



## **WALSH** Safety News



GOOD SAFETY HABITS

## Ladder Safety

Many of the most common accidents that occur when we use a portable step ladder can be avoided by observing the following tips:

**DO's...** Always inspect the letter prior to using it, make sure either two or 4 feet for securely on the ground, keep yourself and the latter at least 10 feet away from the electrical lines unless you're qualified to work in electrical area, I wasn't sure you have three points of contact with the latter maintain your balance while on the ladder.

## DON'T's

Never use a ladder for task it was not designed for, never use a metal ladder we're any type of material that conducts electricity when working around an open power source, never climb up or down a ladder carrying item that will prevent you from Firmly grasping the ladder if you could lose balance. Do not place any tools what materials on the top step of a lot of that might fall in strikes on the latter. Never

Stand on the top rung or the cap of the ladder. Lastly never carry a ladder that is too heavy by yourself. Keep your ladder at a 1.4 angle form the ground so it is not too steep. We use ladders every day so be sure your know when something does not look right about the situation and be sure to fix any issues prior to starting any task, a fall from a ladder could be life altering so be sure you're on your game!

## BAD SAFETY HABITS



Worker grinding by a door with no warning or guard up to prevent people walking in from getting hit with debris.

Ladders in Trench's

OSHA requires that each trench have a ladder or means of egress every 25 feet. Your ladder must be at a 4.1 angle and be secure at the top for quick exit if needed in an emergency. Ladders in a trench need to be easily accessed and can now be blocked or taken out when work is underway. If the ladder is in the way be sure to move it within The trench box and the 25' rule. IT MUST REMAIN IN THE TRENCH when work is underway with someone in the trench.