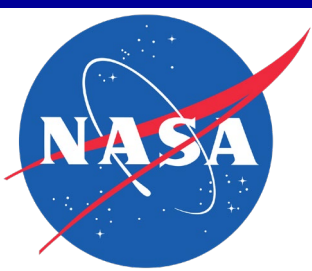


SSC Monthly Construction Contractor Meeting

Safety Presentation

VPP Goal 3 & Ladder Safety

March 07, 2024



SSC 2024 VPP Goal #3

INCREASE EMPLOYEE AWARENESS ON HOW TO PREVENT FINGER, HAND, AND ARM INJURIES



Who is At Risk for Hand Injuries?

Everyone is potentially at risk for hand injuries. Regardless of gender, age, or industry, employers should always take steps to protect employees from even minor bumps and bruises. However, there are certain groups of employees who may be at a higher risk. Less-experienced workers, for example, or those whom the Occupational Safety and Health Administration considers to be new to the workforce, may be at higher risk for injuries at work. Whether it's due to less on-the-job experience or a heightened sense of pressure to complete tasks quickly, employers should take special care especially with less-experienced workers.

What Are Common Types of Hand Injuries?

The hands are incredibly versatile, but they're also exposed to a variety of threats that can result in injuries ranging from minor cuts and bruises to serious lacerations and burns. Some of those injuries include lacerations, crushes, avulsions or detachments, punctures, and fractures.

Where Are Hand Injuries the Most Common?

Hand injuries are not limited to just one industry. They happen every day across a wide variety of jobs, companies, and work sites. They range from carpal tunnel syndrome in an office setting to burns at a chemical plant. However, employees who work in construction and manufacturing industries may be at greater risk for hand injuries. Construction, for example, not only involves the use of hammers, saws, and other tools, but also the regular use of large heavy machinery, including bulldozers, dump trucks, and cement mixers.



Hand injuries occur when employees are distracted and aren't focused on where they are or what they're doing. Eliminate distractions and stay focused on the task at HAND!



BEFORE YOU CLIMB...

Ladder Safety Basics

The following three questions can help you identify and correct workplace safety hazards before ascending a ladder:

1. Is the ladder in proper working order?

To ensure the ladder is in proper working order, follow your center's ladder inspection requirements, as well as the manufacturer's labeling instructions.

- Perform a complete ladder inspection before use to identify any potential structural issues.
- Ensure the locking mechanism is correctly engaged before using the ladder.

2. Do I know how to use this ladder safely?

Complete training ahead of time to learn how to properly set up and inspect each type of ladder you'll be using. Use the ladder as your training prescribes every single time you climb.

3. Is this the right ladder for the job?

Choose the right-sized ladder for the job. If the work is temporary, a portable ladder should be adequate, but if the work is permanent, a fixed ladder should be used instead.

Falls from portable ladders (step, straight, combination and extension) are one of the leading causes of occupational fatalities and injuries.

Every ladder-related mishap is preventable if you take the time to ensure your safety before you climb.

Can You Read It?

Be label savvy and observe all warning labels, which are different for each type of ladder.



Inspect the ladder to make sure it's in proper working order



Face the ladder while climbing it

Use the buddy system

Watch out for electrical and overhead hazards

Wear the right gear and Personal Protective Equipment

Use a towline or bucket and pulley system to transfer tools

Climb one rung at a time using three points of contact



Observe all ladder safety information labels

Ensure locks are fully engaged

Ensure proper lighting

Place the ladder on a firm, level, stable and clean surface