



Southern Oregon Construction Safety & Health Forum

2019 Summer/Fall
15th 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 include the information in future newsletters: John Jean, AGC SMC, johnj@agc-oregon.org or 541-613-6859.

CANNABIS: A GROWING CONCERN

As cannabis is increasingly decriminalized and legalized for recreational and medicinal use across the U.S., it raises new safety concerns in the workplace and at home.

- For all workers who drive on the job, or even just to and from work, there is no “safe” level of THC for driving or operating heavy machinery.
- There are many unknowns associated with cannabis. Do not assume that consuming it one way is less impairing or safer than another way; there is no way to know.
- Cannabis can be consumed in a number of ways, but whether taken orally through food, drinks, or pills, or inhaled through smoking or vaping, it can put you and others at risk in the workplace.
- Everyone experiences the effects of cannabis differently and for different amounts of time. Factors like the food and drink you’ve consumed throughout the day and any medications you take can change how cannabis affects you from one day to another.
- When cannabis is used to manage pain, treat it as a medical substance, not a recreational one. Talk with your doctor about your options before considering it a solution to any health problems.

– National Safety Council

LADDER SAFETY TECHNIQUES

All five of these ladder accident causes can be avoided by taking precautionary actions of basic ladder safety.

1. **Missing the last step of the ladder when climbing down**
2. **Overreaching while on the ladder**
3. **The ladder was not the right size for the job**
4. **The ladder was not on firm, level ground**
5. **Three points of contact were not used when climbing**

WORK ZONE: SET UP RESOURCES

Work zones that are set up properly are essential to worker and driver safety. Make sure you are familiar with state and federal requirements for setting up your work zone before you start.

Traffic Control Devices: Visit the Oregon Department of Transportation’s [Traffic Control Plans web page](#) for the most up-to-date manuals and handbooks.

Device Quality Standards: Use the American Traffic Safety Services Association (ATSSA) [“Quality Guidelines for Temporary Traffic Control Devices and Features” handbook](#) to assess the quality of your devices.

Traffic Analysis: Refer to the [ODOT Work Zone Traffic Analysis Tool Users’ Guide](#) to optimize lane closures and minimize delays.

Worker Safety: Before you start, check the [Oregon OSHA Traffic Control](#) website section for the latest safety guidelines.

Highway Restriction Form: The notice is required for all highway construction work zones or maintenance operations that will close all or a portion of a state highway; an interchange ramp; or restrict the width, length, height, or weight of large trucks. Read the [Highway Restriction Notice](#)

– ODOT Transportation Safety Division

THREE MAIN CAUSES OF WORK ZONE CRASHES

- Inattention
- Speed
- Driving too fast for conditions

