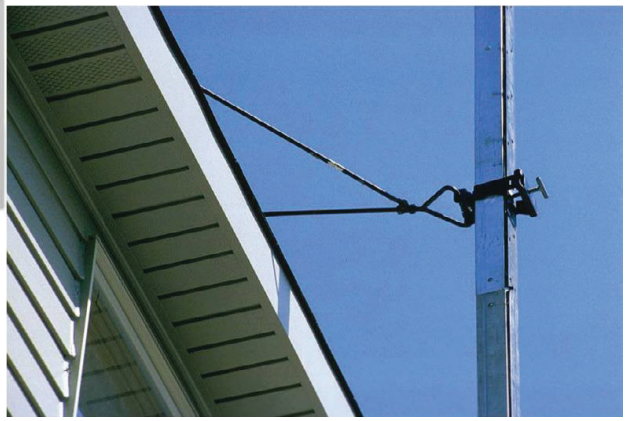
Examples of Pump Jacks

An example of Pump Jacks showing all features.



A Pump Jack scaffold's triangular bracing.

Pump Jack Scaffolds will normally have a work bench that can act as a top rail if it is 38 to 45 inches. Don't forget a midrail and guarding the ends – both are missing in this picture.

Oregon OSHA

FACT SHEET

OAR 437
Division 2/D

Walking-Working Surfaces: At a glance

Oregon OSHA adopted federal OSHA's new rules for walking-working surfaces (Division 2, Subdivision D) in May 2017. A walking-working surface is any horizontal or vertical surface on or through which an employee walks, works, or gains access to a work area. The rules apply to walking-working surfaces in all general industry workplaces.

- The rules become effective Nov. 1, 2017; however, some requirements have delayed effective dates to give employers additional compliance time.
- This fact sheet highlights the key walking-working surfaces rules and the rules that have delayed effective dates.

1910.22 – General requirements

Workplaces, including passageways, storerooms, service rooms, and walking-working surfaces, must be clean, orderly, and sanitary.

Employees must have a safe way to access and exit all walking-working surfaces.

Walking-working surfaces must be inspected regularly and kept in a safe condition.

Other Oregon general rules

- 437-002-0022, Additional Oregon general requirements includes requirements for protective barriers; provisions for safety in plant design, layout, and operation; and requirements for aisles, passageways, walkways, and inclines.
- 437-002-0032, Ramps and runways includes ramp and runway requirements for vehicles.
- 437-002-0033, Piers and wharves includes requirements for piers and wharves.

1910.23 – Ladders

1910.23 covers all ladders, except ladders used in emergencies (such as firefighting, rescue, and law enforcement activities) and ladders that are an integral part of machines or equipment.

Ladders covered by 1910.23 now include portable ladders, fixed ladders, mobile ladder stands, and mobile ladder stand platforms.

Other Oregon ladder rules

437-002-0026, Portable ladders covers the selection and use of portable ladders, including job-made ladders.

Oregon OSHA
A Division of the Department of Consumer and Business Services
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1910.24 – Step bolts and manhole steps

Step bolts

- Installed **before Jan. 1, 2018**, must be capable of supporting their maximum intended loads.
- Installed **on or after Jan. 1, 2018.**
  - Must be constructed of or coated with corrosion-resistant material if they are in areas where corrosion may occur.
  - Must be capable of supporting at least four times their maximum intended loads.

Manhole steps

- Must be inspected at the start of each work shift.
- Manhole steps installed **on or after Jan. 1, 2018**, must meet specific requirements for slip resistance, corrosion resistance, width, and vertical spacing.

1910.25 – Stairways

1910.25 covers all stairways, except those serving floating roof tanks, stairs on scaffolds, stairs designed into machines or equipment, and stairs on self-propelled motorized equipment.

All stairs must be standard stairs – installed at an angle from 30 degrees to 50 degrees from horizontal – unless an employer can demonstrate that such stairs are not feasible; then, spiral, ship, or alternating tread-type stairs are acceptable alternatives.

When a door or a gate opens directly on a stairway, a platform must be available and the swing of the door or gate must not reduce the platform's usable depth less than:

- 20 inches for platforms installed **before Jan. 1, 2018**.
- 22 inches for platforms installed **on or after Jan. 1, 2018**.

Standard stairs built **on or after Jan. 1, 2018**, must have a maximum riser height of 9.5 inches and a minimum tread depth of 9.5 inches.

1910.26 – Dockboards

Dockboards must be able to support their maximum intended loads.

