# BERG MOUNTAIN HOMES

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# CONSTRUCTION SAFETY AND HEALTH PROGRAM

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#### **SAFETY PLEDGE**

Berg Mountain Homes (BMH) believes that no job or no task is more important than worker health and safety.

It is our belief that any safety and health program must have total worker involvement. Therefore, this program has management's highest priority, support, and participation.

If a job represents a potential safety or health threat, every effort will be made to plan a safe way to do the task.

Every procedure must be a safe procedure. Shortcuts in safe procedures by either foremen or workers will not be tolerated.

If a worker observes any unprotected job, which may pose a potential threat to their health or safety, he must inform a BMH representative so that adequate precautions may be taken.

If a job cannot be done safely it will not be done.

#### SAFETY AND HEALTH OBJECTIVES

BMH plans to achieve worker safety and health through the following:

- 1. Establishing a safety policy (this document).
- 2. Appointing a designated Safety Coordinator.
- 3. Making regular job site safety inspections.
- 4. Enforcing the use of safety equipment.
- 5. Following safety procedures and rules.
- 6. Providing on-going safety training.
- 7. Enforcing safety rules and using appropriate discipline.

#### Benefits of achieving these goals are:

- Minimizing injuries and accidents
- Elimination of potential fatalities
- Elimination of potential permanent disabilities
- Elimination of potential OSHA fines
- Reductions in workers' compensation insurance costs
- Reductions in operating costs
- Having the best Safety and Health conditions possible in the workplace.

#### WORKER RESPONSIBILITIES

It is the duty of each and every worker to know these safety and health rules and conduct their work in compliance with these rules. It is also the duty of each worker to make full use of the safeguards provided for their protection. Every worker will receive an orientation when hired and receive a copy of the Construction Safety and Health Program. Worker responsibilities include the following:

- 1. Reading, understanding and following these safety and health rules and procedures.
- 2. Wearing Personal Protective Equipment (PPE) at all times when working in areas where there is a possible danger of injury.
- 3. Wearing suitable work clothes.
- 4. Performing all tasks safely.
- 5. Reporting all injuries, no matter how slight, and seeking treatment promptly.
- 6. Knowing the location of first aid, fire fighting equipment, and other safety devices.
- 7. Attending any and all required safety and health meetings.
- 8. Not performing potentially hazardous tasks, or using any hazardous material until properly trained, and following all safety procedures when performing those tasks.
- 9. Stopping and asking questions if ever in doubt about the safety of an operation.

#### SAFETY COORDINATOR

Cory Berg (cell phone: 828-361-7987) is the person designated to administer the safety and health program for this organization. The responsibilities for this position are as follows:

- 1. Being knowledgeable of potential job hazards.
- 2. Becoming thoroughly familiar with OSHA regulations and local and state safety codes.
- 3. Establishing safety procedures.
- 4. Assuring compliance with OSHA construction safety and health standard requirements.
- 5. Introducing the safety program to new workers.
- 6. Maintaining adequate stock of first aid supplies and other safety equipment to insure their immediate availability.
- 7. Making regular safety inspections.
- 8. Coordinating safety training.
- 9. Maintaining safety records.

### **JOB SITE INSPECTIONS**

The Safety Coordinator will tour each job site and observe potential safety/health hazards and develop a plan for safeguarding BMH workers which may include the following:

- 1. Removing the hazard.
- 2. Guarding against the hazard as required by OSHA.
- 3. Providing personal protective equipment and enforcing its use.
- 4. Training workers in safe work practices.
- 5. Coordinating protection of workers through other sub-contractors.

A record of all safety inspections and correctional steps will be kept.

#### **SAFETY RULES**

Please follow these important safety rules. It is Berg Mountain Home's goal that the following safety rules be encouraged, supported, monitored and enforced at all times.

