

SAFETY TALK

Date:

Environmental Health and Safety Newsletter

March 2025

Ladder Safety Month

In 2022, 865 workers died in falls, and hundreds of thousands were injured badly enough to require days off of work. A worker doesn't have to fall from a high level to suffer fatal injuries; 144 workers were killed in falls on the same level in 2022. Construction workers are most at risk for fatal falls from height – more than seven times the rate of other industries – but falls can happen anywhere, even at a "desk job."

Falls are 100% Preventable

March is Ladder Safety Month. Whether working from a ladder, roof or scaffolding, it's important to plan ahead, assess the risk and use the right equipment. First, determine if working from a height is absolutely necessary or if there is another way to do the task safely.

- Discuss the task with coworkers and determine what safety equipment is needed
- Make sure you are properly trained on how to use the equipment
- Scan the work area for potential hazards before starting the job
- Make sure you have level ground to set up the equipment
- If working outside, check the weather forecast; never work in inclement weather
- Use the correct tool for the job, and use it as intended
- Ensure stepladders have a locking device to hold the front and back open
- Always keep two hands and one foot, or two feet and one hand on the ladder
- Place the ladder on a solid surface and never lean it against an unstable surface
- A straight or extension ladder base should be 1 foot away from the surface it rests on for every 4 feet of height and extend at least 3 feet over the top edge
- Securely fasten straight and extension ladders to an upper support
- Wear slip-resistant shoes and don't stand higher than the third rung from the top
- Don't lean or reach while on a ladder, and have someone support the bottom
- Never use old or damaged equipment; check thoroughly before use

Fall Hazards at Home or the Office

- Falls are the #1 injury related cause of death for older adults
- Keep floors and surfaces clear of clutter
- Keep file cabinets and desk drawers closed
- Keep electrical and phone cords out of traffic areas
- Install handrails on stairways
- Wear sensible footwear
- Never stand on chairs, tables or any surface with wheels
- Properly arrange furniture to create open pathways
- Maintain good lighting indoors and out

More than 8.5 million people were treated in emergency rooms for fall-related injuries in 2022. A fall can end in death or disability in a split second, but with a few simple precautions, you'll be sure stay safe at home and at work.

Department:	
Supervisor (please print):	
Supervisor Signature:	
Employee Participants: **Please Print Clearly**	Signature
	-

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Please share the safety talk, for the noted month, with your employees and sign off on this form. All others should read for themselves. Completed forms shall be kept on file by the department.