



# Safety Pages

November 2016

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Oregon Health & Science University: OHSU has asked for our help to provide safety meeting topics via mobile devices. All volunteers that help will be provided gift cards for their input. They hope to develop another way of conducting and documenting Safety Meetings with mobile devices. Give it a try; no cost or obligation for participating.



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

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Protecting Your Head Is  
More than Skin Deep!

OHBA  
Safety Pages



**WEAR YOUR HARD HAT**

See Also –

Oregon OSHA Rules: 1910.135, 437-002-0135 & 1926.100

American National Standards Institute: Z89.1-2009 & Z89.2-1971

Oregon OSHA Fact Sheet: [http://www.orosha.org/pdf/pubs/fact\\_sheets/fs03.pdf](http://www.orosha.org/pdf/pubs/fact_sheets/fs03.pdf)



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.

2013 Oregon Home Builders Association – Reviewed 11/2016 – 042 Head Safety

**SAFETY PAGE MEETING GUIDE**

**Topic: Head Safety – More Than Skin Deep!**

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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Follow up on recommendations from last safety meeting:

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Record of those attending:

Name: (please print)	Signature:	Company:
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Supervisor's remarks: \_\_\_\_\_

Supervisor: \_\_\_\_\_ (Print) \_\_\_\_\_ (Signature)

## Winter Driving Safety Reminders #1

# OHBA Safety Pages

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/](http://www.oregon.gov/ODOT/)



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: Winter Driving Safety Reminders - #1**

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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Follow up on recommendations from last safety meeting:

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Record of those attending:

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Supervisor's remarks: \_\_\_\_\_

Supervisor: \_\_\_\_\_ (Print) \_\_\_\_\_ (Signature)

# DO NOT OBSTRUCT

## OHBA Safety Pages

- Emergency Showers!
- Emergency Eye Wash Stations!
- Electrical Panels!
- Emergency Stop Controls!
- Exit Doors!
- Exit Paths!
- Fire Alarm Pull Stations!
- Fire Extinguishers!
- Fire Hoses!



**YOUR life may depend on it!**



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**SAFETY PAGE MEETING GUIDE**

**Topic: Do Not Obstruct – Emergency 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:

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# OHBA Safety Pages

## Powder Actuated Tool

Powder-actuated tools operate like a loaded gun and should be treated with the same respect and precautions. While they are designed with safety in mind, they are potentially very dangerous and must be operated by properly trained employees who are equipped with all necessary PPE to protect against potential risks.

### Recommended PPE (Personal Protective Equipment)

- Eye Safety – Safety Glasses or Safety Goggles
- Hearing Safety – Ear Plugs or Ear Muffs
- Faces Safety – Face Shield – This depends on the scope of work, what type of material are you shooting into?

### Before Using

- Test powder actuated tools each day before loading to ensure that the safety devices are in proper working condition. Any tool found not to be in proper working order shall be immediately removed from service until repairs are made.
- Inspect a tool before use to determine that it is clean, that all moving parts operate freely and that the barrel is free from obstructions.
- Conduct a thorough study of each job site. Know the types of materials you'll be driving into so you can select the proper stud and cartridge. Also, know what is on the other side of a wall and what is inside it, such as electric wires, pipes or wire chasers.

### Using the Tool

**Dos:**

- Do hold the tool perpendicular to the work surface.
- Do use tools with the type of shield or muzzle guard appropriate for a particular use.
- Do wear Personal Protective Equipment (PPE), such as eye and hearing protection, when using powder actuated fastening tools.
- Do load immediately before firing only. Never carry a loaded tool from one job to another.

**Do Not:**

- Do not point the tool, whether loaded or not, at any person.
- Do not load the tool until just prior to the intended firing time.
- Do not leave tools or powder charges unattended in places where they would be available to unauthorized persons.
- Do not use a powder actuated tool in an explosive or flammable atmosphere.
- Do not drive fasteners into very hard or brittle materials such as cast iron, glazed tile, surfaced hardened steel, glass block, live rock, face brick or hollow tile.
- Do not drive fasteners into soft materials unless such materials are backed by a substance that will prevent the pin or fastener from passing completely through and creating a flying missile hazard on the opposite side.
- Do not drive fasteners into an existing hole unless a positive guide is used to secure accurate alignment.

### Jams and Misfires

- Never attempt to release a loaded tool that has jammed in the firing position. Place it in a safe place and check the manufacturer's manual.
- If a misfire occurs, hold the tool against the work surface for 15 to 30 seconds. Do not remove the tool from the work surface when opening the tool and removing the defective load. Check the manufacturer's recommendations for disposal instructions in case of a misfire.



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SAFETY PAGE MEETING GUIDE

Topic: Powder Actuated Tool

Employer: \_\_\_\_\_ Project: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Shift: \_\_\_\_\_

Number in crew: \_\_\_\_\_ Number attending: \_\_\_\_\_

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Supervisor: \_\_\_\_\_ (Print) \_\_\_\_\_ (Signature)

# An overview of Oregon OSHA's new silica rules

As many of you know, federal OSHA adopted its final rules for respirable crystalline silica last March. On Sept. 23, 2016, Oregon OSHA adopted its own set of silica rules – 437-002-1053 through 437-002-1065 – that apply to general industry and construction employers.

