

'Grow electrical and low voltage market share while enhancing customer satisfaction and total value'

Job Site Safety

Welcome to the 2019-Q1 edition of The Current. We look forward to another year focused on safety as we continue to make strides towards our quest for Zero Incidents.

This edition's job safety portion will focus on stepladders. Ladders a vital part of our industry and they are used on a daily basis. Workers who use ladders in construction risk permanent injury or death from falls and electrocutions. These hazards can be eliminated or substantially reduced by following good safety practices.



A stepladder is a portable, self-supporting, A-frame ladder. It has two front side rails and two rear side rails. Generally, there are steps mounted between the front side rails and bracing between the rear side rails.

A competent person must visually inspect stepladders for visible defects on a periodic basis and after any occurrence that could affect their safe use. Defects include, but are not limited to:

- Structural damage, split/bent side rails, broken or missing rungs/steps/cleats and missing or damaged safety devices.

- Grease, dirt or other contaminants that could cause slips or falls.
- Paint or stickers (except warning or safety labels) that could hide possible defects.

Use a ladder that can sustain at least four times the maximum intended load, except that each extra-heavy duty type IA metal or plastic ladder shall sustain at least 3.3 times the maximum intended load. Follow the manufacturer's instructions and labels on the ladder. To determine the correct ladder, consider your weight plus the weight of your load. Do not exceed the load rating and always include the weight of all tools, materials and equipment.

Type	Weight Rating	Duty Rating
1-AA	375 pounds	Super Heavy Duty
1-A	300 pounds	Extra Heavy Duty
1	250 pounds	Heavy Duty Industrial
2	225 pounds	Medium Duty Commercial
3	200 pounds	Light Duty Household

Common Stepladder Hazards

- Damaged stepladder
- Ladders on slippery or unstable surface
- Unlocked ladder spreaders
- Standing on the top step or top cap
- Loading ladder beyond rated load
- Ladders in high-traffic location
- Reaching outside ladder side rails

- Ladders in close proximity to electrical hazards

Safe Stepladder Use—DO:

- Read and follow all the manufacturer's instructions and labels on the ladder.
- Look for overhead power lines before handling or climbing a ladder.
- Maintain a 3-point contact (two hands and a foot, or two feet and a hand) when climbing/descending a ladder.
- Stay near the middle of the ladder and face the ladder while climbing up/down.
- Use a barricade to keep traffic away from the ladder.
- Keep ladders free of any slippery materials.

Safe Stepladder Use—DO NOT:

- Use ladders for a purpose other than that for which they were designed. For example, do not use a folded stepladder as a single ladder.
- Use a stepladder with spreaders unlocked.
- Use the top step or cap as a step.
- Place a ladder on boxes, barrels or other unstable bases.
- Move or shift a ladder with a person or equipment on the ladder.
- Use cross bracing on the rear of stepladders for climbing.
- Paint a ladder with opaque coatings.
- Use a damaged ladder.
- Leave tools/materials/equipment on stepladder.
- Use a stepladder horizontally like a platform.
- Use a metal stepladder

Another great recommendation is the NIOSH Ladder Safety App which is available on the App Store. This highly beneficial app will help you measure the steepness

of an extension ladder, provide inspection criteria, or even help with proper ladder selection. As always, reach out to Rob Plesich with any ladder safety questions.



Safety At Home

Safety At Home does not only apply the homes we live in. It can mean someone else's home we are staying in, visiting or even renting.

Peer-to-peer hospitality services, such as Airbnb, Vacation Rentals by Owner and other types of vacation rentals are not regulated in the same way as hotels. Requirements vary widely across jurisdictions. Act as your own safety advocate and know before you go. Be sure the following safety measures are addressed.

- Working smoke alarms are in every sleeping room.
- They are outside each separate sleeping area. They are on every level of the home.
- Working smoke alarms are interconnected, if possible. When one alarm sounds, they all sound.
- Portable fire extinguishers are in the home and are easy to reach.
- Working carbon monoxide alarms are outside each separate sleeping area. They are on every level of the home and in other locations as required by laws, codes, or standards.

- The owner has posted a floor plan. It notes all escape routes and exits and provides emergency contact information.
- Everyone knows the address of the home.
- Everyone staying in the home has identified two ways out of every room and how to escape in an emergency.
- All doors and windows that lead outside are able to be opened.
- An outside meeting place has been chosen. It is a safe distance away from the home.
- Everyone knows how to call 9-1-1 or the local emergency number from a cell phone from outside.
- If smoking is allowed, a smoking area has been designated
- All pathways are free and clear of tripping hazards.
- Electrical outlets are free from multiple cords and adaptors.
- The stovetop is clear. Anything that can catch fire is not near the stovetop, such as curtains and towels.

Ask your host if the property meets the local regulations. Do not be afraid to discuss other safety concerns you may have.

Employee Recognition

This month we would like to recognize a great idea from Josh Gorham in Ann Arbor. PreFab carts were being unloaded unevenly and causing them to tilt, and in one instance even fall over. It was a near miss that we can easily avoid in the future.

Josh's idea was to create a sign to remind employees to unload each side of a cart evenly so there is equal weight distribution.

As seen in the picture below, only one side was emptied, and the cart began to tilt. The solution has already been implemented in Ann Arbor and we will be

providing laminated versions for use as needed. Great idea Josh!



WE WANT TO HEAR FROM YOU!

Keep those safety ideas rolling in! Each quarterly winner will still receive a gift card and have their idea published in the following issue.

As always, ideas can be submitted:

- In person to Rob Plesich at my desk or in the field
- Via phone to Rob (248) 228-2018 or (614) 535-8779

-Via email to Rob: rplesich@shawelectric.com