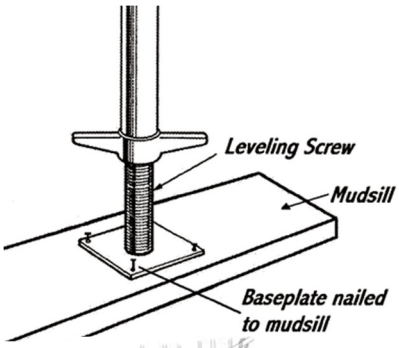
Centurion Safety Education

MONTHLY REFRESHER TRAINING
SCAFFOLD SAFETY

March Week 1

SET SCAFFOLD ON A SOLID BASE

Scaffolds must be set up with a solid base, decks that are level, and posts or legs that are plumb. The base of the scaffold must have base plates (often part of the screw jack) and mud sills for added support. It should also have screw jacks for leveling inserted in the legs of the scaffold. Do not use cribbing under your mud sills to gain height. If your scaffold has wheels or casters these must be locked before use.



USE PROPER FALL PROTECTION

If the working deck on your scaffold is 10 ft or higher, you must have some type of fall protection.

Fall protection may be a guardrail system or a Personal Fall Arrest System. Some scaffold requirements may demand both Guardrail and Personal Fall Protection System.

DESIGNATED SCAFFOLDING COMPETENT PERSON

A competent scaffolding person must oversee all scaffold activities. Here is what they do:

- Designated by A-Lert to have the authority to Stop Work if unsafe scaffold conditions arise and the authority to eliminate unsafe scaffold conditions.
- Has knowledge and experience to identify existing and predictable scaffold hazards.
- Trains the people that will erect, dismantle, move, or alter scaffolding.
- Determines if it is safe for employees to work on or from a scaffold.
- Responsible for inspecting scaffolds and components before each work shift.

POINTS OF SCAFFOLD SAFETY

Before use, a Competent person must check to make sure:

- There is a way to get on and off the scaffold that meets OSHA rules for access. This could be an installed ladder or stair tower. Never climb cross braces!
- All components needed are installed and scaffold is built square and plumb.
- Work areas are fully planked or decked. Never use a scaffold that is not fully decked or planked without prior safety approval.
- Guard rails with toe boards or alternative fall protection is provided.
- Guys and ties to the building are installed properly. If a scaffold is taller than 4 times the smallest base dimension tip-over can occur.
- Ensure a scaffold tag is placed on the scaffold indicating inspection, scaffold condition and if the scaffold is safe for use.
- Electrocution – Scaffolds must be at least **10 ft** away from electric lines.

PREVENT FALLS

SCAFFOLD SAFETY

- ✓ Use Fully Planked Scaffolds
- ✓ Ensure Proper Acess
- ✓ Built Plumb and Level
- ✓ All Guardrails Completed
- ✓ Ensure Stable Base Footings
- ✓ Competent Person Inspection

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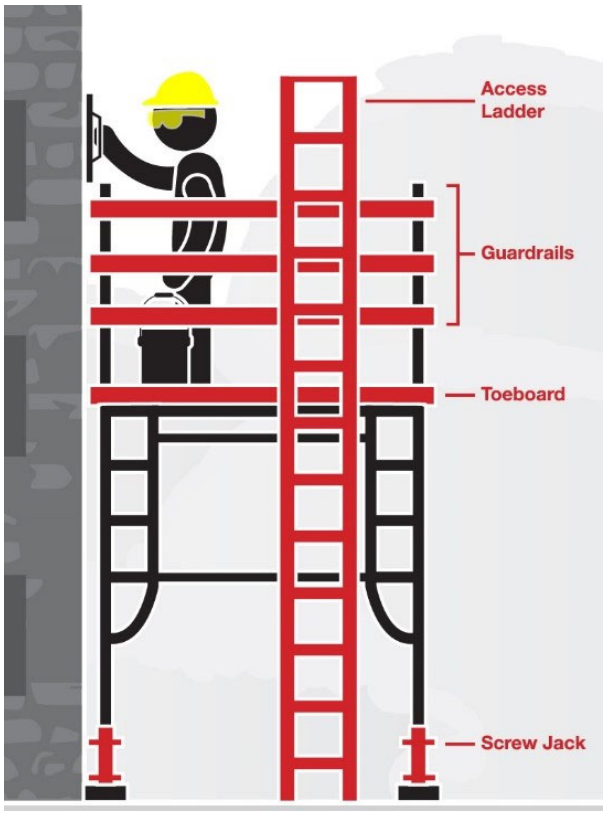
SCAFFOLD SAFETY

