

# OHBA Safety Pages: UFOs:

## Unsafe falling/flying objects

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Bet you didn't know that UFOs can be workplace hazards. They can when they're "unsafe falling/flying objects"—and they cause injuries at a surprising number of worksites across pretty much all industries, from factories to offices.

In construction, for example, you're at risk from falling objects when you're beneath equipment, scaffolds, structures, etc., or where overhead work is being performed.

### Preventing "UFO" encounters

Preventing injuries from unsafe falling or flying objects isn't rocket science. Try these tips:

#### Tools

- Secure tools when working under equipment or over people.
- Use toeboards and screens when working over people.
- Inspect tools. Don't use tools with loose, cracked, or splintered handles.
- Inspect guards on grinder and make sure to wear eye and face protection: a face shield, plus safety glasses under the shield.

#### Equipment

- Wear hard hats when working under equipment.
- Use safety glasses, goggles, or shields where tools or machines may cause flying particles or debris.
- Machines should be set up so the object being machined is properly secured and will not fly out when the machine is turning. Check all guards to see if they are in place and working properly.
- With older equipment, some guards may be missing or lost. Check to ensure all rotating and

moving parts are protected and contact cannot be made. This may require working with leadership to install or retrofit new devices on older machines.

- Cleaning with compressed air can be dangerous. If used for cleaning, it should be reduced to less than 30 psi, and should only be used when effective chip guarding is in place and PPE is worn. Never clean clothing with CDA.

### Storage

Objects should be stored safely to prevent them from falling. If shelves or storage racks are used, check them for defects so they will not collapse and cause their contents to fall. Store heavy and bulky objects close to the floor.

Lighter and smaller objects should be stored higher. Position objects securely on shelves or racks. Watch for vibrating equipment in the area that may cause objects to fall from storage containers. Securing racks and shelves to the floor, ceiling, or wall is a best practice to prevent tip overs.

### Employees

Prevent injuries from falling or flying objects by looking out for:

- New employees not familiar with tools, equipment, or processes
- Employees new to the workforce with little experience and knowledge of work practices
- Employees unfamiliar with equipment requirements, use, limitations, and protections
- Employees who work with special behavior plans requiring limited access to portable objects
- Stressors, such as: - Untidiness - Noise - Fatigue, shiftwork, etc.

Courtesy: SAIF



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SAFETY PAGE MEETING GUIDE

Topic: UFOs

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:

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Follow up on recommendations from last safety meeting:

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Record of those attending:

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Supervisor's remarks: \_\_\_\_\_

Supervisor: \_\_\_\_\_ (Print) \_\_\_\_\_ (Signature)

# OHBA Safety Pages: Distracted Driving Awareness Month

## Understanding Driver Distraction

April is Distracted Driving Awareness Month and new National Safety Council estimates show that our roads are the most dangerous they've been in years; on a typical day, eight people are killed and hundreds more are injured in distraction-affected crashes. Your workers face distracted driving risks on every trip, from the driveway to the parking lot and back home again. Distracted driving can be deadly.

Below is a list of common distracted driving issues, with recommendations for how to address them.

### **Drivers do not take distraction seriously enough**

Know the numbers. More than 3,100 people in the U.S. died in distraction related crashes in 2019 alone – that's at least eight people every day. That same year, 287,000 people were injured in distraction-related crashes. Drivers should be aware of three major types of distraction: visual (eyes), manual (hands) and cognitive (mind). Most people recognize when they are visually and/or manually distracted and seek to disengage from those activities as quickly as possible. People typically do not realize when they are cognitively distracted, such as when using a cell phone. When your eyes, hands and mind are not focused on driving, you increase the chance that you will make mistakes that can result in injuries or even death. Show your concern for safety. Employers can demonstrate to employees that they take

safety seriously by having a safe driving policy that addresses distracted driving.

### **Hands-free is not risk-free**

Hands-free devices and voice command systems create a cognitive distraction as the driver mentally engages with interactive tasks. While hands-free options may be marginally safer than handheld devices, eliminating driver use of all types of cell phones and in-vehicle infotainment systems is safest.

### **Drivers think cell phone use is distracting ... for other people**

Although 87% of people think talking on a cell phone while driving is a serious safety threat, 49% have talked on a handheld phone while driving. Drivers should talk the talk AND walk the walk, refraining from using their phone when behind the wheel.

