



# Southern Oregon Construction Safety & Health Forum

2018 Summer  
Tenth 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](mailto:johnj@agc-oregon.org) or 541-613-6859.

## AGC SUMMER CONVENTION

Mark your calendars! The 2018 Summer Convention Engage: Be Relevant! *Presented by SAIF* is August 9–11 at Sunriver Resort. The resort fills up quickly, so make room reservations early. Get more info at [www.agc-oregon.org](http://www.agc-oregon.org).

## 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 company safety culture!**



## HEAT STRESS DISORDERS

**Drink More Water** – Not only is water a precious global resource, it is also the superhero of beverages—no question. Why? Because of the crazy amount of health benefits that come along with the clear, no-calorie liquid, making it essential to your health both on and off the job. And water can be taken in not just by drinking it—but from absorption through the food you eat as well.

**Centers for Disease Control and Prevention** reasons why water, plain and simple, should become your #1 drink: **Balance Out Your Body Fluids** – At 60% water, your body uses these bodily fluids to help with digestion, absorption, circulation, saliva creation, nutrient transportation, and body temperature maintenance. **Control Those Calories** – For years, dieters have been drinking lots of water as a weight loss strategy. While water doesn't have any magical effect on weight loss, substituting it for higher calorie beverages can certainly help. **Energize Your Muscles** – Muscle fatigue occurs in cells that don't maintain their balance of fluids and electrolytes, which is why it is important to drink fluids when exercising.

**The American College of Sports Medicine** guidelines recommend that people drink about 17 ounces of fluid about two hours before exercise and at regular intervals during the activity. **Keep your kidneys happy** – Adequate water intake allows your kidneys to do an amazing job of cleansing and ridding your body of waste products and toxins. Need help to start drinking more water? Have a beverage with every snack and meal. Beverages such as milk and juice are composed mostly of water, but **water is still your best bet because it's calorie-free, inexpensive, and readily available**. Choose beverages that meet your individual needs; you're likely to drink more liquids if you like the way they taste, and if you're watching calories, go for non-caloric beverages or water. Eat more fruits and vegetables; their high-water content will add to your hydration. **Keep a bottle of water with you in your car, at your desk, or in your bag.**