



# SAFETY TIP OF THE WEEK

## FOR THE CONSTRUCTION INDUSTRY



Company \_\_\_\_\_ Date \_\_\_\_\_

To encourage all of us to promote safety on a continuing basis, the Builders Exchange publishes a safety tip in each issue of the weekly Bulletin.  
 The superintendent/foreman of each job should use this safety tip in a short safety meeting Monday morning.  
 We suggest that this 5-to-10 minute meeting be just before lunch or perhaps right after the morning break.  
 You can then emphasize the SAFETY TIP OF THE WEEK all week long.

### 10 Tips for Working at Heights (Part 2 of 2)

Week Ending 01/11/19

Whether you work at high elevations every day or just once in a while, your safety focus during those times is of utmost importance. It takes one mistake to turn a routine work task into a fatality. You must be prepared to protect your employees each and every time they could be exposed.

**6. Ensure You Select the Best Means of Working at Heights**

Just as harnesses are not one-size-fits-all, neither are fall protection solutions. In some situations, a scaffold is going to be your best solution to work at heights. If so, you'll probably be able to equip them with rails, making your fall protection much easier to address. Other times, scaffolds will be infeasible, and you'll find yourself on a lift. Depending on the type of lift, you may or may not need to wear a harness and a lanyard (and properly tie off). Still other times, you'll need to use a ladder, at which point the requirements for fall protection become trickier. In the end, thinking that a ladder is going to suffice no matter what situation you're in (or a lift, or a scaffold, or any other means of elevation) is only asking for problems. Evaluate your situation carefully and determine the right piece of equipment suitable for the task in that location.

**7. Use Ladders Properly**

Ladders lie at the source of many industrial and workplace accidents simply because we take their use for granted. Ladders are familiar. When improperly used, they're REALLY dangerous. First, make sure that ladders are the best way to do what you're doing, then make sure your employees know how to properly use them. 3' extension, 4:1 ratio, 3 points of contact, and secured. If you don't know what that refers to, you may not know how to use an extension ladder properly. You know that sticker on a step ladder that says, "Don't stand on this step or above."? If you think that means you can step there but no higher, you might not know how to use a step-ladder. Provide your employees with proper training so that they use the tools they are being given the right way. Also, if you are going to be using a fixed ladder, make sure that it is protected by a ladder safety gate or an offset. Chains are no longer compliant and need to be replaced with one of the aforementioned solutions.

**8. Know Your Roofing Regulations**

Roofing regulations are some of the most misunderstood requirements. Not only do roofers not know exactly what is required of them most of the time, but many other contractors working on roofs who are not roofers believe that certain methods of fall protection are available to them when, in reality, they're not. Warning lines at 6' with a monitor are only allowed for roofers performing roofing work (and 10' back from the edge if there is mechanical equipment traveling in that direction). Notice the phrase "with a monitor" in the previous statement. There is NO situation in which a warning line is an acceptable means of fall protection that does not also include a dedicated monitor being present.

There are a few that allow for a monitor with no warning line (low-slope roofs less than 50' in width for instance), but none that allow a warning line with no monitor. Also, notice the phrase "dedicated monitor" in that previous statement. Monitors must not have duties that would distract them from performing as a monitor. There are many nuances to the rules for roofers. If you are one, make sure you are familiar with the regulations and your requirements or speak to somebody who is.

**9. Ensure Proper Use of Lifts**

There are many ways in which a lift operator can do something wrong. One thing that gets missed quite often is that any person in a boom lift, at any time, at any height, must be properly tied-off. "Properly tied-off" not only means that they need to be secured to the engineered anchor point designed with the lift, but it means that they can't wrap their lanyard around the rails and they need to have a lanyard that is actually going to protect them at the height at which they are working (see fall distance above). With scissor lifts, things are a little different. While the site you are working on or the owner of the facility/project may require you to tie-off in a scissor lift, there is no regulatory requirement to do so. However, the moment you forget to close your gate or secure your chain, you are no longer protected by the rails and are now in a fall protection violation. It's that simple. Also, keep your feet planted firmly on the platform. Both of them.

**10. Train, Train, Train**

It's been mentioned in various paragraphs above, but it can't be stressed enough. If you want your employees to work safely at heights, they must be properly trained. Not only is training required by law, there is just too much room for error and confusion when it comes to a person without the proper knowledge trying to protect themselves at heights. Falls are the leading killer in construction year after year. Many people in other industries die from falls as well, so they are very deadly. Most of the time, there are no do-overs. Arm your employees with the knowledge they need to keep themselves safe.

Working safely at heights takes preparation, education, and determination. When it comes to fall protection, you can't have too much information.

Sign up for our Fall Protection Competent Person Training  
 January 22, 2019 - 8:00 am to 1:00 pm  
 Visit [www.bceva.com/events](http://www.bceva.com/events) for details and to register

**Special Topics for this Job:** \_\_\_\_\_

**MSDS #** \_\_\_\_\_ **Reviewed – Title:** \_\_\_\_\_

**Present at Meeting:**  
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**Supervisor's Signature:** \_\_\_\_\_

**Note:** These SAFETY TIPS OF THE WEEK are to help members provide a safe workplace and to instruct employees in ways to prevent accidents. Ensure you record the names of those who attend your safety meetings, and file this form with your permanent accident prevention records.