

November 2021

Dear RETRO Members;

Wow, it is November already and we will soon be back to standard time! We encourage you to start preparing for shorter days by checking:

- check outdoor lighting making sure that light bulbs and photo eyes are operational. If on timers, you will need to adjust on 11/7
- be ready for potential slips and falls around the entrances to the store. Place extra floor mats on smooth surfaces to take up that additional water being tracked into the store.
- prepare for potential ice/snow with de-icing and shovels having them on hand now.



The weather has traditionally been kind of nasty this month, so think of what else you may need to provide a safe work environment for employees and a good shopping experience for your customers.

Ladder Safety – Just how important is ladder safety? Well, ladders are one of the major causes of fall-related fatalities according to the National Safety Council's statistics. It is estimated that in any given year 65,000 individuals receive emergency room treatment due to ladder accidents. **Most ladder incidents happen at ten feet or less from the ground.** Other tips are:

- Remember to pick the right ladder for the project. Don't use an extension ladder for a step ladder project or vice versa.
- Make sure it is tall enough so that you do not go past the top two steps.
- Don't let your belt buckle go past the ladder rails. Leaning past the rails will put you in an off-balance position and prone to ladder shift.
- Check the ladder over to make sure all ladder parts are in good condition before using it.
- **Your ladders must be Type I, I-A or II.** Type III is for home use and not allowed for commercial use.



Resources:

- [RS Safety Library](#) - There is a PowerPoint, and handouts in the **Ladders** section.
- [RS SafetyTV](#) - Some good ladder videos that can help in your safety meeting.
- [SAFEME](#) - Has a [Ladder use module](#) which makes for a quick safety lesson.

Slip-Trip-Falls – Slips, trips, and falls are among the most common workplace accidents. Employees and customers are put at risk for serious injury when slip, trip and fall hazards aren't noticed and fixed in parking lots, walkways, stairwells, and other work locations.

Fortunately, with proper training, housekeeping techniques, and encouraging a safety culture in the workplace, you can spot, report, and correct these hazards before someone gets hurt.



Avoid risky behavior at work and at home! Do you have sidewalk deicer on hand now?

Resources:

- [RS Safety Library](#) - There is a PowerPoint, and handouts in the **Slip Trip Falls** section
- [RS SafetyTV](#) - Some good videos on Slip Trip Falls which make a good safety meeting starter!
- [SAFEME](#) - Has a Slip Trip Falls [module](#)

Flammable or Combustible? A material that is flammable catches on fire with a minimal heat source. For example, propane can catch fire from just a tiny spark. Also, the fumes emitted from solvents will ignite from a negligible heat source. Make sure you are putting lids back on or turning valves off when product is not in use and be careful when working with solvent cleaners around hot engines, sparks, or flames.



A substance that is combustible is any material that will burn but requires a more dominant source. For example, wood is combustible, but it needs more than just a spark to do so. Heavy oil (motor oil) is another example of combustible.

All flammable material is combustible, but not all combustible material is flammable.

Please review your SDS sheets, Section 2 for the types of chemicals you have on hand and treat chemicals accordingly.



Resources:

- RS SafetyTV has a [quick video demonstration](#) on this subject and a [more detailed video](#) here.

Encourage your employees to; *Think safe. Act safe. Be safe.*

Rick Means

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Step Up for Ladder Safety

Get the Ladder Safety App



Learn more:

www.cdc.gov/niosh/topics/falls

Falls from ladders cause more than 100 deaths and thousands of injuries each year in the United States. These incidents also include injuries to nearly 900 workers in Washington State. Improper ladder use ranked 7th among the state's [top 10 workplace safety and health violations](#) in 2019. Now in its fifth year, [National Ladder Safety Month](#) takes place every March to educate, train, and involve the public in preventing ladder injuries and deaths at home and at work. Celebrate by having your workers take the American Ladder Institute's [free online ladder safety training](#). You can also show workers how to use the [free ladder safety app](#) from the [National Institute for Occupational Safety and Health](#).

Common causes of workplace ladder-related incidents include:

- Lack of ladder safety training.
- Ladder used is in bad condition.
- Ladder moves, falls over, or is set up improperly.
- Worker slips on the rungs, overreaches, or carries objects while climbing the ladder.
- Worker stands on the ladder's top step.

The following tips can help keep workers safe while using ladders:

Plan for the job:

- Use the right ladder for the job with the proper load capacity.
- Inspect the ladder for defects and remove unsafe ladders from service.
- Use a fiberglass ladder if there is any chance of contact with electricity.

Set your ladder carefully:

- Set the ladder on a firm, level base, and angle it per the manufacturer's guidance.
- Don't set the ladder near exit doors or near the path of pedestrian or vehicular traffic.
- Make sure the ladder extends 3 feet above the landing.

Climb safely:



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- When climbing, use three points of contact — keep 1 hand and both feet or both hands and 1 foot in contact with the ladder at all times.
- Never carry any load that could cause you to lose balance.
- Never stand on the top step of a ladder.
- Don't pull, lean, stretch or make sudden moves on a ladder that could cause it to tip over.

The following links can help you train employees to use ladders safely:

Keep Trucking Safe [tanker trailer ladder simulation tool](#) and [flatbed trailer ladder safety tips](#)

Washington State Department of Labor & Industries [ladder safety resources](#)

OSHA [ladder safety training fact sheets](#)

OSHA [construction ladders safety eTool](#)