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Weekly Safety Tip

Life Is All About Choices!®

February 20, 2017

SCI Safety Tip: 10 Critical Ladder Setup Safety Tips

Source: <http://www.blr.com>

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Do your employees know how to set up ladders safely? You can use the basic information that follows to present this safety topic. To avoid ladder accidents, you have to set up ladders correctly. Remember these setup tips.

- 1 Place the ladder on a firm, level surface, and check to make sure the ladder is stable. Use wide boards under the ladder to give stability if the ground is soft.
- 2 Never set a ladder on top of a drum, stack of pallets, or other object to gain more height. Use a taller ladder instead. If you set up a ladder on such an unstable base, you're just asking for an accident.
- 3 Never set up a ladder in front of a door unless the door is locked or blocked—or you've got someone standing on the other side to keep people from opening the door.
- 4 Never lean a ladder against a surface that isn't strong enough to support your weight, such as a window or an object that might move under your weight.
- 5 Never fasten two ladders together for additional height. Instead, use a taller ladder or an extension ladder designed for two-ladder coupling.
- 6 Make sure the spreaders on stepladders are fully extended and locked in place and that locking devices on extension ladders are secured.



SCI Safety Humor



James Lehrke-SCI



Quick Tips for Healthy Living

Resilience: Tap into resilience to achieve health goals

It's the time of year when many people make resolutions to improve health. Many of us have tried to accomplish something important to us. We've worked hard at it, perhaps become discouraged and maybe even stopped altogether.

When you take a deeper look at achieving any goal, there are some simple things you can do to create success.

Set realistic goals

As we embark on this goals journey, the following questions may occur to you. How do I set up a good plan that leads to success? What happens if motivation dips? How will I keep going even if I get bored? How will I deal with things that get me off track? To answer these questions, let's review goal science.

When goals are realistic, challenging and energizing, they are more likely to be achieved.

1. Realistic — With your best effort, the goal is achievable, you can do it
 2. Challenging — Inspires you to do your best, uses your skills and talents, and challenges you to learn new ones
 3. Energizing — It's interesting to you, thinking about it energizes you, when you work on it you feel good
 - Everyday creativity — Hobbies, interests, make something, cook, clean, fashion, DIY projects, etc.
 - Let's think of achieving your goal as a journey to a healthier happier you. Here's what we'll do to make that happen.
 - Harness the power of resilience
 - Learn about motivation and willpower
 - Set a realistic goal
 - Identify and use positive personal qualities that inspire and motivate you
 - Identify why you're working on the goal and what your higher purpose might be
 - Create smaller goals that support your ultimate goal
 - Energize yourself and build willpower through created positive emotions
 - Connect with people that support your success
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- Types of resilience
 - On your journey we'll utilize the five components of resilience. Practicing these increases motivation, willpower, health and happiness. Below are the components with some suggestions for each one.
 - Physical resilience — Move, get up and move at least three times today
 - Mental resilience — Exercise your mind, learn something about your goal
 - Emotional resilience — Identify ways to generate three positive emotions each day
 - Social resilience — Connect with one supportive person per day
 - Everyday creativity — Hobbies, interests, make something, cook, clean, fashion, DIY projects, etc.

Are you doing your part to prevent **BLR** FALL INJURIES?

Falls are the **#1** cause of worker deaths on construction sites, responsible for **35%** of fatalities in 2012.

In 2012, there were **46,160** injuries requiring days away from work resulting from falls to a lower level.

Injuries from falls to a lower level required a median of **18 days** away from work for recovery.

The average cost of a single workers' compensation claim from a fall from elevation is over **\$50,000**.

Fall protection in construction is OSHA's #1 most frequently violated standard, with an average per-violation penalty over **\$2,500**.

FALL PROTECTION BASICS

Where construction workers are exposed to unprotected sides or edges 6 feet or more above a lower level, fall protection must be provided.

Types of conventional fall protection:

- Guardrail systems
- Personal fall arrest systems
- Safety nets

If conventional fall protection methods are infeasible or would create a greater hazard, employers may create a **Fall Protection Plan** that specifies the reason conventional fall protection systems cannot be used and the alternate measures that will be taken.

Alternate fall prevention strategies:

- Warning line systems
- Safety monitoring systems
- Controlled access zones

The Fall Protection Plan must be prepared by a **Qualified Person**.

Scaffolds and Ladders also pose fall hazards but are covered in separate regulations.

Free limited-time downloads!

- Scaffold safety checklist
- Stairway and ladder safety quiz

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In Loving Memory...
Jessica, Kristin and Nick

