

Safety Matters

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National Ladder Safety Month

Are your stepladders, straight ladders, and extension ladders safe to use? Use this guide before each use to protect yourself and others on the job.

- Y or N Are all hardware and fittings secure (bolts, nails, screws, and hinges)?
- Y or N Are the rails, steps, or rungs broken?
- Y or N Are there any missing parts?
- Y or N Are the slip-resistant surfaces intact?
- Y or N Do all parts operate freely and properly?
- Y or N Are the shoes, spreaders, and warning labels in place?
- Y or N Are instructions in place for top step use?
- Y or N Are the fly and pulley systems on the extension ladder working properly?
- Y or N Are the guides, brackets, rung locks, and rope in place and working correctly?

If you find deficiencies, tag the ladder as “Out of Service” and notify your supervisor to get a replacement or repairs.

Remember Basic Ladder Safety:

- * Maintain 3 points of contact
- * Use as intended, and on level surfaces
- * Keep your body centered between the rails
- * Keep traffic away from the ladder, use a spotter



Daylight savings starts March 8, are you ready?

Springing forward can disrupt normal sleep patterns, but having a plan can help make the transition easier and safer.

- Going to bed and waking up earlier for a couple days before the change can help you adjust.
- Prepare for reduced reaction times and increase following distances when you drive.
- Avoid scheduling high-risk and complex tasks early on Monday morning, after the change.
- Limit screen time for 2-3 hours before bed.
- If possible, change a day early, giving yourself an extra day before the work week begins.
- Get exposure to morning sunlight, this helps reset your body’s natural circadian rhythm.



March is also workplace eye wellness month, making March a great time to review your eye injury prevention program. Is your choice of eye protection still effective? Are your eye washing stations functioning and clear of clutter? When working on the computer, do you practice the 20-20-20 rule? That means:

Every 20 minutes, take a 20 second break and look at something 20 feet away.

Safety Focused

Have the winter storms left you with a yard full of fallen trees and broken limbs? Use caution when tackling the clean-up, consider these tips:

- Always assume downed lines are energized, stay away and report it.
- Look up, are there more limbs likely to fall while you are working.
- Get a buddy, trees are heavy and an extra set of eyes helps to reduce accidents.
- Know what tools will be needed and how to use them, chain saws, hoists, and axes present a substantial risk.
- Think through your clothing and PPE needs, gloves, eye and ear protection, chain saw chaps, steel-toed boots, and snug fitting clothes all play a part in your safety.
- Don't forget about gravity and tension, think through how limbs will fall and how tension will be released as you make cuts and move material.
- Remember the basics, lift with your legs, take plenty of breaks, avoid twisting lifts, and stay hydrated.
- If it's too much work, or too risky, hire a professional.



The US Health Resources and Services Administration wants to remind you that March 15-21 is National Poison Prevention Week.

Did you know that poisoning remains the leading cause of injury-related death in the United States? And more people die from poisoning every year than from gun or car-related injuries, with US Poison Centers averaging a new case every 15 seconds. This campaign focuses on:

- Accidental poisoning from household products.
- Poisoning from medication errors.
- Keeping kids safe.
- Educating people of all ages on poisoning risks.
- Awareness of risks from products, plants, bites, stings, and carbon monoxide.

Put this number in your phone:

Poison Help (1-800-222-1222)

Go to [Poisonhelp.hrsa.gov](https://poisonhelp.hrsa.gov) for more information.

Upcoming Webinar

The ICO conducts monthly webinars on various safety topics open to all employees.

Please Join Our Monthly Webinar on “Hazard Communication with GHS,” March 19th, at 9:00 am, search the title on the DLC or

click this link: [Webinar Registration - Zoom](#)