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*We're about service, commitment, results, and accountability!*

## *Weekly Safety Tip*

*Life Is All About Choices!®*

*February 26, 2018*

### SCI Safety Tip: March is National Ladder Safety Month

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



Every step matters: From step stools to extension ladders, make sure you're putting the right foot forward.

Every year over 300 people die in ladder-related accidents, and thousands suffer disabling injuries. Mark your calendar to join the American Ladder Institute (ALI) in celebrating the second annual National Ladder Safety Month, designed to raise awareness of ladder safety and to decrease the number of ladder-related injuries and fatalities.

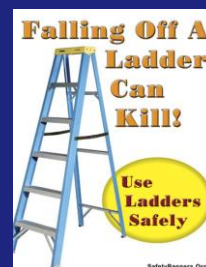
[Sign up](#) to receive more information from ALI on how you can participate in spreading awareness about ladder safety at work, ladder safety at home, and proper ladder inspection and disposal.

#### OSHA Portable Ladder Safety Quick Card

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

### ***SCI Safety Slogan***



***James Lehrke- SCI***



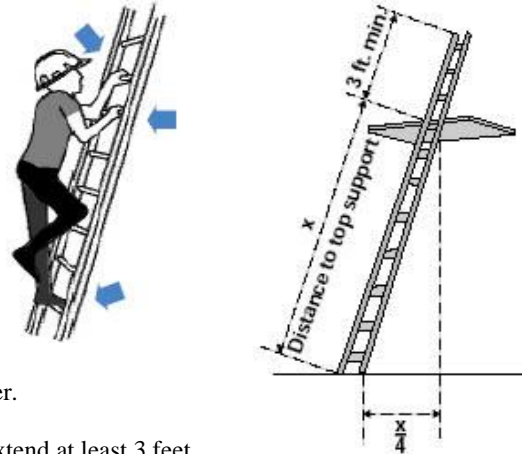
repaired or discarded.

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



## SCI OSHA News: 42 percent of construction worker deaths involve falls, new database shows

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

Date: January 30, 2018

Silver Spring, MD — A recently created database allowed researchers to determine that, in a 33-year period, falls accounted for nearly half of all construction worker deaths – and more than half of the workers killed lacked access to fall protection – according to the Center for Construction Research and Training (also known as CPWR).

Using data from the [NIOSH Fatality Assessment and Control Evaluation program](#), the researchers found fatality reports for 768 construction industry fatalities and created a searchable database, the [Construction FACE Database](#),





## Aurora Health Care® Quick Tips for Healthy Living

### Exercising to Lose Weight? Try These Powerful Tips

By [Paula K. Carlton, NP](#), January 16, 2018

It's no secret that maintaining a healthy weight is one of the keys to maintaining good overall health. It's also no secret that eating a nutritious, balanced diet and getting regular exercise can help with weight management.

Quite a bit of [information about good nutrition](#) is available. But, when it comes to fitness activities – exercise – what approach can most efficiently help you lose weight? We have answers.

A good place to start is to choose activities you enjoy. When you do activities you like, you're more likely to make them habits. A neighborhood run, a brisk walk in the mall or a swim might be a good fit for you. A treadmill, exercise bike or rowing machine could be additional helpful approaches. You may enjoy the camaraderie and support at the local fitness center. Look for activities you can do year round, and maybe some seasonal activities you can rotate during the year.

#### Fitness Activities for Weight Loss

What elements should you look for in your weight loss fitness activities? Look for activities that raise your heart rate and keep it up for about a half hour. Here's something to keep in mind. Research published in [Current Biology](#) suggests that doing the same activity for the same amount of time over the long term likely won't help you continue to burn as many calories. You can reach a point where you're doing the same activity but not burning as many calories as when you started.

Your body adapts to a fitness routine similar to when you learn a new job or skill. At first in your new job you have lots to learn and it takes a lot of energy. Over time you'll likely get more comfortable with the work and become more efficient. Your body also becomes efficient doing the same activity over time and uses less energy.

#### What Are Some Workout Solutions to Help with Weight Loss?

**FITT principle: Frequency, Intensity, Time and Type.** Changing one of these activity factors periodically adds a challenge back into your body's efforts. This forces your body to adapt to the new challenge and use more energy — burn more calories.

Changing one or two of these activity factors every four to six weeks will help you lose weight.

Note: Pay attention to your body. Doing an activity that causes physical pain may be causing injury. Back off.

#### HIIT approach: High-Intensity Interval Training.

A study at the University of Wisconsin-La Crosse has found that high-intensity interval training is a real benefit for weight loss.

High-intensity interval training involves adding recurring brief bursts of higher effort into your fitness activity. For example, if your fitness activity is walking for 30 minutes, add a stretch of jogging for about 30 seconds every five minutes. You can increase the length of time you jog as your body gets used to it. Continue to work up to jogging for a minute and walking for four minutes.

As an option, make an all-out effort for 20 seconds, rest for 10 seconds and then repeat. Keep this up for four minutes, followed by a one-minute rest. Then repeat this four-minute effort four times.

Whatever activity you're doing, after your high-intensity interval, you should be breathing hard.

Researchers found that study participants who did a 20-minute high-intensity interval-training workout burned 15 calories per minute. That's about twice as many as the participants burned during a long run without high-intensity interval training.

The HIIT approach has a double benefit. You'll burn calories during your fitness activity, plus, your body will continue to burn calories as it recovers during the rest of the day.

of those reports.

After analyzing the incidents in the new database, researchers concluded that, between 1982 and 2015:

- 42 percent (325) of the fatalities involved falls.
- 54 percent of the workers killed had no access to a personal fall arrest system, and 23 percent had access to a PFAS but did not use it.
- Most of the workers with no access to PFAS worked for residential building contractors and contractors in the roofing, siding and sheet metal sectors.
- 107 of the 325 falls were from 30 feet or higher.
- 20 percent of the 768 deaths occurred in the victims' first two months on the job.

“Even though this study was unable to assess effectiveness of the OSHA fall protection standard established in 1995, the considerable number of fall fatalities from lower heights provides strong evidence of the need for the OSHA requirement that fall protection be provided at elevations of 6 feet or more in the construction industry,” researchers said.

In the [study abstract](#), the researchers say the database allowed them to analyze FACE reports “quantitatively and efficiently,” adding “comprehensive research using FACE reports may improve understanding of work-related fatalities and provide much-needed information on injury prevention.”



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In Loving Memory...  
Jessica, Kristin and Nick



## Save Tomorrow; Think Safety Today!