Dockboards used **on or after Jan. 1, 2018**, must prevent vehicles from running off the edge.

1910.27 – Scaffolds and rope descent systems

Scaffolds must meet all of the requirements in Division 3, Subdivision L (Scaffolding). Employees who erect, dismantle, move, or work from a scaffold must be trained according to the requirements in 1926.454, Scaffolding, Training requirements.

Other Oregon rules

437-002-2027 establishes safety requirements for rope descent and rope access systems, which are used for tasks such as cleaning buildings, inspecting dams and bridges, and reaching difficult areas.

By Dec. 1, 2018:

- The building owner must inform the employer in writing that each permanent anchorage has been identified, tested, certified, and maintained so it can support at least 5,000 pounds.
- The employer must ensure that no employee uses any permanent anchorage before the employer has obtained the written information from the building owner.

Rope access is a system in which two ropes are used to gain access to a work area; one rope serves as the primary means of support and the second rope is used for fall-arrest. Rope access is different from rope descent.

1910.28 – Duty to have fall protection and falling object protection

Employers must protect employees exposed to falls and falling objects by following the requirements in 1910.29, Fall protection systems and falling object protection. Personal fall protection systems must meet the requirements in 1910.140, (Division 2, Subdivision I, Personal protective equipment).

1910.28(b) requires an employer to provide protection from falls, generally triggered at 4 feet above a lower level. Other trigger heights are also established in 1910.28(b).

Fixed ladders

Fixed ladders that extend more than 24 feet above a lower level must be equipped with:

- A personal fall-arrest system, ladder safety system, cage, or well if installed **before Nov. 1, 2019**.
- A personal fall-arrest system or a ladder safety system if installed **on and after Nov. 1, 2019.**

By Dec. 1, 2036, all fixed ladders must be equipped with a personal fall arrest system or a ladder safety system.

Climbing fixed ladders to billboards

Before Nov. 1, 2019, when a worker climbs a fixed ladder that does not have a cage, well, personal fall-arrest system, or a ladder safety system, the worker must:

- Receive training and demonstrate the capability to perform the necessary climbs in accordance with 1910.29(h), Fall protection systems, outdoor advertising.
- Wear a body harness equipped with an 18-inch rest lanyard.
- Keep both hands free of tools or material when climbing on the ladder.
- Be protected by a fall protection system upon reaching the work position.

1910.29 – Fall protection systems and falling object protection – criteria and practices

1910.29 includes the fall protection and falling-object protection requirements for:

- Guardrail systems
- Safety net systems
- Designated areas
- Covers
- Handrail and stair rail systems
- Cages, wells, and platforms used with fixed ladders
- Outdoor advertising
- Ladder safety systems
- Personal fall protection systems
- Protection from falling objects
- Grab handles

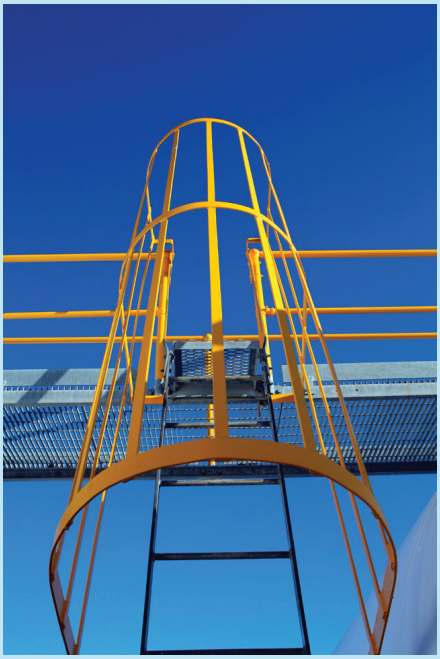
The height of guardrail systems

Regardless of the installation date, the top edge height must be 42 inches, plus or minus three inches.

1910.30 – Training requirements

Training in a language the employee understands is required for each employee who uses personal fall protection systems and any other equipment covered by the walking-working surfaces rules. Training must cover the manufacturer's instructions and proper care, storage, and use of the equipment.

Employees must be trained **on or before May 1, 2018**.



The Standards and Technical Resources Section of Oregon OSHA produced this fact sheet to highlight our programs, policies, or standards. The information is from the field staff, research by the technical resources staff, and published materials. We urge readers to consult the actual rules as this fact sheet information is not as detailed.

