

SAFETY

Company Name

Meeting Date

Employees Present:

SUBJECT OF THE MONTH: LADDER AND STAIRWAY SAFETY

The article on the next page deals with the requirements for portable ladders and stairway safety as described in OR-OSHA's Division 3 and how they pertain to the construction industry. The information provided here highlights the rules and regulations of a particular aspect of construction. But most important of all is this:

"If it doesn't look safe and doesn't feel safe then it probably isn't safe...so figure out a safe way to do the job."

CHECKLIST ITEMS

- | | |
|--|----------------------------------|
| _____ Conduct Job Site Inspection (Checklist published quarterly in Safety Page) | |
| _____ Required Jobsite Postings (Emergency Phone #'s and "Safety & Health Protection on the Job" Poster) | |
| _____ Fall Protection | _____ Fire Protection/Prevention |
| _____ Hazard Communication Program | _____ First Aid Supplies |
| _____ Emergency Medical Plan | _____ Tool Guards |
| _____ Fire Protection/Prevention | |

JOBSITE REVIEW: Inspection Notes/Concerns/Action Plan

Company Safety Officer: _____

NOTICE OF RESPONSIBILITY

The Oregon Building Industry Association's Central Safety Committee's purpose is to provide safety guidelines, information and resources to help our members work more safely and reduce jobsite accidents. Full and active monthly participation in safety meetings using the Central Safety Committee's agendas, topics and checklists will only meet safety committee requirements. It remains your responsibility to comply with all aspects of safety rules and regulations.

0207

LADDERS AND STAIRWAYS

By Doug Plemons, CIS Inc.

Why an article regarding ladders and stairways? Because improper use of ladders is a major cause of serious and costly accidents. And who eventually pays for the cost of accidents? THE EMPLOYER

The more flagrant violations of safe work practices involve employees jumping from lower steps of ladders and breaking or twisting a leg, etc. Ladders that are not tied off may slip and fall, injuring a worker. Employees often hyper-extend themselves from ladders causing them to overbalance and fall or causing the ladder to overbalance and slip. I'm sure you can think of many more injury situations involving ladders.

SAFE USE OF LADDERS

General requirements specify that ladders shall be used to give safe access at all elevations. Ladders cannot be used if they have broken or missing rungs or steps. The base of portable ladders must be firm on the ground and the area around it must be kept clear. Ladders shall be placed at approximately 1:4 pitch for safe climbing. They cannot be used horizontally for platforms, runways or scaffolds. Ladders cannot be placed so they will block work activities unless protected by barricades or guards. When going up or down a ladder, a worker is supposed to hold on with both hands, however, this rule is not intended to prohibit carrying small items.

The side rails of extension ladders must extend at least 36 inches above the landing or have grab rails which provide a secure grip. Portable ladders shall be tied, blocked or otherwise secured during use to prevent them from being displaced. Portable metal ladders cannot be used for electrical work or where they might come in contact with electrical conductors. Do not use ladders as guides, braces or skids; only use them as ladders.

STAIRWAYS

On all structures two or more floors (20 feet or higher) in height, stairways, ladders or ramps shall be provided for employees during the construction period. All parts of the stairway must be free from hazardous projections such as protruding nails. Debris or other loose material shall not be allowed on or under stairways. Slippery conditions on stairways shall be eliminated as soon as possible after they occur.

Permanent metal stairways and landings with hollow pan type treads shall be filled to the level of the nosing with concrete or other solid material. Metal landings shall be secured in place before filling. Wooden treads for temporary service shall be full width. Stairs shall be installed at angles to the horizontal of between 30-50 degrees. Riser height and tread width shall be uniform throughout any flight of stairs including the foundation structure used as one or more treads. All stairs shall be lighted 3-10 foot-candles as a minimum requirement, depending on the stairway use. Spiral stairways shall not be permitted except for special limited usage and secondary access situations where it is not practical to provide a conventional stairway.

This information was taken from OR-OSHA's Division 3 Construction Code, subdivision X. In addition, the following code is also good to remember: Division 40- General Provisions

EMPLOYER RESPONSIBILITIES

OSHA's basic code (437-40-030(2)) says; The employer shall take all reasonable means to require employees:

- (a) To work and act in a safe and healthful manner;
- (b) to conduct their work in compliance with all applicable safety and health rules;
- (c) To use all means and methods, including but not limited to: ladders, scaffolds, guardrails, machine guards, safety belts and lifelines that are necessary to safely accomplish all work where employees are exposed to hazard."

So....

"If it doesn't look safe and doesn't feel safe then it probably isn't safe...so figure out a safe way to do the job."