

OHBA Safety Pages: Eye Protection

Introduction: Eye injuries from dust and particles, welding light, and chemicals are common on jobsites. Often workers wear the wrong eye protection or none at all. Although some eye injuries are minor, even a simple scratch from wood, cement, or drywall dust can cause lasting pain. Metal slivers from a grinding wheel or rebounding nails from routine hammering and carpentry can puncture the eye and lead to vision loss. Welding light can cause “welders’ flash” that burns eyes and surrounding tissue. Nearby workers and bystanders are also at risk. Work-related eye injuries can have lifelong consequences.



Main Message:

- Identify the eye hazards before you start work.
- Always wear the correct eye protection for those hazards.
- Safety glasses help protect against particles and dust. Look for “Z87+” on the frame or lenses as an indicator of impact protection.
- Use vented goggles for caustic dust, such as cement dust, and non-vented goggles for chemicals.
- Use face shields with safety glasses or goggles for protection from flying objects or chemical splashes.
- When welding, use a welding helmet or goggles with the correct lens shade for the job (shade 10–14 for arc welding; 4–8 for gas welding; and 3–6 for torch brazing). Welders’ helpers and bystanders also need UV protection.
- Take care of your eye protection. Replace it when damaged.
- If injured, do not rub your eyes. For dust, small particles, or chemicals, use the eyewash station. Rinse with clean water for at least 15 to 20 minutes.
- For cuts, punctures, and objects in the eyes, seek medical attention; do not wash out your eyes or try to remove objects yourself.



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: Eye Protection

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)

OHBA Safety Pages: Hand Safety

Introduction:

Protecting your fingers and hands is important for your work and quality of life. Work-related hand injuries are one of the leading reasons workers end up in the emergency room and miss work. Damage to the nerves in your fingers and hands, loss of a finger, a skin burn, or allergic reaction, can negatively impact the quality of your work, your productivity – or worse – end your career and seriously detract from your quality of life. The cost of these types of injuries and illnesses to the construction industry is estimated in the hundreds of millions of dollars each year.



Main Message:

- Always stay alert and focused on keeping your hands safe – not just at the start of work or a task.
- Keep guards on machinery and power tools in place – Don't remove or reposition them. • Use tools and equipment designed for the work being performed and use them as instructed by your supervisor and/or the manufacturer.
- Don't put your hands or fingers near the moving parts of a power tool or equipment. Make sure machinery, equipment and power tools are completely off before you try replacing, cleaning or repairing parts – follow lock-out/ tag-out procedures.
- Identify safety features on tools and equipment before you use them, such as emergency off switches.
- Check tools and equipment to make sure they are in proper working order before beginning a task.
- Keep hands and fingers away from sharp edges (blades, protruding nails, etc.). Never cut toward the palm of your hand.
- Select hand tools that are ergonomic for your hand (the right size, lowest weight, and have features such as grips, anti-vibration handles, handle angles that allow you to work without your wrist bent.)
- Wear gloves that fit your hand and are right for the work being performed – not all gloves protect against all hazards.
- Do not wear rings, other jewelry or loose articles of clothing that could get caught on a moving object.



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OHBA Safety Pages: Seven Common Accident Causes

Introduction:

Consider this statistic: 80 out of every 100 accidents are the fault of the person involved in the incident. Unsafe acts cause four times as many accidents and injuries as unsafe conditions.

Accidents occur for many reasons. In most industries people tend to look for "things" to blame when an accident happens, because it's easier than looking for "root causes," such as those listed below.

Consider the underlying accident causes described. Have you been guilty of any of these attitudes or behaviors? If so, you may have not been injured...but next time you may not be so lucky.