### **It is impossible to multitask and give equal attention to each task**

People often think they are effectively accomplishing two tasks at the same time. It is possible to complete a phone conversation while driving and arrive at the destination without incident, but it is a misconception that the tasks can be done simultaneously and as safely as possible. Motorists should make driving the primary focus and perform other cognitively demanding tasks only when safely parked.

Content courtesy of: National Safety Council



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# OHBA Safety Pages: Hearing Protection

## Hearing Protection is for Everyone

Why? Everyone is exposed to loud noise at some time in their lives—even babies! Lawn mowing, fitness classes, truck and tractor pulls, airplanes, table saws, rock concerts, snowmobiles, all these environments can be too loud. The decibel is a unit used to express sound level, and “loud noise” means sounds that are more than 80 decibels. Loud noise can be very hazardous to your health and particularly to your hearing. Over time, exposure to loud sounds on a regular basis can result in permanent hearing loss. You often don’t know you have a hearing problem until it is too late to do anything about it. Sudden, VERY loud noises, like explosions, can cause instant hearing loss.



HEARING  
PROTECTION  
REQUIRED



AREA DE  
PROTECCION  
DE LOS OIDOS



**Why is hearing loss a problem?** Imagine being cut off from all the things that are important to you - friends, family, TV, radio, MUSIC! It’s not a comforting thought. When you’re born, your hearing is as good as it will ever be, so you need start protecting it as soon as you can. Hearing loss due to loud noise is preventable, but it is NOT treatable once you have it.

**So what kind of hearing protection should I wear?** Either earplugs or earmuffs are fine. For noise exposure outside of the workplace, most types sold in safety stores or hardware stores will block out enough noise to protect your hearing. Pick a style that you like the look of and feel comfortable to wear.

**Really, what’s the BEST hearing protector?** The best hearing protector is one that you will want to wear for the entire time you’re exposed to noise.

**How should they fit?** Earplugs should fit snugly in your ear canal and someone looking at you should have a hard time seeing them. If they stick out too far, they’re not blocking sound. Earmuffs should fit close to your head, with no gaps. There is another style of hearing protector called the “banded” earplug—it’s an earplug (that can go into the ear canal or sit over it) on a headband.

**How long do they last?** Foam (“disposable”) earplugs will last for about 10 wearings; other earplugs will last about 1 year. The custom molded type, made of medical silicone, will last about 3-4 years. Earmuffs will last about 4-5 years, but you must replace the cuff (the part that sits right on your skin) every year. The oils and sweat from your skin will make the plastic of the cuff deteriorate.



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# OHBA Safety Pages: Trailer Towing Safety

Before driving, make sure your vehicle maintenance and trailer maintenance are current. This is very important because towing puts additional stress on tow vehicles. Ensure pre-travel inspections are completed. Don't risk your life, the lives of everyone out on the road with you, or damage to your equipment because of an issue that could have been avoided. Don't risk it, inspect it!



- ✓ Check and correct tire pressure on the tow vehicle and trailer.
- ✓ Make sure the wheel lug nuts/bolts on the tow vehicle and trailer are tightened to the correct torque.
- ✓ Be sure the hitch, coupler, draw bar, and other equipment that connect the trailer and the tow vehicle are properly secured and adjusted.
- ✓ Verify the hitch ball and coupler or ball mount are of the same size; i.e. 1 7/8", 2", 2 5/8", etc.
- ✓ Check that the trailer safety chains are properly secured to the tow vehicle.
- ✓ Check that the wiring is properly connected— not touching the road, but loose enough to make turns without disconnecting or damaging the wires.
- ✓ Make sure all running lights, brake lights, turn signals, and hazard lights are working.
- ✓ Verify that the brakes on the tow vehicle and trailer (if equipped) are operating correctly.
- ✓ Check that all items are securely fastened on and in the trailer. Be sure the trailer jack, tongue support, and any attached stabilizers are raised and locked in place.
- ✓ Check load distribution to make sure the tow vehicle and trailer are properly balanced front to back and side to side.
- ✓ Adjust side and rear-view mirrors as needed to make sure you have good visibility.
- ✓ Check routes and restrictions on bridges and tunnels including clearance height of your load.



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