

# Tools for Life – Weekly Health & Safety Meeting



## Home Healthy - Home Safe

August 2021

### Ladder Safety

Roughly half of the falls from elevations in the mechanical construction industry are falls from ladders. According to the CDC, falls remain a leading cause of unintentional injury mortality nationwide, and 43% of fatal falls in the last decade involved a ladder. OSHA reports that workers who use ladders in construction risk permanent injury or death from falls and electrocution. These hazards can be eliminated and/or reduced by following good safety practices.

#### Ladder Facts and Statistics:

1. Approximately 20% of fall injuries among workers involve ladders.
2. 300+ people die from ladder falls each year.
3. Each year more than 70 construction workers die in falls from ladders.

#### Safe practices while using ladders

- The base of the ladder should be safely secured to prevent accidental movement inside or out.
- Maintain three points of contact when climbing, and remember, a persons maximum reach height is 4 feet higher than the height of the ladder.
- Keep your center of gravity and body between the side rails. If you can't easily reach the project area once you have ascended the ladder, climb down and move the ladder closer to your project.
- Always face the ladder when climbing up or down and don't skip steps!

**PAY ATTENTION!** When using any type of ladder keep your focus on the task in front of you. Inspect ladders before use, look for defects such as cracks, broken or missing rungs, and/or missing lables. If a ladder is damaged follow the company procedures to take the ladder out of service. Keep the ladder clean from debris or any substance that can cause the surface to become slippery. While ascending a ladder keep hands free of tools and materials, instead wear a tool belt or have a fellow worker hand up material.

**HEALTH REMINDER:** Men should drink around 15.5 cups (3.7 liters) of water per day, and women should drink around 11.5 cups (2.7 liters) of water per day.

#### Discussion Points / Question:

1. Never stand on the top step if it is not designed to be a step.
2. Use the correct ladder for the job. There are many typed of ladders to work in different situations. Check weight ratings to ensure you do not overload the ladder during use.
3. Always secure the ladder. Make sure the ladder is stable on the ground before climbing up. Tie off the ladder to the structure.