

THE PORCELAIN PRESS

September 2010

Special Points of Interest

- Health Fair:
Wilson Hall Atrium
Thursday, September 23
11:30 a.m. - 1:00 pm.
- Accelerate to a Healthy Lifestyle starts Oct. 1. See ES&H Homepage for more information.
- New ES&H Website coming this fall. Watch for the announcement.
- Please use the handrails when walking up/down the stairways.

ES&H Concern or Suggestion?

- Talk to your SSO or submit ideas from the ES&H homepage, click on 'REPORT ES&H CONCERN' located in the right hand column.

Ladder Safety

Did you know that according to the American Ladder Institute, 160,000 injuries occur each year as a result of users not following safety precautions and falling from ladders?

Make sure you choose the right type of ladder for the job. The environment of your work site is the first factor in choosing which type of ladder to use. For example, if you are working near sources of electricity, an aluminum ladder should never be chosen. You should use a ladder made of wood or fiberglass instead, because an aluminum ladder conducts electricity. Your body can complete an electrical circuit between the electrical power source, the ladder, and the ground if a live wire contact incident occurs. An electrical shock while working from a ladder can trigger a fall or cause your heart to stop, both leading to the possibility of serious injury or death.

The duty rating of your ladder can be found on the specification label. Safety standards require a duty rating sticker be placed on the side of every ladder. You should not assume that a longer ladder has a higher weight capacity. There is no relationship between ladder length and weight capacity. Please see ladder duty ratings listed to the right.

Reminders:

- It is unsafe to use a ladder that is too long or too short for the job.
- Never stand on the top cap, nor the rung below the top of a step ladder.
- All base supports should be on a flat and level surface.



Ladder Duty Ratings

- IAA - Extra Heavy Duty 375 lbs
- IA - Heavy Duty 300 lbs
- I - Heavy Duty 250 lbs
- II - Medium Duty 225
- III - Light Duty 200 lbs



Safety Tip: Distracted Driving

More and more accidents are occurring due to drivers being distracted. In 2008, nearly 6,000 people died in crashes involving a distracted driver, and more than half a million were injured. Be a safe driver, avoid the following distractions while operating a vehicle.

- Using a cell phone to talk or text message.
- Changing CDs and Radio Stations, or programming Navigation Systems.
- Personal Grooming.
- Reading (maps, books, etc...)
- Searching for items.
- Eating and Drinking.