



# Weekly Safety Tip

“Your Connection for Workplace Safety”

Phone: 920-208-7520

*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**

**The life you save just might be yours!  
James Lehrke-SCI**

**of the week**

## SCI Safety Tip: 10 Critical Rules for Safe Ladder Setup

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

Date: October 24, 2012

*Working safely on a ladder depends on proper setup. Make sure your employees know the rules.*

- To avoid ladder accidents, employees have to set up ladders correctly. Be sure to teach them these 10 ladder setup rules.
- 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.
- 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.
- 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.
- Make sure the spreaders on stepladders are fully extended and locked in place and that locking devices on extension ladders are secured.
- 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.
- Extend extension ladders at least 3 feet above a support point such as the edge of a roof.
- 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 at least 3 feet.

- Secure ladders at the top and bottom.

## 7 Simple Rules for Preventing Falls

- Select the right ladder (height and type) for the job.
- Inspect ladders carefully before each use.
- Follow ladder safety rules and regulations.
- Use common sense—only one person on a ladder at a time.
- Hold on while your climb and while you work
- Don't overreach; get down and move the ladder.
- Report safety problems with ladders right away.

### Better Design Could Reduce Stepladder Injuries

Researchers from the Human Factors and Ergonomics Society say that not only improved user behavior but also improved ladder design could help decrease the number of stepladder accidents.

Daniel Tichon, Lowell Baker, and Irving Ojalvo explain that compared with a flat surface, stepladders present a smaller and less rigid surface on which to stand and balance.

They suggest manufacturers make stepladders more rigid to provide a stable work platform and offset human balance problems. Front and rear rails could be made of closed tubular sections and cross-shaped spreader bars.

## SCI OSHA Compliance: Fall Protection in General Industry

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

Falls are among the most common causes of serious work-related injuries and deaths. Employers must take measures in their workplaces to prevent employees from falling off overhead platforms, elevated work stations or into holes in the floor and walls.

### To prevent employees from being injured from falls, employers must:

Guard every floor hole into which a worker can accidentally walk by use of a railing and toeboard or a floor hole cover. Provide a guardrail and toeboard around every open-sided platform, floor or runway that is 4 feet or higher off the ground or next level.

Regardless of height, if a worker can fall into or onto dangerous machines or equipment (such as a vat of acid or a conveyor belt), employers must provide guardrails and toeboards to prevent workers from falling and getting injured.

Other means of fall protection that may be required on certain jobs include safety harness and line, safety nets, stair railings and handrails.

### OSHA requires employers to:

- Provide working conditions that are free of known dangers.
- Keep floors in work areas in a clean and sanitary condition.
- Select and provide required personal protective equipment at no cost to workers.
- Train workers about job hazards in a language that they can understand.

## SCI Environmental Tips: How to Keep Emissions from Adding Up

Source: <http://www.blr.com> (Part 2)

Date: October 17, 2012

In addition to those **regulations** necessitating an **LDAR** Program, there are many more regulations requiring the use of Method 21 monitoring without the implementation of a formal **LDAR** Program.

### Benefits of LDAR

Effective **LDAR** can positively impact a facility in many ways, such as:

- *Reducing product losses.* In many cases, emissions are lost product, and lost product is lost revenue.
- *Improving health and safety.* Reducing fugitive emissions makes for a safer working environment and reduces employee exposure VOCs and HAPs at the facility, as well as reducing the exposure of the surrounding community.
- *Reducing emissions fees.* Many states levy fees for the quantity of pollutants emitted. Reducing leaks reduces emissions and reduces emissions fees.
- *Avoiding fines, enforcement actions, and bad publicity.* EPA has identified leaking equipment as the largest source of **HAP** emissions from refineries and chemical manufacturing facilities. As a result, the agency has included **LDAR** as a national enforcement priority.

### Additional Resources:

- [Leak Detection and Repair: A Best Practices Pamphlet](#)
- [Revised air rules for O&G sector](#)

## HEALTHY BITES

### Quick Tips for Healthy Living



### DENTAL HEALTH (Part 3)

- For postmenopausal women, two annual dental cleanings may not be enough. Research shows older women's teeth show higher levels of plaque.
  - Giving your dentist the brush-off? Here's why that's a bad idea: Plaque left to harden on the teeth can lead to gum disease. That, in turn, can lead to tooth loss and body-wide inflammation — which can increase the risk of heart disease and other health conditions. While most people need two annual dental cleanings, postmenopausal women may need as many as four. Research published in the journal Menopause found that older women have increased levels of dental plaque, and may therefore be at greater risk of gum disease. In addition to regular visits to your dentist, remember to brush twice a day and floss daily.



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*In Loving  
 Memory of Jessica Lefrke*