- 1. Do not undertake a job unless you have received adequate training. Do not work under conditions which are unsanitary, dangerous or potentially hazardous to your health.
- 2. Never work aloft if you are afraid of heights, subject to dizzy spells, or if you are apt to be nervous or sick.
- 3. Keep your mind on your work at all times. Do not distract the attention of fellow workers. Do no engage in any act which would endanger another worker.
- 4. Keep your working area free from rubbish and debris. A clean work area is a safe work area. To facilitate cleaning, every floor, working place, and passageway shall be kept free from protruding nails, splinters, loose boards, and holes and openings.
- 5. Do not use a compressor to blow dust or dirt from your clothes, hair, or hands.
- 6. Never move an injured person unless it is absolutely necessary. Keep the injured as comfortable as possible and utilize job site first-aid equipment until an ambulance arrives
- 7. If any part of your body should come in contact with an acid or caustic substance, go to the nearest water available and flush the affected part. Secure medical aid immediately.
- 8. If any substance is found of unknown origin, leave it alone. Immediately evacuate the area and contact a BMH representative or the local fire department.
- 9. Lift correctly with legs, not the back. If the load is too heavy, get help.
- 10. Know where firefighting equipment is located and be trained on how to use it.
- 11. Barricade danger areas and do not enter an area which has been barricaded. Use guard rails or perimeter cables as required. Do not remove, displace, damage, or destroy any safety device or safeguard provided for use on the job.
- 12. Never throw anything from the job site with ensuring that there are no persons passing below.
- 13. If you must work around power shovels, trucks, and dozers, make sure operators can always see you. Barricades are required for cranes.
- 14. Maintain all hand and power tools in a safe condition.
- 15. Do not use power tools and equipment until you have been properly instructed in the safe work methods and become authorized to use them.
- 16. Always follow manufacturer's specifications, limitations and instructions.
- 17. Never oil, lubricate, or fuel equipment while it is running or in motion.
- 18. Before servicing, repairing, or adjusting any powered tool or piece of equipment, disconnect it and lock out the source of power.
- 19. Keep out of trenches or cuts that have not been properly shored or sloped.
- 20. Use a stairway or ladder at all personnel points of access where there is a break in elevation of 19 inches or more, and no ramp, runway, sloped embankment, or personnel hoist is provided.
- 21. Use the "four and one" rule when using a ladder (one foot of base for every four feet of height).

- 22. Portable ladders in use shall be equipped with safety feet unless ladder is tied, blocked or otherwise secured.
- 23. Ladders must extend three feet above landing on roof for proper use.
- 24. Keep ladder bases free of debris, hoses, wires, materials, etc.
- 25. Build scaffolds according to manufacturers' recommendations and OSHA construction safety standards.
- 26. Scaffold planks shall be properly lapped, cleated or otherwise secured to prevent shifting.
- 27. Use only extension cords of the three-prong type. Use ground fault circuit interrupters when using tools in a wet environment.
- 28. Wear personal safety equipment as prescribed for each job.
- 29. Always use harnesses and lanyards with safety lines when working from unprotected high places. Always keep your line as tight as possible.
- 30. Wear head protection at all times when there are potentials of falling objects, hair entanglement, burning, or electrical hazards.
- Wear eye protection when there are potentials of hazards from flying objects or particles, chemicals, arcing, glare or dust.
- Wear protective footwear to protect from fallen objects, chemicals, or stepping on sharp objects. Athletic or canvas-type shoes shall not be worn.
- 33. Wear protective gloves or clothing when required to protect against a hazard.

#### JOB SAFETY TRAINING

Training is an essential component of an effective safety and health program addressing the responsibilities of both management and workers at the site.

Note that all workers who perform tasks requiring fall protection will be required to watch the NAHB's Fall Protection Video.

- 1. After inspecting a job site, the Safety Coordinator will identify and evaluate all potential hazards for:
  - A. Probability of an accident.
  - B. Injury severity potential.
- 2. The Safety Coordinator will also appraise the skill and knowledge level of exposed workers.
- 3. Appropriate training will be given.
  - A. Hazards will be pointed out.
  - B. Necessary precautions will be explained.
  - C. And the higher the hazard, the more detailed the training.
- 4. Records will be maintained for all training sessions with descriptions of topics covered and names of workers trained.

#### **ACCIDENTS OR INJURIES**

If an injury or accident should ever occur:

- First aid should be provided
- Emergency medical care should be called if required
- The Safety Coordinator should be notified as soon as possible.

#### The Safety Coordinator will:

- Investigate the incident, gather facts (worker and witness statements), and, if necessary, take pictures and physical measurements of incident site and equipment involved.
- Complete an incident investigation report form and the necessary workers' compensation paperwork within 24 hours whenever possible.
- Insure that corrective action to prevent a recurrence is taken.
- Discuss the incident, where appropriate, in safety and other worker meetings with the intent to prevent a recurrence.
- For any OSHA recordable injury or illness (defined as an injury resulting in loss of
  consciousness, days away from work, days of restricted work, or medical treatment
  beyond first aid), the Safety Coordinator will create an OSHA approved log entry and a
  summary report for every recordable injury and illness. The entry will be made within
  seven days after the injury or illness has occurred.

# ACKNOWLEDGEMENT

I have read and understand the attached Berg Mountain Home Construction Safety and Health program and agree to abide by them.		
Signature	Date	