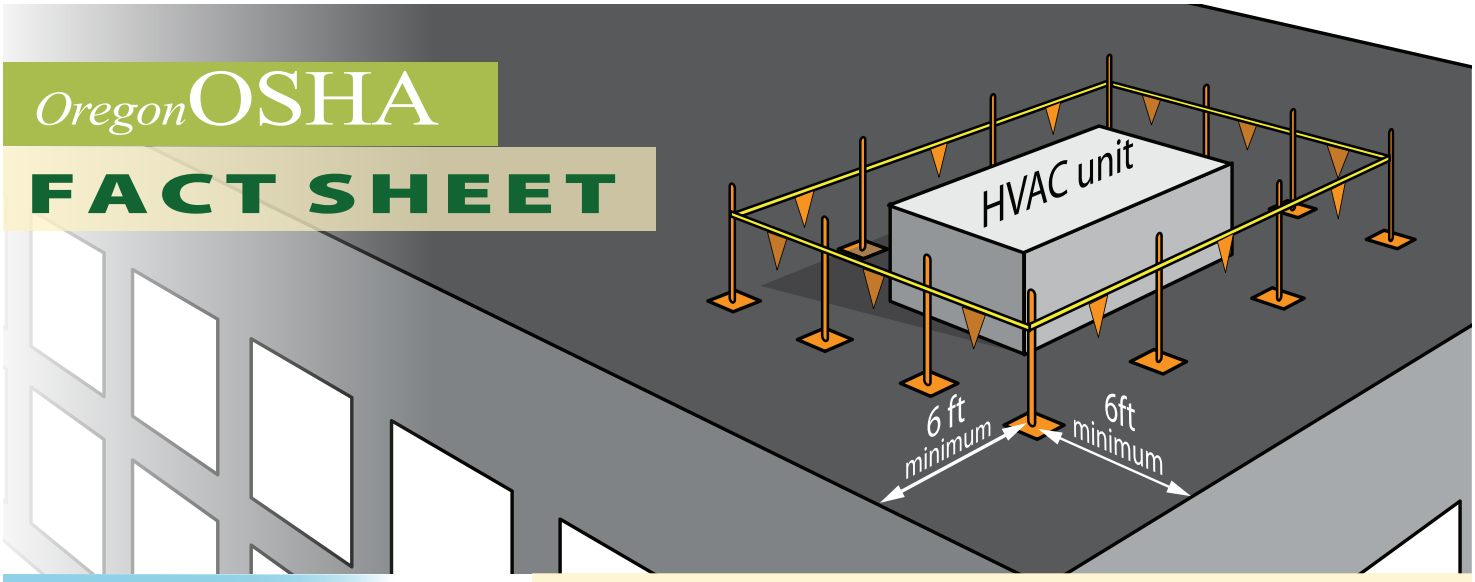
OR-OSHA (8/17) FS-74

Oregon OSHA

A Division of the Department of Consumer and Business Services

Oregon OSHA

FACT SHEET



Walking-Working Surfaces: Designated areas

OAR 437
Division 2/D
1910.28(b)(13)

What is a designated area?

When employees work on a low-slope roof, a non-traditional type of fall protection (the designated area) can be used in special situations. A designated area is a distinct portion of a walking-working surface delineated by a warning line in which employees may work without additional fall protection when performing work on low-slope roofs. A warning line is a rope, wire, tape, or chain that warns the employees that they are approaching an unprotected side or edge.

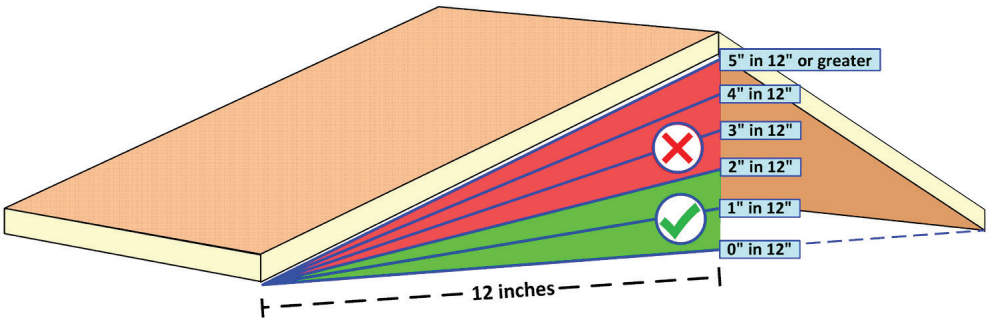
A warning line must meet all of the following requirements:

- Have a minimum breaking strength of 200 pounds
- Be installed so that its lowest point, including sag, is not less than 34 inches and not more than 39 inches above the walking-working surface
- Be supported so that pulling on one section of the line will not result in slack being taken up in adjacent sections causing the line to fall below 34 inches
- Be clearly visible from a distance of 25 feet and anywhere within the designated area
- Be erected as close to the work area as the task permits
- Be erected not less than six feet from the roof edge for work that is infrequent and temporary – or not less than 15 feet for any other work

Employees must remain in the area designated by the warning line while they are working.

