



March 2024

# Safety+Health

Newsletter

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Volume 2 Issue 3

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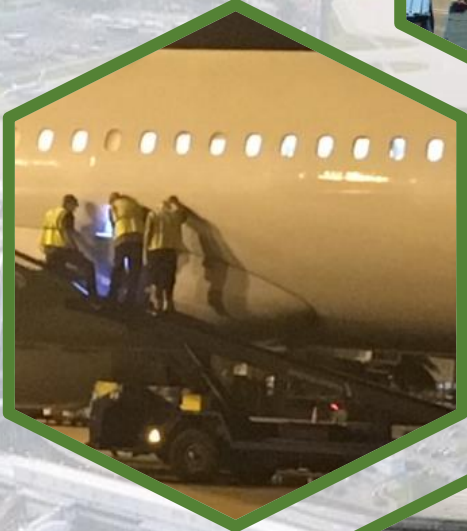
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## **Upcoming Events**

National Poison Prevention Week (March 18-22)  
Brain Injury Awareness Month  
PPE Roadshow



Use the Right Tools and Equipment,  
For the Right Job,  
In the Right Way.



*Improper use will lead to injury!*

MARCH  
2024

SAFE  
at  
Home

SAFE  
at  
Work



NATIONAL  
LADDER SAFETY  
MONTH

**N**ational Ladder Safety Month, observed in March and spearheaded by the American Ladder Institute (ALI), is the only program dedicated exclusively to promoting ladder safety, at home and work. By providing critical guidelines and raising awareness on safe use, we can help decrease injuries and deaths.

Almost every home in the United States has one, and chances are you have used one personally either at work or at home. Whether you're changing a lightbulb, getting on top of a roof, or working on an aircraft engine, ladders are a common piece of equipment used in every home or workplace and appear to be harmless.

But yet each year, tens of thousands of injuries and hundreds of deaths are caused by ladder misuse. In fact, falls are the second leading cause of death next to highway crashes.

Understanding the different types of ladders as well as safe ladder practices are key to preventing falls and other potential injuries.

Ladder-related injuries and fatalities are completely preventable.

<https://www.laddersafetymonth.com/>



# Helpful Tips by OSHA:

- Read and follow all labels/markings on the 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 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.
- 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 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. Do not stand on the three top rungs of a straight, single or extension 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.

# EARTHQUAKE PREPAREDNESS



**T**here are many places in the United States, called “fault zones,” that are at risk for serious earthquakes. To be exact, forty-five states and territories including Alaska and Hawaii are at risk.

While very strong or intense earthquakes are rare, less powerful earthquakes can also be dangerous.



Earthquakes alone do not cause high numbers of casualties; the resulting collapse of buildings, bridges, dams, tsunamis, landslides, fires from ruptured gas lines, and damaged utilities can be much more deadly.

Given the fact that earthquakes can be unpredictable, the key to surviving an earthquake and reducing your risk of injury lies in planning, preparing, and practicing what you and your loved ones will do if it happens.

Many of the same measures we implement for other disasters are applicable for earthquakes, such as putting together an emergency kit and plan.

Create a family emergency communication plan to include where to meet if you get separated and have an out-of-state contact.

Put together an earthquake supply kit with essentials such as blankets, first-aid kit, medications, fire extinguisher, portable radio, flashlight, batteries, and other supplies for cooking, sanitation, and comfort.

Also, include enough food and water to last for several days as emergency personnel will be inundated and may not be available to you.



## When an earthquake hits...

If you are inside, stay inside. Do not run outside or to other rooms during an earthquake. Do not stand in doorways, as they are no stronger than any other part of a building. Drop down to your hands and knees and hold onto something sturdy. Crawl underneath a table or desk for shelter.

If you are outside, stay outside. Find an open area as far away from buildings, powerlines, streetlights, and trees as possible. Drop to the ground and stay there until the shaking stops.



If you're in a moving vehicle, stop as quickly and safely to the shoulder or curb. Avoid bridges, overpasses, and power lines if possible. Stay inside with your seatbelt fastened until the shaking stops. If a power line falls on the vehicle, stay inside until a trained person removes the wire.



After an earthquake, there can be serious hazards such as damage to roads, buildings, leaking gas and water lines, or downed power lines. Turn on the radio for emergency broadcast information and beware of aftershocks.

For more information about earthquake safety visit: American Red Cross – <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/earthquake.html>

# Work Safely on

**W**hen used properly, scissor lifts can provide a safe, efficient, and reliable platform for working at heights. When not used properly, employees are at risk of serious injury and even death.

Many scissor lift injuries have occurred because workers cut corners in hopes of saving time. Some examples include climbing on the rails that surround the platform, standing on ladders or buckets to gain extra height, and by relocating the lift before lowering it so workers can exit.

In one case, a scissor lift operator drove a fully-extended lift off a concrete pad causing it to lose balance and tip over. Two workers in the platform fell to the ground, each suffering multiple fractures and requiring hospitalization.

Employers must remind workers to follow all safety regulations and that it's okay to take the extra time, especially if it means keeping everyone safe.

## **What you need to know...**

All work must be performed standing with both feet firmly on the platform.