March Week 2

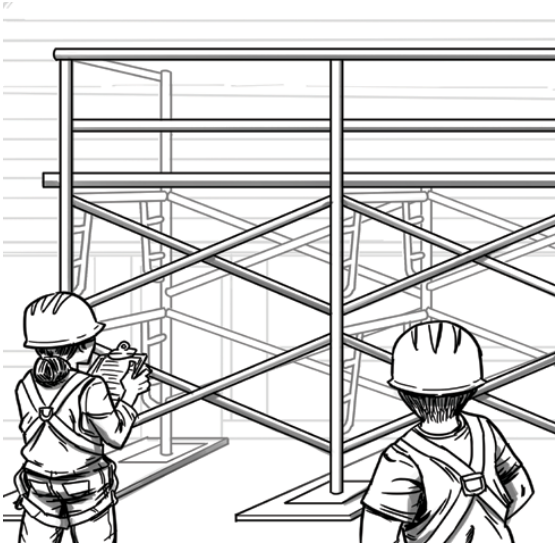
GENERAL SCAFFOLD SAFETY

Often, incidents involving scaffolding can be prevented by completing a pre-use hazard assessment. As with any inspection, we should be looking for current hazards and potential hazards that may arise as the job proceeds. Look for the following:



- Keep work platforms clear of excess materials, tools, and equipment that may accumulate and create a tripping hazard to workers on the platforms.
- Never work on scaffolds covered with snow, ice, or other slippery material.
- Make sure that platforms do not deflect more than **1/60** of the span when loaded. Heavy items might need to be separated or be placed at or near the vertical frames to lessen the load on the center of platform planks. Scaffolds must be capable of supporting 4 times the intended load.
- Work on or from scaffolds is prohibited during storms or high winds unless a Competent Person has determined that it is safe.
- Makeshift devices, such as pallets, concrete blocks, boxes, or barrels, shall not be used as platforms to stand on while performing work on a scaffold. Only approved and designed components may be used as scaffold platform decks.
- Ladders or similar shall not be used on scaffolds to increase the working level height of employees.
- Do not climb up or stand on cross braces, guardrails, cross-members on frames, or other scaffold components to gain height while working on a scaffold platform.

INSPECTION OF COMPONENTS

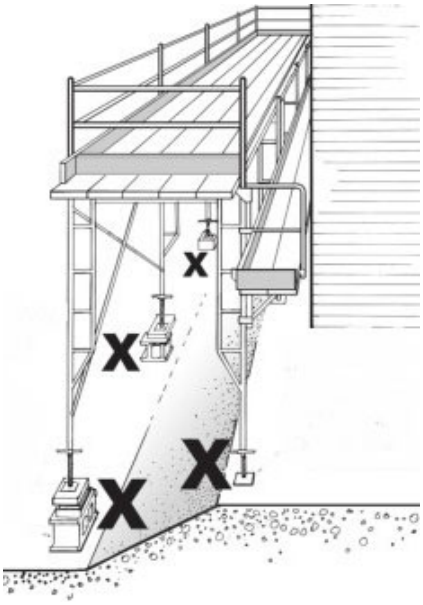


The three main concerns during an inspection are for rust, straightness of members and welds. This applies to all components of a scaffolding system:

RUST – Rusted scaffolding is a telltale sign of neglect, and the oxidation weakens the components.

STRAIGHTNESS – Mishandling, improper storage, overloading all can cause bending, kinks or dents to scaffolding. Damage and lack of straightness drastically reduce the capacity of a scaffold and increases the chance for a collapse or tip-over.

WELDS – Check for damaged or cracked welds. **DO NOT USE.**



FOUNDATION CONSIDERATIONS

The purpose of a good foundation or mud sill is to distribute the scaffolding load over a suitable ground area.

The size of the footing or sill is determined by the total load carried over a particular ground area, and by the nature of the soil supporting these sills. The total load should be calculated and the sills designed accordingly.

When the scaffold is built on steel and grating the sills must capture the supporting beams of the floor itself. Scaffold posts should never have base foundations on floor spans between support beams.

OTHER SCAFFOLD DO'S AND DON'TS

- Scaffolding must be inspected DAILY. Do not use it unless you have passed daily inspection.
- Be aware of those working above and/or below you on the scaffold.
- Get instruction before using a new or unfamiliar scaffold.
- If your work deck is missing planks or has holes. Stop and get your supervisor.
- Never move a mobile scaffold if people are on it.
- Do not leave tools or materials on the scaffold at the end of your shift.
- Do not use the scaffold if it appears damaged.
- Never climb on any part of the scaffold not designed for climbing.
- Erect, dismantle, modify, or change a scaffold unless trained and authorized to do so.

MONTHLY REFRESHER TRAINING
LADDERS LAST

March Week 3

WHAT DOES LADDERS LAST MEAN?

The idea is simple: We are required to use a safer alternative in place of using a ladder!

This is prevention rather than protection. We will identify other means of access that provide better protection from falls.

Devices like scissor lifts, portable stair platforms, mobile scaffold towers, or aerial lifts should be our first option.

