Safety Newsletter

A quarterly publication for injury and illness prevention



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6 Tips for Safe Use of Ladders

Ladders are common at workplaces across the country. So common, that safety can get overlooked.



1. Choose the right ladder for the job and make sure you receive training on its proper use. Failure to do so often leads to ladder users overreaching, climbing too high or getting into an awkward position.

2. Inspect before use - Section (b)(15) of OSHA's standard on ladders – 1926.1053 – states, "Ladders shall be inspected by a competent

person for visible defects on a periodic basis and after any occurrence that could affect their safe use."



During an inspection, look for loose steps, rungs, nails, screws and bolts; broken or damaged parts; and compromised warning labels.

Also, make sure climbing and gripping surfaces are free of debris and slippery substances.

3. Go (3 feet) above and beyond

Avoid the Sting: Working Outdoors with Insects



Outdoor workers are unique in that they regularly share their workspaces with wasps, bees, hornets and other stinging insects. It's important for workers to know how to respond to and treat stings, especially because some people may be allergic.

"Workers with a history of severe allergic reactions to insect bites or stings should carry an epinephrine auto-injector and wear medical ID jewelry stating their allergy," NIOSH says.

Follow these tips to help protect against stings:

- Wear clean, light-colored clothing that covers as much skin as possible.
- Don't use scented soaps, shampoos and deodorants before work.
- Avoid working near flowering plants when possible.
- Keep work areas clean. Some insects are attracted to discarded food.
- Stay calm if a stinging insect is flying around. Swatting at it may cause it to sting. If multiple stinging insects approach, go indoors or to a shaded area.
- If an insect is inside your vehicle, stop slowly and open the windows.

Has a worker been stung? If so:

- Have someone stay with them to make sure they don't have an allergic reaction.
- Wash the sting site with soap and water.
- Remove the stinger using gauze wiped over the area or by scraping a fingernail over the area. Don't squeeze the stinger or use tweezers.
- Apply ice to the sting area to help reduce swelling.
- Don't scratch, as this can increase swelling, itching and risk of infection.

6 Tips for Safe Use of Ladders (continued)

An agency analysis of OSHA Information System data from 2017 to 2021 found that the most cited subsection of the standard on ladders was (b)(1), which requires that side rails of portable ladders extend 3 feet above the surface being accessed.

Not doing so can create preventable hazards during access and egress. For instance, standing on the three top rungs of a straight, single or extension ladder – a practice OSHA prohibits.

4. Maintain three points of contact Casually climbing ladders can lead to injuries – and even death.

Always maintain three points of contact when climbing. This means using two hands and one foot or two feet and one hand. And your body should be positioned near the middle of the step. Face the ladder when climbing.

- 5. Make a space When you've got a ladder up against the side of a building or are somewhere using it, it is important to place a couple of cones 3 or 4 feet away from it so people see the cones and stop.
- 6. Secure during transport and when storing.

If transporting a ladder on a vehicle rack, make sure the rack has abrasion-resistant contact points or place and secure soft items between the ladder and rack. vibration and road shock during ladder transport can cause damage quickly if the equipment isn't secured.

When storing ladders, keep them in well-ventilated areas away from threats of impact/physical damage and free from heat sources. Make sure wood and fiberglass ladders are not subjected to excessive humidity, moisture and sunlight.

Water Damage Prevention Planning



Which locations in my building are at highest risk for water leaks, and how can I prevent them?

Whether it's from a leaky roof, broken pipe or rainy day, water can become one of the largest risks in a facility – and can cause some of the largest costs to a property manager or employer. We can't control the weather, but we can control the impact water has on a business. According to the insurance industry, water damage is one of the leading causes cited in damage claims, yet only a small percentage of businesses take the time to develop a water damage prevention plan. Let's take a look at some of the highest-impact water events and how you can stay ahead of potential damage and associated injuries.

