



Trinity County Safety Newsletter

Ladder Safety: Essential Tips for Safe Use

Ladders are essential tools in various settings, from construction sites to home maintenance. However, improper ladder use can lead to serious injuries or even fatalities. To ensure the well-being of workers and minimize risks, follow these fundamental ladder safety guidelines:

Choose the Right Ladder:

- Select a ladder with a **Duty Rating** greater than the total weight of the climber, tools, supplies, and other objects placed upon it.
- Ensure the ladder's length is sufficient so that the climber doesn't have to stand on the top rung or step.

Inspect the Ladder:

- Before use, thoroughly inspect the ladder to confirm it's in good working condition.
- Reject ladders with loose or missing parts, as well as those that sway or lean to the side.

Stable Placement:

- Set up the ladder on firm, level ground.
- Avoid slippery conditions at the base or top support points.
- Never place ladders in front of closed doors that can open toward the ladder.

One Person at a Time:

- Only one person should be on a ladder unless it's specifically designed for multiple climbers.
- Ensure the door is blocked open, locked, or guarded if the ladder is near a closed door.

Footwear and Posture:

- Wear clean, slip-resistant shoes with heavy soles to prevent foot fatigue.
- Keep the center of your belt buckle (stomach) between the ladder side rails while climbing and working.
- Avoid overreaching or leaning to maintain balance.

Three Points-of-Contact Climb:

- Always maintain three points of contact while climbing: two hands and one foot, or two feet and one hand.
- Face the ladder and climb slowly and deliberately.
- Never attempt to move a ladder while standing on it.

Read Safety Labels:

- Familiarize yourself with the safety information labels on the ladder.
- Understand the ladder-specific safety instructions.



Upcoming Events

-Day Light Savings Time:

March 10th

-St. Patrick's Day

March 17th

-First Day of Spring

March 19th

-Spirit Day:

"Spring Theme"

March 20th

- Easter

March 31st

Remember, ladder safety is everyone's responsibility. By following these guidelines, you can create a safer work environment and prevent accidents. Stay safe!



UPCOMING TRINDEL TRAININGS

- AB1825 Sexual Harassment for Supervisors
March 7th, 9 am - 11:30 am
- SB1343 Sexual Harassment for Non-Supervisors
March 12th, 2 pm - 3:15 pm
- Worker's Compensation 101 for Supervisors
March 14th, 10 am - 11:30 am
- Hazard Communication Program (HAZCOM)
March 19th, 1:30 pm - 2:30 pm
- Office Ergonomics
March 26th, 10:30 am - 12:00 pm
- DSR Spotlight- Ladder Safety and Fall Protection
March 28th, 2:00 pm - 3:00 pm
- **Supervisor's Academy**
Leadership Fundamentals and Issues All New Managers Face
March 20th, 9 am - 10:30 am

LIEBERT CASSIDY WHITMORE TRAINING

- LCW presents "Managing Employee Injuries, Disability and Occupational Safety"
March 20th, 9 am - 12 pm
- If you would like to attend please register with Risk Management before March 6th.



Congratulations to the following Employees for winning the January 2024 Stretch Ticket Raffle.

- Vidette Mayer - Cannabis
- Ziah Garner - HHS
- Katelyn Noble - HHS
- Robin Jimenez - HHS
- Chelsey Jones - DOT

HEALTH AND WELLNESS

Anyone is able to participate in the Wellness Program, you can participate by:

- Earning 1 ticket for participating in daily stretching
- Earning 1 ticket for every 5,000 steps during your workday, including lunch and breaks.
- Earning 1 ticket if you walk over 2 miles in the course of a week during work hours, including breaks and lunches.

A monthly raffle will be held where participant's can win a \$20 gift card to a local business of their choice.

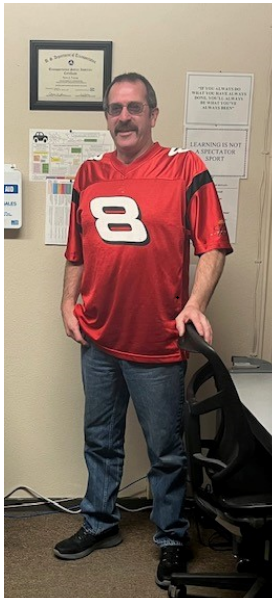
As a reminder stretch tickets are due at the end of the month to Risk Management.



SPIRIT DAYS

“Favorite Sports Team”

Thank you all who participated in the past months Spirit Day theme of “Favorite Sports Team”



Upcoming Spirit Day

March 20th

“Spring”

Please feel free to send your photos to HR@trinitycounty.org

