



Safety Council Meeting

RHCA . . . the leader in Diversity Inclusion
Networking and building business relationships and opportunities

January 4, 2023

Disclaimer: This webinar is not intended for press purposes. If you are part the press, please disconnect.

Join us on Social Media #DFWRHCA @DFWRHCA



Housekeeping Rules

- Keep yourself muted throughout the meeting
- Please make sure to stay for the whole meeting
- Presentation will be emailed
- Q&A will be after each presentation
- Ask questions in the chat
- Please make sure to keep your camera on, at all times
- If you get logged out, please re-login using the same link

Join us on Social Media #DFWRHCA @DFWRHCA



Welcome



Manny Rodriguez
CSHO, Safety Director
Kent Companies
NHCA Safety Council



Luciano Perez
CSHO, SHEP, Safety Director
KPost Roofing and Waterproofing
RHCA Safety Council

Join us on Social Media

#DFWRHCA

@DFWRHCA



HEAVY EQUIPMENT OPERATOR TRAINING

- ✓ 18-27 YEARS OLD
- ✓ DALLAS COUNTY RESIDENT
- ✓ WORK READY
- ✓ AVAILABLE TO START FEBRUARY 13, 2023




EARN CERTIFICATES & GET PAID WHILE YOU TRAIN!! ↑ TO \$15/HR



FOR MORE INFORMATION, CONTACT MYRICK CLARK AT (512) 759-6379 OR MCLARK@LSJA.ORG

AVAILABLE SPACES ARE LIMITED

This project is part of an equal opportunity system that provides education and employment opportunities without discrimination on the basis of race, color, religion, national origin, sex, disability, age, sexual orientation, gender identity or gender expression. DC complies with Title IX, Section 504, Americans with Disabilities Act and Veterans Act.












<https://www.txdot.gov/inside-txdot/division/civil-rights/connectu2.html>

RHCA Day of the Construction Worker

Statewide
May 6, 2023



Fall Protection Training English & Spanish

Austin

--

Dallas

--

El Paso

--

Houston

--

Laredo

--

Sherman

--

Tyler

SAVE THE DATE

BUILD FORT WORTH EXPO

Opportunities Await at **BUILD F W** 2023

August 18, 2023

Will Rogers Memorial Center - Fort Worth, TX



FORT WORTH
HISPANIC CHAMBER
OF COMMERCE



<https://form.jotform.com/222965555456164>

Join us on Social Media #DFWRHCA @DFWRHCA



Susan Harwood Training
Contact us 972-786-0909

<https://regionalhca.org/safety/>

Join us on Social Media #DFWRHCA @DFWRHCA



Guest Speaker

Bio

Dr. George grew up in Waller County and was awarded a full academic scholarship from Prairie View A&M University. While attending Prairie View he had the honor of performing research at the Mayo Clinic. Dr. Brown graduated with honors with a major in Biology and a minor in Chemistry. He graduated from the University of Texas Medical Branch and proceeded to complete his Family Practice Residency at San Jacinto Methodist Hospital in Baytown, Texas. Dr. Brown is a member of the Texas Medical Association, the Harris County Medical Association, the Associated Builders and Contractors, and he is an approved designated doctor for the Texas Department of Insurance Division of Workers Compensation. He is currently the South East Texas Medical Director for Occucare International. Dr. Brown is (hobbies)



George E. Brown Jr., MD
Medical Director
Occucare International
gbrown@occucareinternational.com

Join us on Social Media #DFWRHCA @DFWRHCA



Winter Weather Preparation

George E. Brown Jr.,MD

Injury Prevention and Best Practices

Proper PPE

Stretch and Flex

Diet and Nutrition

Rest

Recognition of Fatigue

Mental Health

Hydration

- Dehydration can still occur during winter months.
- Employees are not as focused on hydration as they are during Spring and Summer months.
- Increased caffeine intake to stay warm can cause increased dehydration. Leads to increased fatigue which has a direct correlation to workplace injuries
- Leads to muscular skeletal / soft tissue injuries
- Increased joint injuries
- Dehydration leads to loss of focus

Common Injuries During Winter Months

Common Injuries

Slips and Falls

Will always remain the number one cause of injury at a job site.

Morning ice on the ground.

Less daylight

Rushing to complete task due to cold environment.

Common Injuries

- Climate change
- Frostbite / Hypothermia - wear proper PPE.
- Viral infections-people tend to gather together during the winter months.
- Dry Skin
- Asthma
- Dry eye
- Wear face coverings and wash hands.
- Seasonal Affective Disorder



WINTER WEATHER

Plan. Equip. Train.

To prevent injuries, illnesses, and fatalities during winter storms.



<https://www.osha.gov/winter-weather>

Join us on Social Media

#DFWRHCA @DFWRHCA



SAFETY FIRST
Coronavirus
COVID-19
Precautions Followed
RHCA

2022 / 2023 RHCA Safety Council Meetings

First Wednesday of the Month 9:00 am to 10:00 am.

Meetings are open to members in good standing; registration is required.

Click on the date to RSVP.

- **Wednesday, February 1, 2023**
- **Wednesday, March 1, 2023**
- **Wednesday, April 5, 2023**
- **Wednesday, May 3, 2023**
- **Wednesday, June 7, 2023**
- **July – Hiatus**
- **Wednesday, August 2, 2023**
- **Wednesday, September 6, 2023**
- **Wednesday, October 4, 2023**
- **Wednesday, November 1, 2023**
- **Wednesday, December 6, 2023**

<https://regionalhca.org/safety-council/>

Join us on Social Media #DFWRHCA @DFWRHCA



OSHA Reveals Top 10 Safety Violations for Fiscal Year 2021 at NSC Safety Congress & Expo

Falls remain the top citation for 11th year in a row.

The Top 10 most frequently cited workplace safety standards for FY 2021 are:

1. Fall Protection – General Requirements (1926.501): 5,295 violations
2. Respiratory Protection (1910.134): 2,527
3. Ladders (1926.1053): 2,026
4. Scaffolding (1926.451): 1,948
5. Hazard Communication (1910.1200): 1,947
6. Lockout/Tagout (1910.147): 1,698
7. Fall Protection – Training Requirements (1926.503): 1,666
8. Personal Protective and Lifesaving Equipment – Eye and Face Protection (1926.102): 1,452
9. Powered Industrial Trucks (1910.178): 1,420
10. Machine Guarding (1910.212): 1,113

<https://www.nsc.org/newsroom/osha-reveals-top-10-safety-violations-for-fy-21-at>

Join us on Social Media #DFWRHCA @DFWRHCA



Q & A

Join us on Social Media #DFWRHCA @DFWRHCA

