



Southern Oregon Construction Safety & Health Forum

2016 Fall/Winter
Fourth Edition



It remains our mission to maintain effective safety and health program communication with AGC members. In this busy building season it can be difficult to commit to meetings; this forum letter is intended to give us all opportunity to share information on current rules, conditions, and changes that affect our safety cultures and our communities. If you have information you are willing to share with members, please contact me and we will ensure that information gets out for everyone's benefit: John Jean, AGC SMC, johnj@agc-oregon.org or 541-613-6859.

LADDER SAFETY

It is imperative that we all continue to place serious and effective focus on **ladder safety**.

Unsafe Behaviors Causing Accidents and Injuries:

- Improper ladder used, improper class of ladder
- Ladder is too short for work task
- Damaged or altered ladder used
- Rails, rungs, spreaders, or feet of ladder damaged
- Overloaded ladder, person, tools, and materials
- Unstable ladder, position of feet, uneven ground
- Slippery footing: grease, oil, ice, rain, mud, sand, etc.
- No three point contact used (two feet and one hand or two hands and one foot) at all times
- Unsecured ladder tip, no tie-off used, improper angle
- Awkward work, holding tools or materials
- Leaning, reaching, or stretching outside center alignment of rails
- Sitting or standing astride top of ladder
- Standing on top of ladder or top rung of ladder
- Twisting, standing sideways, jumping off
- Loss of attention to tasks: talking, phones, smoking



Make ladder safety a priority of your safety culture!

THE BUZZ ON ENERGY DRINKS

From the Centers for Disease Control and Prevention

“Energy drinks are essentially a cocktail of addictive caffeine with sugar”

What Is an Energy Drink?

A beverage that typically contains large amounts of caffeine, added sugars, other additives, and legal stimulants such as guarana, taurine, and L-carnitine. These legal stimulants can increase alertness, attention, and energy, as well as increase blood pressure, heart rate, and breathing.

These drinks are often used by students and workers to provide an extra boost in energy. However, the stimulants in these drinks can have a harmful effect on the nervous system.

The Potential Dangers of Energy Drinks

Some of the dangers of energy drinks include:

- Dehydration (not enough water in your body)
- Heart complications (such as irregular heartbeat and heart failure)
- Insomnia (unable to sleep)
- Anxiety (feeling nervous and jittery)



SILICA GUIDE FROM SAIF CORPORATION

Overview and Applicability

The federal Occupational Safety and Health Administration (OSHA) recently issued new rules to protect workers from occupational exposure to respirable crystalline silica. The original permissible exposure limit (PEL) used by OSHA to protect workers was set in 1971.

SAIF developed a guide to provide employers with knowledge of the health effects and protective measures for controlling exposures to respirable crystalline silica. A step-by-step approach is provided for businesses to use to determine applicability of the rules to their organizations and implement efforts to protect worker safety and health.

www.saif.com/Documents/SafetyandHealth/Chemicals/SS-983_Silica.pdf

EMERGENCY RESPONSE PREPAREDNESS

Considerations Before an Emergency

Create a **“hot list”** with all potentially-necessary emergency services contacts and phone numbers

- Police and fire departments, ambulance services, CERT
- Hospitals, emergency room facilities/clinics
- Utilities companies: electric, gas, water, etc.
- Applicable government agencies: OSHA, EPA, HAZMAT, Health Dept., etc.
- Subcontractor contact information

Identify Emergency Response Team Members (ERT)

- Within your company you should establish primary contacts that all organizational members can immediately contact in the event of an emergency.
- These selected ERT members should be individuals who can effectively respond to an emergency by assessing the severity of the emergency, taking decisive action, and communicating to appropriate emergency services.
- ERT members should have the ability to give calm and decisive direction to all individuals on the jobsite and response services.
- The (ERT) should meet regularly to ensure current communication, contact information, personnel, and procedures are in place.

Seconds and minutes could save a life