Main Message:

1. **Taking Shortcuts:** Every day we make decisions we hope will make the job faster and more efficient. But do time savers ever risk your own safety, or that of other crew members? Shortcuts that reduce your safety on the job are not shortcuts but an increased chance for injury.
2. **Being Over-Confident:** Confidence is a good thing. Overconfidence is too much of a good thing. "It'll never happen to me" is an attitude that can lead to improper procedures, tools, or methods in your work. Any of these can lead to an injury.
3. **Starting a Task with Incomplete Instructions:** To do the job safely and right the first time you need complete information. Have you ever seen a worker sent to do a job, having been given only a part of the job's instructions? Don't be shy about asking for explanations about work procedures and safety precautions. It isn't dumb to ask questions; it's dumb not to.
4. **Poor Housekeeping:** When clients, managers or safety professionals walk through your work site, housekeeping is an accurate indicator of everyone's attitude about quality, production, and safety. Poor housekeeping creates hazards of all types. A well-maintained area sets a standard for others to follow. Good housekeeping involves both pride and safety.
5. **Ignoring Safety Procedures:** Purposely failing to observe safety procedures can endanger you and your co-workers. You are being paid to follow the company safety policies, not to make your own rules. Being "casual" about safety can lead to a casualty!
6. **Mental Distractions from Work:** Having a bad day at home and worrying about it at work is a hazardous combination. Dropping your 'mental' guard can pull your focus away from safe work procedures. You can also be distracted when you're busy working and a friend comes by to talk while you are trying to work. Don't become a statistic because you took your eyes off the machine "just for a minute."
7. **Failure to Pre-Plan the Work:** There is a lot of talk today about Job Hazard Analysis. JHA's are an effective way to figure out the smartest ways to work safely and effectively. Being hasty in starting a task or not thinking through the process can put you in harm's way. Instead, Plan Your Work and then Work Your Plan.

"It is better to be careful 100 times than to get killed once." Mark Twain



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OHBA Safety Pages: Carbon Monoxide

Carbon monoxide is an odorless, colorless gas that often goes undetected, striking victims caught off guard or in their sleep.

More than 400 people in the U.S. die from unintentional carbon monoxide poisoning every year, according to the Centers for Disease Control and Prevention (CDC). More than 20,000 visit the emergency room, and more than 4,000 others are hospitalized.

This "invisible killer" is produced by burning fuel in cars or trucks, small engines, stoves, lanterns, grills, fireplaces, gas ranges, portable generators or furnaces. When the gas builds up in enclosed spaces, people or animals who breathe it can be poisoned. Ventilation does not guarantee safety.



How Can I Prevent Carbon Monoxide Poisoning?

Winter can be a prime time for carbon monoxide poisoning as people turn on their heating systems and mistakenly warm their cars in garages. So, as the weather turns colder, it's important to take extra precautions. In construction, carbon monoxide hazards can be present all year long.

The National Safety Council recommends you install a battery-operated or battery backup carbon monoxide detector in areas where carbon monoxide poisoning can occur. Check or replace the battery when you change the time on your clocks each spring and fall and replace the detector every five years.

The CDC offers these additional tips:

- Have your gas-burning appliances serviced by a qualified technician every year
- Do not use portable flameless chemical heaters indoors
- Never use a generator inside a home, basement, or garage or less than 20 feet from any window, door or vent; fatal levels of carbon monoxide can be produced in just minutes, even with open doors/windows
- Never run a gas-burning appliance or engine in a garage that is attached to a house, even with the garage door open; always open the door to a detached garage to let in fresh air

Symptoms of Carbon Monoxide Poisoning

The U.S. Fire Administration has put together materials on the dangers of carbon monoxide, including a list of carbon monoxide poisoning symptoms.

Symptom severity varies depending on the level of carbon monoxide and duration of exposure. Mild symptoms sometimes are mistaken for flu.

Low to moderate carbon monoxide poisoning:

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness

High-level carbon monoxide poisoning results in:

- Mental confusion
- Vomiting
- Loss of muscular coordination
- Loss of consciousness
- Death

If you think you are experiencing any of the symptoms of carbon monoxide poisoning, go outside and get fresh air immediately. You could lose consciousness and die if you stay in the location.

Source Material: NSC



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