



The Bonner County Safety Record

All the News that is Safe to Print

August 8, 2016
Edition 12

Ladder Safety

Ladders are a common tool that all of us have used. While it seems obvious how to climb a ladder, we can all be reminded on using a ladder correctly and safely! This edition of the Safety Record had tips on ladder inspection, safe usage guidelines, and hazard recognition training.

Ladder Inspection:

- Inspect before each use.
- Look for cracks, bend ladder braces or steps.
- Missing or worn safety shoes are a hazard.

Ladder usage:

- Use the correct ladder for the situation.
 - Step ladder vs Extension ladder: different applications.
 - Use fiberglass or wood ladders (nonconductive) if working in proximity of energized electrical items.
 - Use the correctly rated ladder for your weight.
- Set up and use the ladder correctly:
 - Don't over reach to the sides. (keep your belt buckle inside the side rails)
 - Step ladder:
 - Open the step ladder completely.
 - Don't stand on the top two rungs of the ladder.
 - Extension ladder: The ladder should be one foot out from the wall for every 4 feet of height. A quick way to check is to stand at the base of the ladder with your toes touching the rails. Your fingers should just touch the rung in front of you.
 - Face the ladder when ascending and descending. Keep your hands free.
 - Maintain 3 points of contact: two feet one hand, or two hands one foot.
 - Extend the ladder three feet above the access area, so your hands have something to hold onto as you get off or on the ladder.
 - Secure the ladder to prevent it from falling.



Hazard Recognition:

- Keep clear of power lines.
 - Uninsulated electrical lines: 10 feet or more
 - Insulated lines over 300 volts: 10 feet
 - Insulated lines under 300 volts: 3 feet.
- Protect ladder from being hit by traffic, pedestrians, and opening doors.



Proper angle



Not good



Not good

Examples of Damages: Ladders to be tagged and field destroyed*



Bent Top



Missing Rivet



Cracked Fiberglass Rail



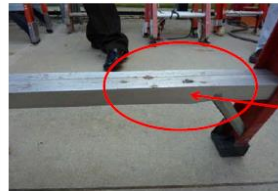
Excessive Paint on Rungs



Bent Step



Missing Rubber cap



Bent step by bracing



Bent Rung



Pitted Rust



Damaged Safety Shoe: Rubber Pad Damaged

*examples shown do not represent all examples of damage



7 Days Since Last Injury

101 Days Since Last Lost Time Injury





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Helpful Links

Past Issues of the Bonner County Safety Record: <http://bonnercounty.us/risk-management/>

Ladder Safety: http://newsletter.drivekore.com/flyers/Werner/Ladder_Inspection_Form.pdf

OSHA Ladder Safety: https://www.osha.gov/Publications/portable_ladder_qc.html

HR/Risk Management News

- Open enrollment is starting Monday, August 8, and will continue until Thursday, August 18th. Attend an open enrollment meeting for more information from our vendors.
- HR/ Risk Management is working on renewing GL, Liability, Auto, and Property insurance for the next year. HR/ Risk Management will be collecting vehicle, driver, and property lists from all departments.
- The next new hire Orientation meeting is Monday, August 8th at 2:00 pm, 1st floor conf room.

LADDER SAFETY

EXTENSION LADDERS

Face the ladder while climbing.

Always carry tools in toolbelt holster or raise and lower them with a hand line.

Maintain 3 points of contact while climbing (1 hand and 2 feet, or 2 hands and 1 foot).

Check all locks on the ladder are properly engaged.

If you don't tie off your ladder and stake it to the ground, you should have someone else hold the bottom of the ladder so that it doesn't move.

Use ladder with non-slip feet.

Minimum 1 metre (3 feet) extended above roof line.

Set up at 4:1 angle. For every 4-up, place the ladder base 1-out from the wall.

If you must place your ladder in front of a door, make sure it is locked or blocked off.

Firm and level base. If the ground is uneven, attach a set of ladder levelers which can be obtained from the ladder manufacturer.

THE WRONG WAY

Don't lean to the side, keep your weight in the middle of the rung.

Do not overreach / use ladder with the wrong height for the job.

Do not carry heavy objects with both hands while going up or down a ladder.

Metal ladders conduct electricity. Keep away from power lines.

Do not use ladder with slippery steps, or damaged stiles.

Bonner County News

Bob Howard, Director of Emergency Management, Bonner County Commissioners Cary Kelly, Glen Bailey, and Todd Sudick, presented Certificates of Appreciation for volunteers of the 2016 Cascadia Rising Exercise on Monday, August 1st, 2016 during the department head meeting. The County successfully activated its Emergency Operations Center (EOC) during this multi-state exercise.

