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Safety Bulletin

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Ladder Safety—How to Properly Set up a Ladder

By: John Webb, Safety Specialist, Safety Resources, Inc.

One of the most important tools found on a construction site is a ladder. For many trades it is part of their everyday life. Although ladders are a very important tool, sometimes proper ladder safety is over looked. The following text will demonstrate proper ladder set up and usage.

The 4 to 1 Rule

When setting up an extension ladder you should always remember the 4 to 1 rule. The 4 to 1 rule means that for every 4 feet in height, the base of ladder should be 1 foot away from the base. For example: if you are wanting to get to the roof of a building that is 20 feet tall, then the bottom of the ladder should be set at least 5 foot away from the base of the building. The 4 to

1 rule allows for a safer climb that is more stable vs. a climb that is straight up and down.

3 points of Contact

Any time that you are ascending or descending from a ladder you should always face the ladder and have at least 3 points of contact. Also you should never carry anything with you while ascending or descending a ladder. Once you reach your destination, you should hoist up the materials that you need.

3 Feet above the Landing Surface

The extension ladder should always extend at least 3 feet above the landing surface. You should also tie off the ladder at the top in order to prevent the ladder from slipping.

The bottom of the ladder should also be equipped with safety feet. This will help to prevent the bottom of the ladder from slipping.

By following these few simple rules you can help prevent a lot of costly accidents and OSHA violations that slow down production.



One of the most important tools found on a construction site is a ladder. . . sometimes proper ladder safety is over looked.

Watch for Falling Objects: Commonly Overlooked Fall Protection Issues

By: Marc Brewer, Safety Specialist, Safety Resources, Inc.

An aspect of fall protection that is commonly overlooked is falling object protection or ground control. Protecting yourself and your employees goes beyond enforcing a hardhat policy. It is important to protect their entire body, including any limbs that may be exposed to not only materials but also any tools. A common approach to this is to rope off or prevent entry into certain areas

that contain a danger of falling objects. This approach is extremely effective, but what about areas that require work to be done below these danger zones. In these situations it is important not to allow an object to fall in the first place. This can be accomplished a couple different ways:

1. The use of toe boards to prevent items from sliding off the walking working surface. When toe boards are used it is important to remember if your tools or material are stacked higher than the height of the toe board then it is required to compensate for this by increasing the height of the toe board or by placing screen or other



Always barricade the hazardous area and post warning signs for the potential of falling objects.

Watch for Falling Objects: Commonly Overlooked Fall Protection Issues (cont)

2. Place safety nets below the work surface to catch any items that fall.
3. For hand tools or small power tools it is sometimes a good idea to tether these items to yourself or the work surface.

Whatever approach you use for making a jobsite safer is up to you as long as your employees are protected. And remember

PPE should be used as a last resort, it is always better to remove the hazard wherever possible.

“An aspect of fall protection that is commonly overlooked is falling object protection or ground control. “



Confined Space: Do You Know What is in That Hole in the Ground

By: Dan Brennan, Safety Specialist, Safety Resources, Inc.

“Confined spaces present a dangerous situation for everyone around them. Being well prepared before initiating a confined space procedure is the first and most important step you can take ”

The definition of a "Confined space" is an area that -

- (1) Is large enough and so configured that an employee can bodily enter and perform assigned work;
- (2) Has limited or restricted means for entry or exit (for example, tanks, vessels, silos, storage bins, hoppers, vaults, and pits are spaces that may have limited means of entry.); and
- (3) Is not designed for continuous employee occupancy. (OSHA 1910.146)

Accidents involving confined spaces happen when workers enter manholes, tanks, pits and other confined spaces without testing the air first. Too often

employees don't have the proper equipment to do the testing. Sometimes they don't lock out/tag out hazardous equipment in the space, or isolate the space from sources of fluids or other material that can engulf it.

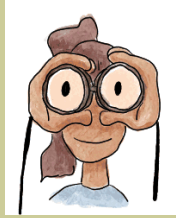
Many companies still don't use permit systems to ensure that the space is safe and that all required precautions are taken prior to entry. About 60 percent of all fatalities in confined spaces occur when coworkers or untrained rescue personnel go in after a worker without knowing what the problem is and are overcome themselves.

Confined spaces present a dangerous situation for everyone around them. Being well prepared before initiating a confined

space procedure is the first and most important step you can take in preventing that little hole in the ground from becoming your grave.



Know your dangers before you enter any confined space!



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OSHA 30 Construction Outreach Course

- September 15-18, 2003
- Course Cost \$595
- Located in Indianapolis, IN

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