This policy is to save lives and reduce injuries on our worksites.

WHEN CAN WE USE A LADDER?

Using ladders to reach work or as a work platform is only allowed if:

Determined **no** other feasible method to perform elevated work.

Approved by supervision on case-by-case basis.

Written permission for the ladder use documented on the JHA and signed by Manger, Superintendent, or Safety.

While working on/from the ladder, 3 points of contact must be maintained at all times, 100% tie off must be utilized when above a 4' working height.

Standard lanyards will not be part of the acceptable fall protection while working from a ladder. Self-Retracting Lanyards (SRL) will be used when working from a ladder.

We often turn to ladders out of convenience. Maybe the task is quick, or a safer alternative doesn't seem readily available. Remember **A-Lert has adopted a Ladders Last policy.** We must think twice before assuming a job requires a ladder and turn to ladders only as a last resort.

Centurion Safety Education

MONTHLY REFRESHER TRAINING
LADDER SAFETY

MARCH Week 4

Using A Ladder

Ladders last doesn't mean that you won't ever use a ladder again. Sometimes there isn't always enough space at the work site for other options. There will be some work situations where you need a ladder. If a ladder becomes the last option and must be used, we must remember these ladder safety basics:

Select The Right Ladder for The Job

There are many types of ladders available, each intended for a specific purpose. Make sure the ladder has label certifying that it is ANSI approved. Be sure the ladder is long enough to work from without using the top 3 feet. Do not use metal or wood portable ladders. ALL LADDER USE MUST BE APPROVED ON JHA.

Inspect The Ladder Before You Use IT

Any ladder can develop a problem which can render it unsafe, each time you use a ladder, inspect it for loose or damaged rungs, steps, rails or braces. Also check for loose screws, bolts, hinges and other hardware. Never use a ladder which is defective.

Set Up the Ladder Safely

Ladders can be dangerous in the wrong location. Lock or block any nearby door that opens toward you. The area around the base should be uncluttered, and set ladder on a solid, level surface. Stepladders should be fully open. Straight ladder should be placed at a four-to-one ratio. This means the base should be one foot away from the wall for every four feet of height to the point of support. The ladder must extend above the edge at least three feet. Always tie-off/ secure the ladder from movement when setting up. Stay 10 feet away from electrical lines.

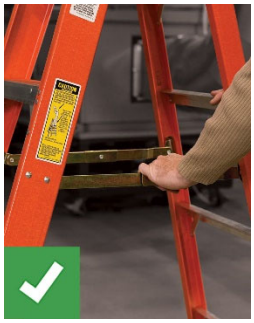
Climb And Descend Ladders Safely

Always face the ladder and use both hands to climb and descent. Always keep three limbs on the ladder. Carry tools in a tool belt or raise and lower them with a hand line. Three points of contact always.

Use Fall Protection

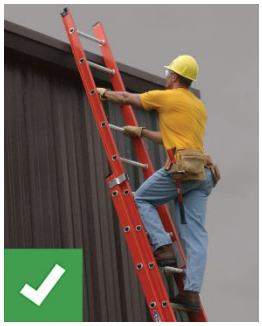
Always use personal fall protection when on a ladder. Using common fall protection lanyards while on a ladder is strictly prohibited. We are required to use Self Retracting Lanyards (SRL) when working from ladders. Remember fall protection anchor points must be high enough to prevent impacts in the case of a fall.

Right



RIGHT -Properly set up and use the ladder in accordance with safety instructions and warnings. Wear shoes with non-slip soles.

RIGHT - Center body on the ladder and keep belt buckle between the rails while maintaining a firm grip



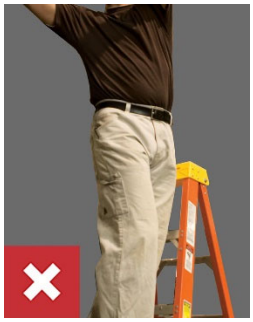
RIGHT - Climb facing the ladder, move one step at a time and firmly set one foot before moving the other.

RIGHT - Lift materials with a line rather than carry them up on an extension ladder. Use extra caution when carrying anything on a ladder.

RIGHT - Have another person help with a heavy ladder. Have another person hold the ladder while you are working on it.

Wrong

WRONG - DON'T over-reach, lean to one side or try to move a ladder while on it. Climb down and then re-position the ladder closer to your work.



WRONG - DON'T stand above the second step from the top of a stepladder or the fourth rung from the top of an extension ladder.

WRONG -DON'T exceed the maximum load capacity or duty rating of a ladder. DON'T permit more than one person on a single-sided stepladder or an extension ladder.

WRONG - DON'T climb a closed ladder, it may slip out from under you.

WRONG - DON'T climb a ladder if you are not physically and mentally up to the task. If your dizzy or unbalanced – stay off!