

Safety Pages

September 2018 Safety Pages:

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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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Ground Fault Circuit Interrupters

OHBA Safety Pages

If you have power tools and/or extension cords on your job sites, you must take steps to ensure that these tools are properly grounded to prevent injury. This Safety Page topic covers the two options available to you to comply with this requirement.

OR-OSHA has written these rules dealing with ground fault circuit interrupter protection. This rule will provide increased safety for construction workers using electrical equipment and tools, and provides uniformity in what is required by Oregon Building Codes. The following is the OAR 437-003-0404 in Division 3/K.

437-003-0404 Branch circuits.

(1) General. Use ground fault circuit interrupters specified in (2) below **OR** an assured equipment grounding conductor program as in (3) below. These requirements are in addition to any other requirements for equipment grounding conductors.

(2) All 125-volt, single-phase, 15-, 20-, and 30-ampere receptacles on construction sites that are for temporary power and are available for use by employees must have approved ground-fault circuit interrupters.

(a) GFI protection must be at the outlet end of the circuit. Extension cords or other devices with listed ground-fault circuit interrupter protection for personnel identified for portable are acceptable.

(3) Assured equipment grounding conductor program: Receptacles more than 125-volt, single-phase, 30-amperes must have protection that complies with (2) above, or an assured equipment grounding conductor program that complies with the following:

(a) A written description of the program, including the employer's specific procedures. The program must be at the job site for inspection and copying by the Administrator and any affected employee.

(b) The employer must designate one or more competent persons (defined in §1926.32(f)) to implement the program.

(c) Before each day's use, visually inspect each extension cord, or other device, and any equipment connected by cord and plug, for external defects, such as deformed or missing pins or insulation damage, and for signs of possible internal damage. Extension cords, devices and receptacles not exposed to damage are exempt from this inspection. Do not use damaged or defective equipment.

(d) Do these tests on all extension cords, other devices and receptacles that are not part of the permanent wiring of the building or structure, and cord- and plug-connected equipment required to be grounded:

(A) Test all equipment grounding conductors for continuity.

(B) Test each receptacle or plug to assure the equipment grounding conductor is connected to its proper terminal.

(e) Do all required tests:

(A) Before first use;

(B) Before first use after repair;

(C) Before use after any incident that reasonably could cause damage (for example, when a cord set is run over); and

(D) At intervals not longer than 3 months. Inspect fixed extension cords, other devices and receptacles not exposed to damage at least every 6 months.

(f) Record all tests required in this paragraph. This test record must identify each receptacle, cord set, and cord- and plug-connected equipment that passed the test and indicate the last date of testing or the test interval. Keep this record by means of logs, color coding, or other effective means. Keep the record until replaced by a newer record. The record must be available on the job site for inspection by the Administrator and any affected employee.

Employers will have to provide GFCI equipment for the employees, unless the General Contractors supply GFCI-equipped temporary power for the job that will meet these requirements. It would be a good idea for Sub-Contractors to test the electrical supply to ensure it is GFCI equipped. This type of tester is readily available for only a few dollars. If, however, the General Contractor does not supply GFCI-equipped temporary power, then you must supply it for your employees. If you have any questions or need help with this rule call OR-OSHA technical resources at 503-378-3272 or 800-922-2689.



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.

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SAFETY PAGE MEETING GUIDE

Topic: Ground Fault Circuit Interrupters

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:

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: _____

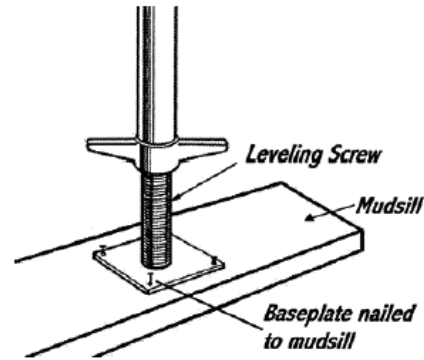
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Scaffold Requirements

OHBA Safety Pages

- 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.



Base plates and mud sills (or other firm foundation) are required on supported scaffolds. [elcosh image]

- 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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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:

Follow up on recommendations from last safety meeting:

Record of those attending:

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Supervisor's remarks: _____

Supervisor: _____ (Print) _____ (Signature)

Hand-Held Grinder Safety

OHBA Safety Pages

Hand-held grinders can cause serious injury if used incorrectly. By following the safe work practices listed below, you can help reduce the risk of injuring yourself or others while using these powerful tools.

Safe work practices

- ✓ Always handle and use equipment with care.
- ✓ Follow the manufacturer's recommendations for use, maintenance, and personal safety (including guards).
- ✓ Keep combustible materials away from the grinding area. Sparks may cause a fire.
- ✓ Never remove manufacturers' guards from grinders while operating.
- ✓ Ensure grinding wheels/discs are in good condition. Inspect them for chips, cracks, and loose retainers prior to use.
- ✓ Grinding generates dust. Protect yourself with proper respiratory protection and ventilation.
- ✓ Always check the machine's rated speed against the recommended maximum safe operating speed marked on the wheel or disc.



Personal protective equipment

- ✓ Always wear hearing, eye, and face protection that is appropriate for the grinding work you're doing.
- ✓ Respiratory protection may be required if your grinding work puts you at risk of inhaling harmful substances (e.g., dust, metal fumes, or chemicals).
- ✓ Secure loose clothing, and remove hoodie drawstrings, ties, rings, watches, and other jewelry.
- ✓ If you're not sure what type of personal protective equipment you need, ask your supervisor or employer.



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SAFETY PAGE MEETING GUIDE

Topic: Hand-Held Grinder Safety

Employer: _____ Project: _____

Date: _____ Time: _____ Shift: _____

Number in crew: _____ Number attending: _____

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Supervisor's remarks: _____

Supervisor: _____ (Print) _____ (Signature)

Safe Driving – Back to School

OHBA Safety Pages

School days bring congestion: Yellow school buses are picking up their charges, kids on bikes are hurrying to get to school before the bell rings, harried parents are trying to drop their kids off before work.

It's never more important for drivers to slow down and pay attention than when kids are present – especially before and after school.

If You're Dropping Off

Schools often have very specific drop-off procedures for the school year. Make sure you know them for the safety of all kids. More children are hit by cars near schools than at any other location, according to the National Safe Routes to School program. The following apply to all school zones:

- Don't double park; it blocks visibility for other children and vehicles
- Don't load or unload children across the street from the school
- Carpool to reduce the number of vehicles at the school

Sharing the Road with School Buses

If you're driving behind a bus, allow a greater following distance than if you were driving behind a car. It will give you more time to stop once the yellow lights start flashing. It is illegal in all 50 states to pass a school bus that is stopped to load or unload children.



- Never pass a bus from behind – or from either direction if you're on an undivided road – if it is stopped to load or unload children
- If the yellow or red lights are flashing and the stop arm is extended, traffic must stop
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus
- Be alert; children often are unpredictable, and they tend to ignore hazards and take risks without thinking.



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