Designated areas and fall protection on low-slope roofs

Designated areas cannot be used for work on surfaces other than low-slope roofs. A low-slope roof is a roof that has a slope less than or equal to a ratio of 2 in 12 (vertical to horizontal). Fall protection is required on low-sloped roofs that are four feet or more above a lower level.



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The type of fall protection that employees must use on low-slope roofs depends on the distance they work from the roof edge. (An unprotected skylight is also considered a roof edge.) There are three zones:

Work performed less than 6 feet from the roof edge. Each employee must be protected from falling by a guardrail system, safety net system, travel restraint system, or personal fall arrest system.

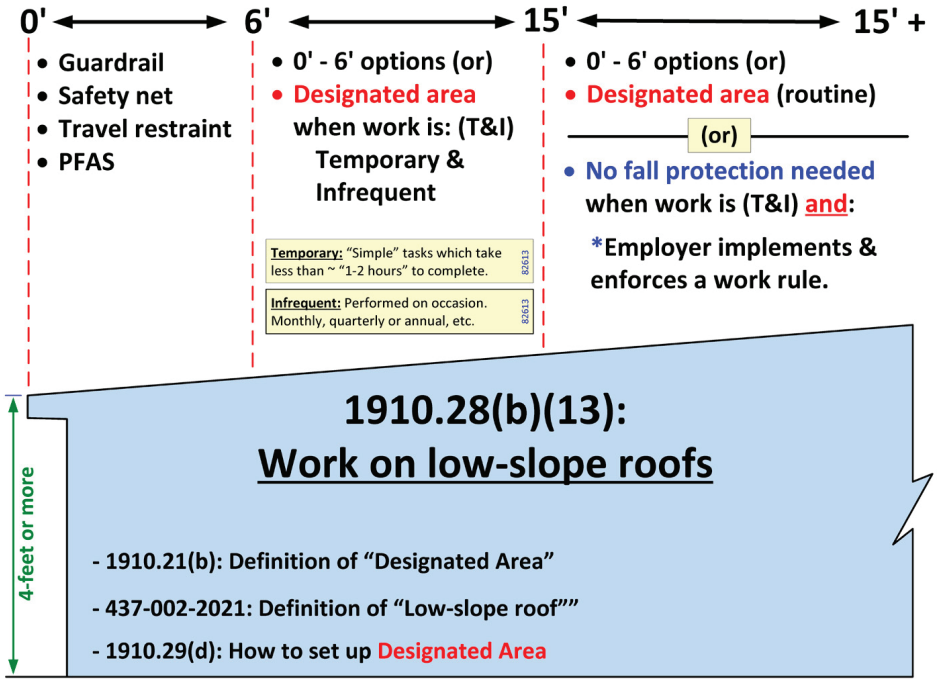
Work performed between 6 and 15 feet from the roof edge. Each employee must be protected from falling by one of the following five options:

1. A guardrail system
2. A safety net system
3. A travel restraint system
4. A personal fall arrest system
5. Designated area (work must be infrequent and temporary)

Work performed 15 feet or more from the roof edge. Each employee must be protected from falling by one of the following:

1. A guardrail system
2. A safety net system
3. A travel restraint system
4. A personal fall arrest system
5. A designated area (routine work)
6. No fall protection (work must be infrequent and temporary)*

*No fall protection is required when the work is infrequent and temporary and the employer implements and enforces a work rule that prohibits employees from going within 15 feet of the roof edge without fall protection.



What does infrequent and temporary mean?

Infrequent means that the work is performed occasionally. Infrequent work is usually performed once a year, once a month, or as needed. Examples include annual equipment maintenance, replacing batteries monthly or quarterly, and responding to occasional equipment breakdowns.

Daily, regular, or routine tasks are not infrequent.

Temporary means that the work is brief or short. Temporary work takes less time than the time it takes to set up conventional fall protection. Temporary tasks usually take less than two hours to complete and are not complicated. These tasks can be completed in a single visit without having to climb up and down multiple times. Examples include changing a filter in a rooftop HVAC system, replacing a part on a satellite dish, and resealing the flashing around a skylight.

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