



# Weekly Safety Tip

“Your Connection for Workplace Safety”  
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*We're about service, commitment, results, and accountability!*

*Our Weekly Safety Tip provides valuable and current safety information relevant for Work, Home & Play.*

*And, you will be kept current on the latest Safety Compliance issues.*



**SCI SAFETY NEWS OR TIP**



**SCI OSHA NEWS OR COMPLIANCE**



**SCI HEALTHYLIVING and WELLNESS NEWS**

**We want to hear from you! Send us your feedback and give us ideas for future safety topics.**

**Let us know how you feel about our new look!**

**Safety Slogan**  
**Accidents Big Or Small, Avoid Them All**  
**James Lehrke-SCI**  
**Of the week**

## SCI Safety Tip: New Research Reveals Ways to Improve Ladder Safety

Source: [www.blr.com](http://www.blr.com)

By: Kristen Swaney

Date: July 2, 2014

A NIOSH research team finds that 43 percent of fatal falls in the U.S. involve a ladder. Among workers, about 20 percent of fall injuries involve ladders.

When researcher Christina Socias and her colleagues analyzed data for one recent year, they found that work-related ladder falls caused 113 deaths, about 15,500 injuries that resulted in at least one day away from work, and some 34,000 injuries treated in hospital emergency departments.

According to the findings, the workers at greatest risk were men, older employees, Hispanics, and those working in construction, extraction (including mining), installation, maintenance, and repair.

### The Good News?

According to Socias, most injuries caused by ladder falls can be prevented. The researchers urge employers, safety experts, and healthcare professionals to work together to make safe ladder use training available to people on and off the job. They also called for more research into ladder-fall prevention.

In the meantime, they say a few simple steps can keep your workers from scary and disabling falls:

- Find ways to complete most of the work needed on the ground, without use of ladders.
- Provide workers with alternatives to ladders, such as aerial lifts or supported scaffolds.
- Most sure ladders are thoroughly inspected, have appropriate safety accessories, and are well matched to a worker's weight, task, and location.
- Provide on-the-job ladder safety training and information.

### Compliance Quick Check

Here's what your employees should DO to be safe when working on ladders:

- Maintain 3-point contact (two hands and a foot, or two feet and a hand) when climbing or descending a ladder.
- Face the ladder when climbing up or descending.
- Keep the body inside the side rails.

- Use extra care when getting on or off the ladder at the top or bottom. Avoid tipping the ladder over sideways or causing the ladder base to slide out.
- Carry tools in a tool belt or raise tools up using a hand line. Never carry tools in your hands while climbing up or down a ladder.
- Extend the top of the ladder three feet above the landing.
- Keep ladders free of any slippery materials.

**Here's what your employees should NOT DO:**

- Place a ladder on boxes, barrels, or unstable bases.
- Use a ladder on soft ground or unstable footing.
- Exceed the ladder's maximum load rating.
- Tie two ladders together to make them longer.
- Ignore nearby overhead power lines.
- Move or shift a ladder with a person or equipment on the ladder.
- Lean out beyond the ladder's side rails.

## **SCI OSHA News: UPDATED: OSHA Announces Final Rule for Electric Power Generation (Part 1)**

**Source:** [www.blr.com](http://www.blr.com)

**Date:** July 3 2014

**UPDATED:** On June 20, OSHA announced a delay in enforcement of certain provisions of the following rule change.

OSHA has announced a final rule updating its standards for electric power generation, transmission, and distribution and electrical protective equipment. The changes to the 40-year-old rule make it more consistent with OSHA's general industry requirements. Both standards now include revised provisions for host and contract employers and improved fall protection for employees working from aerial lifts and overhead line structures.

The revisions have been a long time coming: OSHA published its intention to amend the requirements in 2005. The final rule will be published in the Federal Register on April 11. Most provisions of the new rule will take effect on July 10 of this year, while some requirements have a compliance deadline of April 1, 2015.

The revised standard also includes revisions of general industry and construction standards for electrical protective equipment. OSHA anticipates the final rule will save millions of dollars for employers and will prevent about 120 serious injuries and 20 fatalities annually. The agency says the changes make the requirements easier to understand and comply with.

According to OSHA, "the updated standards create a unified and up-to-date set of requirements to help employers more effectively establish work practices to protect their workers."

**UPDATED:** On June 20, OSHA issued a memorandum delaying enforcement of certain provisions of the new rule until October 31, 2014. Employers who were in compliance with the previous version of 29 CFR 1910.269 (the standard for electric power generation, transmission, and distribution) will be considered compliant through that date. In addition, OSHA says it will not issue any citations under the revised versions of paragraph (b) of 29 CFR 1910.137 or paragraph (b) of 29 CFR 1926.97 (the standards for electrical protective devices other than rubber gloves) until after October 31, 2014.

## Who is affected?

Employers that operate or maintain electric power generation, transmission, or distribution lines or equipment must follow the requirements in 29 CFR 1910.269 (the general industry standard). Employers with employees who perform construction work on electrical power transmission or distribution lines or equipment must follow the requirements of the construction standard, at 29 CFR 1926, Subpart V. According to OSHA, construction work includes the erection of new electric transmission and distribution lines and equipment and the alteration, conversion, and improvement of existing electric transmission and distribution lines and equipment.

## Important compliance requirements

- Some of the most important updates to the standard include the following:
  - *Requirements effective July 10, 2014*
  - The degree of employee training must be determined by risk to the worker for the hazard involved.
  - Qualified workers must have training to recognize and control or avoid electrical hazards at the worksite.
  - Host and contract employers must share information on safety-related matters and must coordinate work rules and procedures.
  - Line-clearance tree trimmers must have training on distinguishing exposed live parts and determining their voltage, as well as in minimum approach distances and how to maintain them.
  - Employers must assess worksites to identify workers exposed to flame or electric arc hazards.
  - The final rule recognizes a new class of electrical protective equipment, Class 00 rubber insulating gloves, and adopts new requirements for electrical protective equipment made of materials other than rubber.
  - Multiple crews working on the same lines or equipment must coordinate their activities.
  - Where protective footwear will protect workers from electrical hazards that remain after the employer takes other protective measures, employers must ensure that workers use protective footwear as a supplementary form of protection.
  - Affected workers must follow the new standard for electrical protective equipment, which replaces outdated consensus standards with performance-based requirements consistent with current consensus standards. The new standard for construction will apply to all construction work, not only to power transmission and distribution. ***Next week learn more about upcoming requirements coming April 1<sup>st</sup> 2015***

## HEALTHY BITES

Quick Tips for Healthy Living



## Healthy Aging

People in the U.S. are living longer than ever before. Many seniors live active and healthy lives. But there's no getting around one thing: as we age, our bodies and minds change. There are things you can do to stay healthy and active as you age:

- Eat a balanced diet
- Keep your mind and body active
- Don't smoke
- Get regular checkups
- Practice safety habits

NIH: National Institute on Aging



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*In Loving  
 Memory of Jessica Lehrke*