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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
Date: September 5, 2011

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.

- 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.
- 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.
- 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.





Safety Culture and Compliance Specialists

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- Remember the 4-to-1 rule: place the base of the ladder 1 foot from the wall for every 4 feet between the base and the support point. For example, if it is 8 feet from the base of a ladder to its support point, the base of the ladder should be 2 feet away from the building.
- 8 Extend extension ladders at least 3 feet above a support point such as the edge of a roof.
- 9 Make sure that the upper section of an extension ladder overlaps and rests on the bottom section. The overlap should always be on the climbing side of the ladder. For ladders of 36 feet or more, the overlap should be least 3 feet.
- 10 Secure ladders at the top and bottom.

SCI OSHA: Puzder withdraws from DOL nomination; Trump names new pick

Source: <u>http://www.blr.com</u> Date: February 16, 2017

Andrew Puzder, President Donald Trump's nominee for Secretary of Labor, has withdrawn his name from consideration for the position. In his place, Trump has nominated R. Alexander Acosta, dean of the law school at Florida International University. Puzder's confirmation hearings were scheduled to take place today after being postponed several times. He released the following statement:

"After careful consideration and discussions with my family, I am withdrawing my nomination for Secretary of Labor. I am honored to have been considered by President Donald Trump to lead the Department of Labor and put America's workers and businesses back on a path to sustainable prosperity. I want to thank President Trump for his nomination. I also thank my family and my many supporters—employees, businesses, friends and people who have voiced their praise and hopeful optimism for the policies and new thinking I would have brought to America as Secretary of Labor. While I won't be serving in the administration, I fully support the President and his highly qualified team."

Puzder is the CEO of CKE Restaurants, the parent company of fast food chains including Hardee's and Carl's Jr., has been a controversial pick from the beginning. A strong supporter of Trump during the presidential campaign, he has been criticized for his statements on the minimum wage, immigration reform, and other labor issues, and also faced opposition over several details of his personal life.

The Secretary of Labor leads the department that encompasses OSHA, the Mine Safety and Health Administration (MSHA), the Bureau of Labor Statistics (BLS), and numerous other agencies.



Aurora Health Care® **Ouick 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.

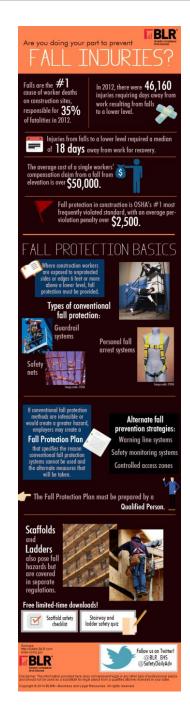
Set realistic goals

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.

- Realistic With your best effort, the goal is achievable, you can do it
- Challenging Inspires you to do your best, uses your skills and talents, and challenges you to learn new ones
- 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, DYI 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
 - 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
 - •Connect with people that support your success

 - 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
 - Physical resilience Move, get up and move at least three times today
 - Mental resilience Exercise your mind, learn something about your
 - 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, DYI projects, etc.



What do you think? Send us an email at: See our bold new look

In Loving Memory... ilconnections@aol.com Jessica, Kristin and Nick