Oregon OSHA's silica rules become effective July 1, 2018. The medical surveillance requirements for general industry employers become effective July 1, 2020.

Here's an overview of what you need to know about the new silica rules.

## **What's the purpose of the rules?**

Employees exposed to respirable crystalline silica dust are at increased risk of developing silicosis and other nonmalignant respiratory diseases, lung cancer, and kidney disease. The silica rules were written to protect them.

## **What industries are affected?**

The rules apply to general industry and construction industry employers whose employees may be exposed to crystalline silica dust. The rules do not apply to agriculture and forest activities employers.

## **What activities put employees at risk?**

Employees can be exposed to silica dust when they cut, saw, drill, and crush concrete, brick, ceramic tiles, rock, and stone products. Exposures are also possible in operations that process or use large quantities of sand – such as foundries and the glass, pottery, and concrete products industries.

Many construction tasks are also sources of exposure, including those that require masonry saws, grinders, drills, jackhammers, hand-held powered chipping tools, vehicle-mounted drilling rigs, milling machines, and demolition work.

What do the rules require me to do?

Key parts of the rules require employers to:

Prepare a written exposure control plan:

The plan must describe the tasks that expose employees to respirable crystalline silica, work practices necessary to control exposures, the respiratory protection used for each task, and the housekeeping measures used.

Do a workplace exposure assessment:

Assess the exposure of each employee who is exposed to respirable crystalline silica at or above the action level of 25 micrograms of silica per cubic meter of air (25ug/m<sup>3</sup>), averaged over an eight-hour day. This does not apply to construction-industry employers if they follow the requirements in 437-002-1057, *Specified exposure control methods*.

Keep exposures below the permissible exposure limit:

Ensure that no employee is exposed to an airborne concentration of respirable crystalline silica that exceeds the permissible exposure limit of 50 µg/m<sup>3</sup> (calculated as an eight-hour time-weighted average).

Establish restricted areas:

Restrict employees' access to areas where they could be exposed above the permissible exposure limit. Construction activities require written procedures that restrict access to these areas and a competent person must ensure the procedures are followed.

Use engineering and work practice controls:

Use engineering and work practice controls to keep employees' exposure to respirable crystalline silica at or below the permissible exposure limit.

Use "Table 1" for construction activities:

*Table 1 – in rule 437-002-1057* – matches common construction activities with dust control methods to help employers know what they need to do to limit employees' exposures. Construction employers can use these exposure control methods instead of doing a workplace exposure assessment.

Provide respirators to employees when silica dust controls are inadequate.

Provide respirators to employees when silica dust controls cannot keep their exposures at or below the permissible exposure limit. Respirators must meet the requirements in 437-002-1060 and the requirements in 1910.134, *Respiratory protection*. Construction employers who follow Table 1 in rule

437-002-1057 may determine when respiratory protection is required according to the table.

Follow appropriate housekeeping practices:

Prohibit dry sweeping and brushing when wet sweeping or HEPA-filtered vacuuming is feasible.

Prohibit the use of compressed air to clean clothing or surfaces unless the compressed air is used with a ventilation system that captures the dust.

Provide medical surveillance:

Offer medical exams, including chest X-rays and lung function tests. Make them available every three years for general industry employees exposed for 30 or more days per year at or above the action level, and every three years for construction employees who are required to wear a respirator for 30 or more days per year.

Make sure that employees are informed and trained:

Ensure that each employee has access to the labels on crystalline silica containers and safety data sheets. Employees must understand the requirements in *1910.1200, Hazard Communication* and must know the activities and health hazards associated with respirable crystalline silica and how they can protect themselves.

Keep accurate records:

Keep records of all exposure measurements and objective data used to assess employees' exposures to respirable crystalline silica. Keep records of employees' medical exams if they are under medical surveillance.



IRB Approved: 6/1/2016

## **Toolbox Talks on your Phone!** **ENROLLING NOW!**

### **Evaluation of mobile safety toolbox talks!**

#### **WHO?**

Residential construction supervisors  
and/or crew leads.

#### **WHAT?**

- Surveys at beginning and end of a 3-month study.
- Safety talks sent straight to your mobile device every two weeks (six total to try out).
- **Benefits Include:**
  - ✓ **\$5 gift cards for each Supervisor and Crew Member!**
  - ✓ Convenient mobile access to safety talks

**To Volunteer or Learn More:**

**Email: [orface@ohsu.edu](mailto:orface@ohsu.edu)**

**Call: Illa Gilbert-Jones**

**(503) 494-2281**

#### **VOLUNTARY & CONFIDENTIAL**

Participation is voluntary and you can stop at any time. Your surveys are confidential, and no individually identifying information will be shared outside of the study.

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**Oregon Health & Science University**  
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**Oregon Home Builders Association**



OHSU eIRB 2849