Safety at the entrance

Weather-related water problems often are unpredictable, but controlling and containing this risk at the front door will establish the framework for safety throughout your facility.

A surefire matting system at entrances can be a key tool, and having a firm grasp on use and maintenance is vital to success. Ensuring the amount of matting coverage is wide enough and long enough will keep water from puddling and broaden your water-containment net. Combining proper area coverage with routine cleaning and maintenance checks to prevent or remove free-standing water will mitigate the potential for a water hazard to progress to a slip hazard. Consider floor blowers as a support tool to deploy on rainy days.

Plumbing headaches

Pipe bursts, a puncture or even just a slow drip can turn into a much bigger problem. Taking the time to make sure pipes are insulated from temperature changes and keeping cleanup equipment on hand can be huge time-savers. Items such as pipe diverters to catch and direct water, pipe wraps or plugs to stop water flow, and general cleanup products can be crucial during a water crisis. Blowers and dehumidifiers are also great tools to ensure water intrusion doesn't cause a mold issue. Knowing where the water shut-off valves are located is key, too.

Water Damage Prevention Planning (continued)

Water intrusions via leaky roofs

Water intrusions typically happen during high rainfall events. The impact can be controlled by putting some general maintenance protocols in place. Regular inspections to remove debris and buildup, along with making necessary repairs to flashing or shingles, can pay dividends. Be sure to clean off accumulated ice and snow so roofing materials don't weaken or create ice dams that prevent proper draining. Be prepared with roof leak diverters to temporarily, yet effectively, catch and redirect water while you make more permanent repairs. And if you live in a flood zone, be prepared with drain plugs that can seal drains quickly during high water events.

Unfortunately, no matter what we do, we still often end up with roof leaks. By understanding and planning around your water risk areas and employing a sound maintenance plan, you can effectively reduce property damage and improve safety within your operation.



The material in this newsletter should be part of your Injury and Illness Prevention Plan (IIPP). Keep a copy of this newsletter in your IIPP binder.

Healthy Schools Act Frequently Asked Questions

What is the Healthy Schools Act (HSA) and who is it for?

The Healthy Schools Act (HSA) is a law that defines pesticide use and reporting requirements for California K – 12 public schools and licensed child care centers—collectively known as schoolsites. The HSA applies to anyone (school staff, volunteers, and pest management businesses) applying any type of pesticide at a schoolsite. The Department of Pesticide Regulation (DPR) develops training and other outreach materials to assist with HSA compliance and to facilitate the adoption of least-toxic pest management strategies.

Schoolsite pesticide use information is required to be reported to California Department of Pesticide Regulation. (CDPR).

Who needs HSA training?

The IPM Coordinator and anyone expected to use a pesticide at a schoolsite must complete training. This may include schoolsite staff, teachers, and volunteers if they use pesticides like disinfectants or sanitizers, insecticides, or weed-killers. Licensed pest management professionals must also take an HSA training course before applying a pesticide at a schoolsite.

How often does the HSA training need to be completed?

• IPM Coordinators and schoolsite staff, including teachers, must take the training annually.

When do warning signs need to be posted?

Pesticide application warning signs need to be posted 24 hours before an application and remain posted until 72 hours after an application. Warning signs are still required when students are not present and during school breaks. Exempt pesticides do not require warning signs to be posted.

If there is a pest management emergency, warning signs need to be posted as soon as possible and remain posted until 72 hours after the application.

What needs to be on the annual written notification?

- A list of all pesticides (such as weed-killers and insecticides) and their active ingredients expected to be applied during the year by schoolsite staff and licensed pest management professionals
 - * Listing exempt pesticides is optional
- A link to the DPR website: www.cdpr.ca.gov/schoolipm
- The opportunity for recipients to register to receive advanced notifications about individual pesticide applications

When should I send out the annual notification?

The notification must be provided annually at the beginning of the school year to parents, guardians, and staff. Many schoolsites choose to include it in their parent handbook.