



Focus On Ladder Safety!

Ladder accidents are widely considered easily preventable because most incidents are caused by risky behavior or faulty set-up of ladders. Fortunately, these mistakes can be corrected with a few short training sessions. Make sure employees understand the rules for safe ladder setup:

- Place the ladder on a firm, level surface, and check to make sure it's stable. Use wide boards under a ladder if the ground is soft.
- Never set up a ladder in front of a door unless the door is locked or someone is posted on the other side to keep people from opening it while you're up on the ladder.
- Never lean a ladder against a window or any other surface that isn't strong enough to support the weight of a person.
- Never lean a ladder against a surface that might move.
- Make sure the spreaders on a stepladder are fully extended and locked in place.
- Be certain locking devices on extension ladders are secure before climbing.
- Be sure to stress these special rules for setting up extension ladders:

- Secure the ladder top and bottom to make sure it doesn't shift while you are on it. *(This is one of the most common reasons for ladder accidents and injuries.)*
- Have at least 3 feet of extension above the support point.
- Make sure that the upper section of an extension ladder overlaps and rests on the bottom section. The overlap should always be on the climbing side of the ladder. For ladders of 36 feet or more, the overlap should be at least 3 feet.

Also, train employees with documented safety rules when using ladders:

- Check your shoes before you climb, and wipe off wet, muddy, or greasy soles.
- Allow only one person on a ladder at a time.
- Face the ladder when you go up or down, holding on to the side rails with both hands as you climb.
- Don't climb higher than the fourth rung from the top on a straight or extension ladder or the second step from the top on a stepladder.
- Carry tools up on a belt or shoulder strap, or hoist them up once you're in place atop the ladder. Then keep them in a hanger or holder while you work.
- Keep one hand on the ladder while you work.
- Move slowly and cautiously.
- Keep your body centered on the ladder as you work (a good rule of thumb is to keep your belt buckle between the rails).
- Don't overreach—take the time to get down and move the ladder instead.
- Never reposition a ladder while you're on it.
- Be extra careful when using a ladder outdoors in very windy conditions.
- Never slide down a ladder.
- Never climb a ladder if you are very tired, feeling ill, taking medication that affects alertness, or impaired by alcohol or drugs.

Don't forget to train employees on how to choose the right ladder for the job (correct construction, type, height, weight capacity) and inspect it carefully before use to make sure it's in good, safe condition.

With regard to ladder selection – fiberglass ladders last longer, stay more sturdy longer and don't conduct electricity. They can be slightly heavier, but the other benefits "outweigh" the added weight. Aluminum ladders get unstable quickly and conduct electricity. Wooden ladders should not be used in a commercial setting due to their lack of stability.

2006 Dates:

January:

Plan Your Safety Training Now!
Call Cambridge For Ideas!
312-381-8208

February:

Child Passenger Safety Week

March:

Poison Prevention Week
Workplace Eye Safety Month
Save Your Vision Month

April:

Sports Eye Safety Month
Intl Building Safety Week
Work Zone Aware. Week
Playground Safety Week

May:

Clean Air Month
Melanoma Awareness Month
Electrical Safety Month
National EMS Week
Poison Prevention Week

June:

National Safety Month

July:

EYE INJURY PREV. MONTH

August:

Prepare Your Winter Safety Training!

September:

Farm Safety /Health Week

October:

Nat. Fire Prevention Week
Drive Safely Work Week
Radon Action Week

November:

Take advantage of the weather and do your classroom training!

December:

"3D Month" - National Drunk & Drugged Driving Prevention Month



Why Do Employees Choose Unions?

November, 2006 - Volume 2, Number 23, Page 2

The top four factors that workers cite as important in deciding whether to have union representation are **workplace safety**, getting better benefits, obtaining higher wages, and increasing job security, according to a poll by the Employment Law Alliance, a network of employment and labor lawyers.

Sixty-three percent of all respondents said workplace safety is an important factor in deciding whether to join a union. Seventy percent of current union members cited workplace safety as an important factor, compared with 65 percent of former union members and 61 percent of people who have never joined a union.

Sixty percent of all respondents cited getting better benefits as an important factor in deciding whether to have union representation, compared with 57 percent who said obtaining higher wages and 54 percent who said increasing job security.

The independent poll found that workers reported that factors related to poor management were less important. For example, 34 percent of workers cited poor communication and 33 percent cited inconsistent discipline as important factors in deciding whether to join a union.

"These results indicate to me that most companies have done an effective job dealing with employee relations issues such as workplace respect, effective communication, and consistent discipline," says attorney Stephen J. Hirschfeld, the alliance's chief executive. "Those factors used to be the primary drivers which caused employees to look to unions for help. Now, for the first time, employees are telling us that workplace safety, wages, benefits and job security are areas where they think unions will do a more effective job in helping their plight."

More than 40 percent of respondents said that they believed that unions have had a substantial impact on improving the working conditions of average American workers.

Thirty percent of respondents said unions really care about improving working conditions. On the other hand, 19 percent of respondents said unions are corrupt and only care about what is in the best interest of their own officials.

Seventeen percent of respondents said they were current members of a union, 22 percent said they were former union members, and 61 percent said they were never members of a union.

Last year, 12.5 percent of wage and salary workers were union members, down from a union membership rate of 20.1 percent in 1983, according to the U.S. Department of Labor's Bureau of Labor Statistics.

Cambridge

Risk Control Department
175 West Jackson, Suite 1000
Chicago, IL 60604
phone 312-381-8072
fax 312-381-8992

www.cambridgeriskcontrol.com

Mark Almburg
Vice President Risk Control
312-381-8240
mark.almburg@cambridge-na.com

Steve Rusicka, CHSP
Risk Control Supervisor, East
800-686-2762 x416
steve.rusicka@cambridge-na.com

John Tahlier, MS
Risk Control Supervisor, West
608-837-7602
john.tahlier@cambridge-na.com

Jody Warner, CSP, CFPS
Senior Risk Control Consultant
Training & Technical Services
Web & Newsletter Editor
312-381-8208
jody.warner@cambridge-na.com

Safety Resource Center

Website Update:

The glitch that caused the Cambridge Risk Control safety website to be down for a few days has been fixed! We apologize for any inconveniences that the disruption may have caused to your safety effort.

We're back in business!

www.cambridgeriskcontrol.com

Did You Know?

Cell phone distraction causes 2,600 deaths and 330,000 injuries in the United States every year, according to a journal published by the Human Factors and Ergonomics Society.

Avoid cell phone use when driving. If you insist on using it, get a hands-free accessory that allows you to keep both hands on the wheel.

Safety Information:

The Cambridge Risk Control website remains a great resource for your safety information needs.

This newsletter, safety handouts, safety videos as well as many other resources can be found at:

www.CambridgeRiskControl.com

Have you tried it ?