- Workers should **never** stand on the guard-rails and work should be kept within easy reach to avoid any leaning away from the lift.
- Buckets, step stools, or ladders should **never** be used in a scissor lift as a way to gain extra height to reach work surfaces.
- Scissor lifts should be placed in areas where, even if fully extended, they will not come into contact with energized power sources.
- The manufacturer's instruction manual for each scissor lift has specific guidelines on when and how to move the lift. According to the Occupational Safety and Health Administration (OSHA), this usually rules out moving the lift in an elevated position. Make sure you know where to find the operating manual.
- Weather conditions are also a factor. Do not use a scissor lift unless wind speeds are below 28 miles per hour.





# Scissor Lifts



## **What you need to do...**

*Before work begins, make sure the weather conditions are appropriate. The lift should be parked on stable ground, free from any potential hazards such as holes, slopes, bumps, or debris.*

*Then, inspect the lift to make sure the guardrails are securely in place and there is no damage to the platform or any other part of the unit.*

*While on the job, take these additional steps:*

- *Avoid leaning over the guardrails, move the entire lift to create a safer and more comfortable working position.*
  - *Never move the lift when extended or if people are on the platform. Lower the platform first so those working on the platform may exit before it's moved.*
  - *Avoid standing on buckets or ladders, have the operator extend the lift so you can reach higher spots.*
- 
- *Never exceed the weight limit of the platform identified in the manufacturer's manual.*
  - *Provide proper traffic control if the lift is operating near a roadway, to avoid a collision that might throw workers from the lift.*

## **Remember...**

*Safe operation is primarily the responsibility of the operator. Ensure you are trained for the equipment you are using.*

*Taking the extra time to do things right from the beginning provides a safer workplace for you and your coworkers. It also lessens the chance of damaging equipment and someone getting injured.*



## Workplace Eye Wellness Month

*“Practicing eye healthy habits in the workplace today, like wearing proper eye protection, and decreasing the amount of screen time whenever possible, can help save our sight now and for years to come.”*

**E**ye injuries in the workplace are very common. More than 2,000 people injure their eyes at work each day. Of the total amount of work-related injuries, 10-20 % will cause temporary or permanent vision loss.

Experts believe that the right eye protection could have lessened the severity or even prevented 90% of eye injuries in accidents.

**Prevent Blindness** recommends that the type of eye protection that should be used depends on the hazards in the workplace. For example, someone working in an area that has particles, flying objects, or dust, should wear safety glasses with side protection (side shields).

If working near hazardous radiation (welding, lasers, or fiber optics) special-purpose safety glasses, goggles, face shields, or helmets designed for that task should be worn.

The Occupational Safety and Health Administration (OSHA) requires employers to ensure the safety of all employees in the work environment. Eye and face protection must be provided whenever necessary to protect against chemical, environmental, radiological, or mechanical irritants and hazards.

OSHA also requires that employers provide personal protective equipment (PPE) to their workers and ensure its proper use. Additionally, employers are also required to train each worker required to use PPE.

The Centers for Disease Control and Prevention (CDC) recommends eye protection for a variety of potential exposure settings where workers may be at risk of acquiring infectious diseases via ocular exposure. These include viruses and bacteria that can cause conjunctivitis, and viruses that can cause systemic infections, including bloodborne viruses, herpes viruses, and rhinoviruses.



**NOTICE**

**SAVE YOUR EYES  
WEAR EYE  
PROTECTION**

For those in an office setting, the average American worker spends seven hours a day on the computer either in the office or working from home, according to the American Optometric Association.

Employees who work primarily using digital screens, such as computer monitors, tablets, and smart phones, are at increased risk of digital eye strain. Symptoms of eye strain include sore or irritated eyes, blurred vision, and headaches. To ease digital eye strain, use the 20/20/20 rule. Take a break every 20 minutes, to look at something 20 feet away, for 20 seconds. While doing this exercise, make a conscious effort to blink as often as possible.

# Workplace Pressure

Maintenance "Pressure" has always been a factor in the maintenance world whether it is from management, co-workers, or from your personal life. If you are familiar with the Dirty Dozen, you will recall that "**Pressure**" is one of the 12 major causes of maintenance human error. You have to be able to recognize and deal with those pressures.

Unchecked, pressure will eventually lead to catastrophic results. Be alert to re-think and recognize your current pressures whether it is internal or external. Seriously consider what effect it will have on your performance as a mechanic before it results in a safety hazard to yourself or others.



# Upcoming Events

**National Poison Prevention Week** is observed during the third week of March every year and exists to highlight the risk of being poisoned by household products. Look under your kitchen sink or in your laundry room and there'll be tons of stuff that could be dangerous. Household cleaning agents, prescription medications, pesticides, and other items can pose serious hazards to the health and well-being of our families and even our pets. National Poison Prevention Week is here to raise awareness of these dangers and to make sure we are all mindful of what lurks in our own homes.

**March 17<sup>th</sup> thru 23<sup>rd</sup>**

**Brain Injury Awareness Month** is a major event in the public health space.

There are more than 5.3 million individuals in the United States who are living

with a permanent brain injury-related disability. That's one in every 60 people. Brain Injury Awareness Month rallies a large community into raising awareness and advocating for causes they care about. Join the Brain Injury Association of America, NASHIA, USBIA, and other members of the brain injury community for Brain Injury Awareness Day on Capitol Hill on **March 5-6, 2024**, and help us win reauthorization for the Traumatic Brain Injury Act.



## PPE ROADSHOW

→ DFW – March 18<sup>th</sup> thru 22<sup>nd</sup>



**LOCAL  
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**Safety+Health  
Matters!**

**Got Feedback?**

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Email: [Safety@local591.com](mailto:Safety@local591.com)