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<b>Date: March 4, 2019</b>		<b>EMAIL THIS SHEET IN TO THE OFFICE AFTER YOUR MEETING!!!</b>	
<b>Project Number#</b>	<b>Job Name:</b>	<b>Person Conducting Meeting:</b>	

**Reducing Falls on Olympic Jobsites (Safe use of ladders)**

Workers who use step ladders risk injury or death from a fall or electrocution. These hazards can be eliminated or substantially reduced by following good safety practices. OSHA's requirements for ladders are in Subpart X—Stairways and Ladders of OSHA's construction standards.

<b><i>Congratulations we have worked the month's of January &amp; February without a Lost Time Injury!</i></b>	
<b>The Safety Committee is searching for safety award options.</b>	
<b>If you have a suggestion, please contact Lindsey @ (612) 599-1107.</b>	
<b>We only had 2 employees that were sent home last week due to they did not have their 2019 RTK paperwork turned in.</b>	

**Last week's Bonus Question:** What ideas does your crew have for a January-February safety award?

**Answer:** Safety Award Suggestions we have received so far: 1/4 zip sweatshirts, backpack lunch coolers, bluetooth speakers, \$50 Gift Cards, 4 larger prizes...

Inspect your equipment (scaffold, aerial lifts, ladders, fall protection, electrical cords, etc., etc..) prior to the start of each work shift.

For **inspection packets or repair tags** call **Dave Sangren @ (612) 644-3136** to have some delivered to your jobsite.

Any questions give Sturg a call (612) 221-8603

**PLEASE PRINT YOUR NAME**

**(Foreman review sheet, verify crew members names are legible)**


**Visit our website: [www.olympiccompanies.com](http://www.olympiccompanies.com)**

Comments:

**Record to beat 378 days!!!**

**As of February 28, 2019 we have worked 59 days without a Lost Time Injury.**

**We have safely worked 88,696 hours towards our ATV goal of 150,000 hours!**

Toolbox Talks winner for last week: **Spencer Holmes @ Nordic**

This week's Bonus Question: **Who led morning stretch this morning?**

**Did our foreman tell us what we are going to do today?**

Hint: **Talk with the crew**

*"Building a Safer Place to Work" one week at a time.*

# Reducing Falls in Construction: Safe Use of Ladders

## Inspecting Ladders

- An Olympic employee must visually inspect our ladders for defects on a daily basis.
- Defects to look for include: structural damage, broken/split side rails (front and back), missing cleats/steps, and parts/labels painted over.
- Ladders should be free of oil, grease and other slipping hazards

## Safe Ladder Use—**DO**:

- To prevent workers from being injured from falls from ladders, secure the ladder's base so that it does not move.
- Ensure that ladders can support at least four times the maximum intended load.
- Only use ladders for the purpose for which they were designed.
- Only put ladders on stable and level surfaces unless secured to prevent accidental movement.
- Ensure that the worker faces the ladder when climbing up and down.
- Maintain a 3-point contact (two hands and a foot, or two feet and a hand) when climbing a ladder.
- Keep ladders free of any slippery materials.
- Maintain good housekeeping in the areas around the top and bottom of ladders.

## Safe Ladder Use—**DO NOT**:

- Paint a ladder with nontransparent coatings.
- Carry any object or load that could cause the worker to lose balance and fall.
- Subject a ladder to excessive loads or impact tests.

**3 simple steps to prevent falls.**

**PLAN  
PROVIDE  
TRAIN**

Thank You,  
Safety Department