

National Safety Stand – Down

To Prevent Injuries from falls

Maintenance

The Occupational Safety & Health Administration (OSHA) has announced May 2-6, 2016, as the official week for the third annual National Safety Stand Down. The event is a nationwide effort to remind and educate employers and workers of the serious dangers of falls that remain the leading cause of lost work-days and fatal injuries. Employers and workers are encouraged to pause during their workday for topic discussions, demonstrations and training on how to recognize hazards and prevent falls.

Villanova University participated in this initiative in 2014, and we're proud of the Certificate presented to us by OSHA. This year OSHA expects thousands of employers and possibly as many as four million workers to participate in the Stand Down.

The National Safety Stand Down in 2016 is part of the University's ongoing Fall Prevention Campaign, which provides employees with information and educational materials on how to prevent falls, provide the right equipment for our employees and train all employees on its proper use. Some of the initiatives the University will implement include:

- The release and implementation of a comprehensive Fall Protection Policy.
- Conducting Tool Box Talks by members of the Employee Safety Committee.
- University involvement in the OSHA initiative.
- Providing training for employees directly affected by fall potential, and education for the remaining staff.

We do it all. We work with every type of equipment from which workers fall, often with devastating results. In fact, at times we work from dangerous heights (safely of course) to make the world safe for other people.

Let's look at some steps we can take to reduce the risk of falling from the equipment we use:

Ladders

- You must visually inspect any ladder that you're going to use for visible defects before you use it – every time!
- Be sure that the ladder can sustain at least 4 times the maximum intended load.
- Apply the old adage – “take good care of ladders and they'll take care of you.”
- All exterior and interior fixed ladders greater than 20 feet must be protected by a cage.
- Do not climb higher than the third rung from the top of the ladder.

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Roofs

- It's mandatory to use a fall protection system, including tie-off to an anchor point, if you must work closer than 6' of the roof edge.
- Work performed in a "Controlled Access Zone" (greater than 6' from the roof edge) is permitted without a restraint line.

Equipment Platforms, Catwalks & Scaffolds

- Employees must be protected by a guardrail system capable of carrying the anticipated load.

Manually Propelled Vertical Lift

- Employees must be protected by a guardrail system capable of carrying the anticipated load.

Mobile Vertical Lifts (Boom Lift, Bucket Truck, Scissor Lift)

- The lift must be equipped with one or more anchor points, preferably below the waist.
- A shock absorbing lanyard attached to an approved tie-off point must be utilized.
- A full body harness must be worn.
- The lift must also be protected by a guardrail system.

Small Cart Vehicles

- Do not exceed the passenger limit and load capacity designated by the vehicle's manufacturer.
- One passenger is permitted per seat. Operator and all passengers are required to sit in seats and use seatbelts.
- No riding on backs, fronts, or sides of Small Cart Vehicles is permitted.

General

- Oil or grease spills should be cleaned up at once.
- Pick up items, such as scrap or tools which are a hazard to good footing.
- Rope off or barricade all open pits or excavations.

Obviously, in the brief time I've had to discuss fall hazards, I can't cover all the things you need to know. The important thing to remember is that you've got to bring your brain to work. Every day! Without exception! Do a mental job safety analysis for every job that you're assigned to that involves a fall hazard. If there are questions in your mind, stop and ask your supervisor for guidance. If you're still unsure, ask me, or any of the safety guys.