

OHBA Safety Pages: UV Safety Awareness

Get out the Sunglasses: July is UV Safety Awareness Month

During the summer there is usually a lot of emphasis on protecting skin from UV rays during the summer. But one must not forget about protecting the eyes — the most exposure to bright sunlight increases the risk of developing cataracts, macular degeneration, and growths on the eye including cancer.



July is UV safety awareness month. However, eyes are at risk to UV rays all year round. It is important to protect the eyes from UV rays in all situations by wearing proper eye protection—UV blocking sunglasses.

The hours between 10 a.m. and 4 p.m. daylight savings time (9 a.m. to 3 p.m. standard time) are the most hazardous for UV exposure in the continental United States. UV rays are the greatest during late spring and early summer in North America.

Ultraviolet (UV) Light

Ultraviolet (UV) rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can penetrate and change skin cells.

The three types of UV rays are ultraviolet A (UVA), ultraviolet B (UVB), and ultraviolet C (UVC)

Here are some tips from the American Academy of Ophthalmology:

- Don't focus on color or darkness of sunglass lenses: Select sunglasses that block UV rays. Don't be deceived by color or cost. The ability to block UV light is not dependent on the price tag or how dark the sunglass lenses are.
- Check for 100 percent UV protection: Make sure your sunglasses block 100 percent of UV-A rays and UV-B rays.
- Choose wrap-around styles: Ideally, your sunglasses should wrap all the way around your temples, so the sun's rays can't enter from the side.
- Wear a hat: In addition to your sunglasses, wear a broad-brimmed hat to protect your eyes.
- Don't rely on contact lenses: Even if you wear contact lenses with UV protection, remember your sunglasses.
- Don't be fooled by clouds: The sun's rays can pass through haze and thin clouds. Sun damage to eyes can occur anytime during the year, not just in the summertime.
- Protect your eyes during peak sun times: Sunglasses should be worn whenever outside, and it's especially important to wear sunglasses in the early afternoon and at higher altitudes, where UV light is more intense.
- Never look directly at the sun. Looking directly at the sun at any time, including during an eclipse, can lead to solar retinopathy, damage to the eye's retina from solar radiation.

Credit: Eye&Health.com



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: UV Safety Awareness

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)

OHBA Safety Pages: Welding Safety

Do not wear any clothing that has been contaminated with oil, grease, gasoline or other flammable or hazardous materials!

- **Wear a welding helmet or face shield with correct shade of filter for type of welding.**
- **Wear safety glasses with side shields under your welding helmet.**
- **Wear dry, hole-free, and approved leather welding gloves.**
- **Wear head and ear protection to protect your head and ears from hot sparks and slag.**
- **Wear a flame-retardant shirt or jacket with cuffless pants and high-top work boots.**
- **Wear an approved respirator when needed due to the type of welding being done – hazardous welding fumes, i.e. Hexavalent Chromium.**



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: Welding 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:

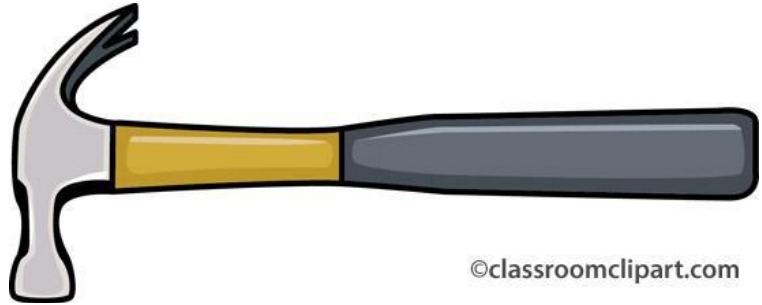
Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		

Supervisor's remarks: _____

Supervisor: _____ (Print) _____ (Signature)

OHBA Safety Pages: Striking Tool Safety

- **Always wear approved eye protection (Z-87).**



- **Do not use a striking tool if the head or striking area is mushroomed, dented, chipped, cracked or has excessive wear.**

- **Do not use a striking tool if the handle is loose, cracked, splintered, or has excessive wear.**

- **Strike with a square blow with the striking surface parallel to the surface being struck. Always avoid glancing blows and over or under strikes.**

- **Keep other workers clear of the work area.**

- **Survey the area or material you wish to use the striking tool on. Check for hazards or defects in the material or area.**



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,

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: Striking Tool 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)

OHBA Safety Pages: Dump Truck/Trailer Safety



Dump trucks and trailers come in a variety of styles and sizes, but one thing that should remain the same across the board is safety. Dump trucks and trailers are dangerous at the best of times. Whether you're the driver or someone helping at the job site, it's important that you make safety a priority whenever you're working around dumping equipment.

1. Commit to maintenance. Perform daily inspections and regular maintenance, including tire pressure checks and lubrication. A broken dump truck or trailer is an unsafe one.
2. Make sure you're on level and stable ground before unloading. When the bed is lifted it becomes less stable and could tip over.
3. Distribute the load evenly. The center of gravity and the load needs to be well centered. This will improve balance and help maintain stability.
4. Don't skip the truck bed liner. A liner will help the load flow out evenly and prevent the load from getting stuck and possibly unbalanced.
5. Know how to talk the talk. Proper hand signaling will help avoid accidents. Make sure each person knows exactly what each signal means.
6. Don't overload the dump truck or trailer. This can make dumping the load uneven and hazardous.
7. Clear the area of people and other obstacles.
8. Don't drive while the truck bed is raised. If you drive with the bed up, you could end up running into something, like a power line. Keep the bed flat while you drive.
9. Keep the tractor/truck and the trailer aligned so that you are as straight as possible.
10. Be super careful if you're working between the bed and the frame. Properly block the bed to prevent serious injury or being crushed.



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: Dump Truck/Trailer 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)