

National Safety STAND-DOWN

TO PREVENT FALLS IN CONSTRUCTION

Resource Guide: Ladder Safety



What is a Safety Stand-Down?

It's when you decide to take a break from normal work activities during National Safety Stand-Down Week so your crew can focus on a fall prevention activity like:

- Training
- Finding and fixing fall hazards

Why do this?

Falls can happen at any job site.

Nationally and statewide, falls are a leading cause of death and hospitalizations for workers in the construction industry.

Experienced businesses know it's better to **prevent** a fall incident, rather than to react to one.

Descriptions of real-life fatality or hospitalization incidents in Washington State are found at www.Lni.wa.gov/Fatalities.

How do I participate?

Any construction business in Washington State can choose how to participate and what to address.

Plan. Decide what fall prevention hazards or topics you want to cover and how much time you want your stand-down to take. See www.Lni.wa.gov/StopFalls for ideas and ready-to-use resources. Or use the optional Stand-Down Plan in this packet.

Promote. Tell crew leaders, workers and affected contractors about your plans to focus on fall prevention during Safety Stand-Down Week.

Provide. Get resources to your supervisors and leads before Safety Stand-Down Week. Ready-to-use resources are available at www.Lni.wa.gov/StopFalls.

Hold your Stand-Down. Afterwards, ask participants what worked best and get more ideas for next year's Stand-Down.

Get recognition. Go to www.Lni.wa.gov/StopFalls to add your company to the list of Safety Stand-Down supporters and print out your Certificate of Participation.



On average, over 325 construction workers are hospitalized every year due to falls from ladders in Washington State.

5 Days of Ladder Safety for Construction Crews

A fall from a ladder can end a career — or even a life. Survivors face a long, hard road to recovery. Some never fully recover. Families can shatter as they struggle emotionally and financially to adapt. Others can be affected too, from coworkers to business owners to project clients. These impacts support why it makes sense — including business cents — to **prevent** falls. Below are recommendations and resources that can help, or visit www.Lni.wa.gov/StopFalls.

DAY 1 Check for ladder safety issues

Have your competent person walk through the jobsite to check for ladder selection, set up, and use issues and successes. Ladder safety checklist: www.Lni.wa.gov/forms-publications/F417-266-000.pdf

DAY 2 Get rid of bad ladders

Have your competent person find, remove damaged ladders, or teach crews how to do this.

Start with resources like the:

- Ladder Safety Guide:
www.Lni.wa.gov/forms-publications/F417-268-000.pdf
- Portable Ladder eTool: Inspection:
www.dir.ca.gov/dosh/etools/08-001/care.htm

DAY 3 End short cuts

Share and discuss a brief video or handout during a crew meeting to get crews thinking about how short cuts aren't worth the real-life impacts that falls from ladders can have on project deadlines, careers, long-term health and families.

- Ladder Safety: Stepladders
www.youtube.com/watch?v=LndgPWwAFsg
- You're a Pro video:
www.youtube.com/watch?v=FQ_bQZ3V1S0
- Construction Laborer Falls handout:
www.Lni.wa.gov/dA/15f74203cf/ConstructionLaborerFallsWhenLadderBreaks.pdf

Upon request, foreign language support and formats for persons with disabilities are available. Call 1-800-547-8367. TDD users, call 711. L&I is an equal opportunity employer.

DAY 4 Show what's right

Use a hands-on demonstration or show a video to teach the basics of ladder safety during a crew safety meeting.

- Invite an outside safety expert, like your industry association's safety rep, an equipment vendor or a DOSH safety consultant to demonstrate how to properly select, inspect, set up and use ladders.
- Toolbox talk ladder safety video:
www.youtube.com/watch?v=lqXYDIOSOOs

DAY 5 Encourage participation

Have crews practice spotting ladder hazards and finding solutions.

- Spot the Hazard handout:
<http://stopconstructionfalls.com/wp-content/uploads/2013/07/Spot-the-Hazard-ladders-891-full-page.pdf>
- Find ways to recognize ladder safety efforts on the jobsite. This smartphone app can help you share potential hazards with your crew:
www.Lni.wa.gov/safety-health/grants-committees-partnerships/safety-health-investment-projects-grant-program/ship-grants-2016zc00314

Get Support!

Contact an L&I Consultant for assistance with your Safety Stand-Down at www.Lni.wa.gov/DOSHConsultation or request assistance from participating industry associations such as the Associated General Contractors of Washington at www.agcwa.com/safety-services.

To find ladder safety-related rules and more resources, visit www.Lni.wa.gov/safety-health/safety-topics/search-by-topic?query=ladders.