



“Your Connection for Workplace Safety”
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Weekly Safety Tip

Life Is All About Choices!®

August 21, 2017

SCI Safety Tip: Back to School Safety Tips From NSC (Part 1)

Source: www.nsc.org

Date: 2017



School days bring congestion: Yellow school buses are picking up their charges, kids on bikes are hurrying to get to school before the bell rings, harried parents are trying to drop their kids off before work. It's never more important for drivers to slow down and pay attention than when kids are present – especially before and after school.

If You're Dropping Off

Schools often have very specific drop-off procedures for the school year. Make sure you know them for the safety of all kids. [More children are hit by cars near schools than at any other location](#), according to the National Safe Routes to School program. The following apply to all school zones:

- Don't double park; it blocks visibility for other children and vehicles
- Don't load or unload children across the street from the school
- Carpool to reduce the number of vehicles at the school

Sharing the Road with Young Pedestrians

According to research by the National Safety Council, most of the children who lose their lives in bus-related incidents are 4 to 7 years old, and they're walking. They are hit by the bus, or by a motorist illegally passing a stopped bus. A few precautions go a long way toward keeping children safe:

SCI Safety Slogan



James Lehrke-SCI

- Don't block the crosswalk when stopped at a red light or waiting to make a turn, forcing pedestrians to go around you; this could put them in the path of moving traffic
- In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection
- Always stop for a school patrol officer or crossing guard holding up a stop sign
- Take extra care to look out for children in school zones, near playgrounds and parks, and in all residential areas
- Don't honk or rev your engine to scare a pedestrian, even if you have the right of way
- Never pass a vehicle stopped for pedestrians
- Always use extreme caution to avoid striking pedestrians wherever they may be, no matter who has the right of way



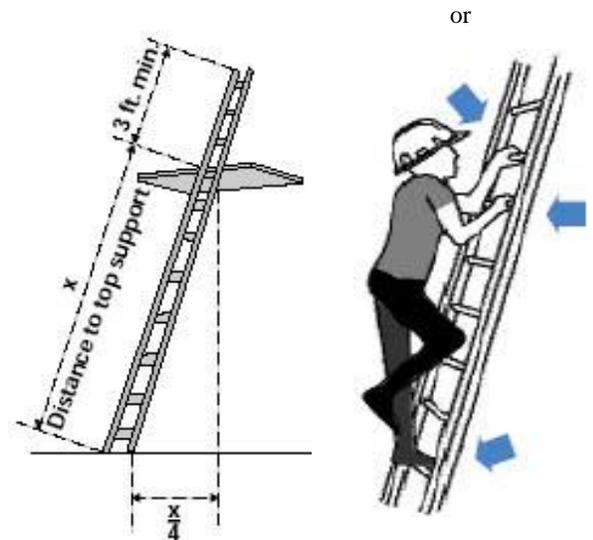
Continued next week!

OSHA Compliance: Portable Ladder Safety

Source: <http://www.osha.gov>

Falls from portable ladders (step, straight, combination and extension) are one of the leading causes of occupational fatalities and injuries.

- Read and follow all labels/markings on the ladder.
- Avoid electrical hazards! – Look for overhead power lines before handling a ladder. Avoid using a metal ladder near power lines or exposed energized electrical equipment.
- Always inspect the ladder prior to using it. If the ladder is damaged, it must be removed from service and tagged until repaired or discarded.
- Always maintain a 3-point (two hands and a foot, or two feet and a hand) contact on the ladder when climbing. Keep your body near the middle of the step and always face the ladder while climbing (see diagram).
- Only use ladders and appropriate accessories (ladder levelers, jacks hooks) for their designed purposes.
- Ladders must be free of any slippery material on the rungs, steps or feet.
- Do not use a self-supporting ladder (e.g., step ladder) as a single ladder or in a partially closed position.
- Do not use the top step/rung of a ladder as a step/rung unless it was designed for that purpose.
- Use a ladder only on a stable and level surface, unless it has been secured (top or bottom) to prevent displacement.
- Do not place a ladder on boxes, barrels or other unstable bases to obtain additional height.
- Do not move or shift a ladder while a person or equipment is on the ladder.
- An extension or straight ladder used to access an elevated surface must extend at least 3 feet above the point of support (see diagram). Do not stand on the three top rungs of a straight, single or extension ladder.
- The proper angle for setting up a ladder is to place its base a quarter the working length of the ladder from the wall or other vertical surface (see diagram).
- A ladder placed in any location where it can be displaced by other work activities must be secured to prevent displacement or a barricade must be erected to keep traffic away from the ladder.
- Be sure that all locks on an extension ladder are properly engaged.
- Do not exceed the maximum load rating of a ladder. Be aware





Aurora Health Care®

Quick Tips for Healthy Living

Prevent Community Associated MRSA

Fall athletics are gearing up and practice will soon be starting. This is a great time to remind everyone about the importance of hand washing and locker room hygiene. Most of you have heard of athlete’s feet, ringworm and plantar warts and know how to avoid getting them.

But did you know about *methicillin-resistant Staphylococcus aureus* (MRSA)? It is popping up in many areas such as fitness centers, gyms and locker rooms. This bacteria is spread by skin-to-skin contact and often begins like a painful skin boil. It is resistant to many antibiotics and requires special treatment.

To protect yourself, avoid sharing towels, razors, uniforms, and other items that touch your skin. Be sure to disinfect locker rooms and equipment on a regular basis to prevent the spread of this nasty bacterium.

- of the ladder’s load rating and of the weight it is supporting, including the weight of any tools or equipment.

Chart Source: <http://www.wernerco.com>

Ladders are designed and constructed to safely hold up to a specific amount of weight. Werner ladders come in five different Duty Ratings identified by their grade and type. The Duty Rating is defined as the maximum safe load capacity of the ladder. A person’s fully clothed weight plus the weight of any tools and materials that are carried onto the ladder must be less than the duty rating.

Extension Ladders		
Ladder Height	Maximum Reach*	Height to Gutter or Top Support Point**
16'	15'	9' max
20'	19'	9' to 13'
24'	23'	13' to 17'
28'	27'	17' to 21'
32'	31'	21' to 25'
36'	34'	25' to 28'
40'	37'	28' to 31'

Ladders are also built to handle the demands of various applications. For example, a ladder used frequently on a construction site by rugged workers should typically be stronger and have a corresponding higher Duty Rating than a ladder used by a lighter person for light chores around the home.

Approximate Material Weights	
Portable Sprayer	20 lbs.
Ceiling Fan	30 lbs.
Tool Box with Tools	35 lbs.
Garage Door Opener	40 lbs.
5 Gallons of Paint	60 lbs.
Basketball Hoop	60 lbs.
Bundle of Shingles	70 lbs.
5 Gallon Roof Coating	70 lbs.
3 x 4 Window	80 lbs.
Sheet of Plywood	80 lbs.
(3) 4x4's	80 lbs.

We'd always like your feedback. Let us know what articles you'd like to see!

In Loving Memory...
Jessica, Kristin and Nick

