



June 2016

June, 2016

Safety Pages:

Trailer Towing Safety P. 2-3

Fire Protection Programs P. 4-5

GFCI Protection P. 6-7

Heat Emergencies P. 8-9

Safety News:

The final hazard communication deadline is June 1 P. 10



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](#)

375 Taylor St NE, Salem, OR 97301 [541.971.6669](tel:541.971.6669) cell [503.362.5120](tel:503.362.5120) fax www.oregonhba.com

Trailer Towing Safety

OHBA Safety Pages

Before driving, make sure your vehicle maintenance and trailer maintenance are current. This is very important because towing puts additional stress on the tow vehicle.



- ✓ Check and correct tire pressure on the tow vehicle and trailer.
- ✓ Make sure the wheel lug nuts/bolts on the tow vehicle and trailer are tightened to the correct torque.
- ✓ Be sure the hitch, coupler, draw bar, and other equipment that connect the trailer and the tow vehicle are properly secured and adjusted.
- ✓ Verify the hitch ball and coupler or ball mount are of the same size; i.e. 1 7/8", 2", 2 5/8", etc.
- ✓ Check that the trailer safety chains are properly secured to the tow vehicle.
- ✓ Check that the wiring is properly connected— not touching the road, but loose enough to make turns without disconnecting or damaging the wires.
- ✓ Make sure all running lights, brake lights, turn signals, and hazard lights are working.
- ✓ Verify that the brakes on the tow vehicle and trailer (if equipped) are operating correctly.
- ✓ Check that all items are securely fastened on and in the trailer. Be sure the trailer jack, tongue support, and any attached stabilizers are raised and locked in place.
- ✓ Check load distribution to make sure the tow vehicle and trailer are properly balanced front to back and side to side.
- ✓ Adjust side and rear-view mirrors as needed to make sure you have good visibility.
- ✓ Check routes and restrictions on bridges and tunnels.



The information we provide is not intended to include all possible safety measures and controls. In addition, the safety information we provide does not relieve the Members of its own duties and obligations with regard to safety concerns, nor does Oregon Home Builders Association guarantee to the Members or others that the Member's property, job sites and/or operations are safe, healthful, or in compliance with applicable laws, 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.

SAFETY PAGE MEETING GUIDE

Topic: Trailer Towing 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:

Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		

Supervisor's remarks: _____

Supervisor: _____ (Print) _____ (Signature)

Fire Protection Programs

By Doug Piemons

**OHBA Safety Pages for
Owners / Supervisors**

The State of Oregon requires a fire protection plan from all employers in the construction industry. Employers with 10 or fewer employees are required to communicate their plan orally to their employees, and those with 11 or more employees are required to have a *written* plan.

There are general requirements for fire protection plans, as well as specific elements that must be included in written plans. (The OAR sections covering these requirements are cited at the end of this article.)

General Requirements: The employer is responsible for the development of a fire protection program to be followed throughout all phases of the construction or demolition work.

Access to all firefighting equipment shall be maintained at all times.

All firefighting equipment shall be maintained at all times.

All firefighting equipment shall be periodically inspected and maintained in operating condition. Defective equipment shall be immediately replaced.

Regarding fire extinguishers: A fire extinguisher rated not less than 2A shall be provided for each 3,000 sf of the protected building area.

The following five elements must be included in written plans:

1. A list of the major workplace fire hazards and their proper handling and storage procedures, potential ignition sources (such as welding, smoking, etc.) and their control procedures, and the type of fire protection equipment or systems which can control a fire involving them.
2. Names or regular job titles of those personnel responsible for maintenance of equipment or systems installed to prevent or control ignitions of fires; and the names or regular job titles of those personnel responsible for control of fuel source hazards.
3. The housekeeping procedures by which the employer shall control accumulations of flammable and combustible waste material and residues so that they do not contribute to a fire emergency.
4. Employee Training
 - a. The employer shall advise employees of the fire hazards of the materials and processes to which they are exposed.
 - b. The employer shall review with each employee, upon initial assignment, those parts of the fire prevention plan which the employee must know to protect the employee in the event of an emergency. The written plan shall be kept in the workplace and made available for employee review.
5. The maintenance procedures by which the employer regularly and properly maintains, according to established procedures, equipment and systems installed on heat-producing equipment to prevent accidental ignition of combustible materials.

The bottom line is that everyone on your jobsite(s) or in your office or shop needs to know his or her responsibility in case of fire. (And the full plan needs to be written if you have 11 or more employees.) Make your plan now—the time you'll save in an emergency could mean fewer injuries!

(Taken from OAR, Div. 3, Subdivision F and section c(1)I, and Div. 2, Subdivision E.)

See Also OR-OSHA Fact Sheet #07 – Fire Protection



The information we provide is not intended to include all possible safety measures and controls. In addition, the safety information we provide does not relieve the Members of its own duties and obligations with regard to safety concerns, nor does Oregon Home Builders Association guarantee to the Members or others that the Member's property, job sites and/or operations are safe, healthful, or in compliance with applicable laws, 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.

2008 Oregon Home Builders Association – Reviewed 1/2014 – 019 Fire Protection Programs

SAFETY PAGE MEETING GUIDE

Topic: Fire Protection Programs

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:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		

Supervisor's remarks: _____

Supervisor: _____
(Signature)

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.

The information we provide is not intended to include all possible safety measures and controls. In addition, the safety information we provide does not relieve the Members of its own duties and obligations with regard to safety concerns, nor does Oregon Home Builders Association guarantee to the Members or others that the Member's property, job sites and/or operations are safe, healthful, or in compliance with applicable laws, 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.

2008 Oregon Home Builders Association – Reviewed 5/2016

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:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		

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 TO ANYONE SUFFERING FROM A HEAT-RELATED EMERGENCY.



The information we provide is not intended to include all possible safety measures and controls. In addition, the safety information we provide does not relieve the Members of its own duties and obligations with regard to safety concerns, nor does Oregon Home Builders Association guarantee to the Members or others that the Member's property, job sites and/or operations are safe, healthful, or in compliance with applicable laws, 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.

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:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		

Supervisor's remarks: _____

Supervisor: _____ (Print) _____ (Signature)

The final hazard communication deadline is June 1, 2016. Are you prepared?

Is your hazard communication program up to date? It should be. On June 1, you need to be in compliance with all the elements of the GHS-aligned hazard communication program.

If you have identified any new hazardous chemicals since Dec. 1, 2015 (the date that manufacturers, importers, and distributors had to use GHS-compliant labels), make sure that you have documented those hazards in your hazard communication program and that you have properly labeled the chemical containers. If you use "alternative" labeling methods for individual stationary process containers, update those labels, too.

Also, replace old Material Safety Data Sheet-formatted documents with GHS-aligned Safety Data Sheet-formatted documents.

Finally, be sure you have trained your employees about the effects of those new chemical hazards.

And just in case you are wondering what has been going on with the hazard communication standard over the past three years, here is a summary of the phase-in dates for the GHS-aligned standard:

Deadline: Dec. 1, 2013

Who: Employers

Requirement: Train employees on the new label elements and safety data sheets (SDS) format.

Deadline: June 1, 2015

Who: Chemical manufacturers, importers, distributors, and employers

Requirement: Compliance with all modified provisions of this final rule, except distributors have an additional six months to ship products without GHS labels.

Deadline: Dec. 1, 2015

Who: Distributors

Requirement: Must not ship containers without a GHS label.

Deadline: June 1, 2016

Who: Employers

Requirement: Update alternative workplace labeling and hazard communication program as necessary, and provide additional employee training for newly identified physical or health hazards.