



## 064: OSHA Violations to Avoid, Part II

### *Ladders*

Never use aluminum ladders for electrical work or in the vicinity of power sources.

Use a ladder tall enough for the job. It takes less time to get the right ladder than it does to recover from the typical fall off a ladder.

Visually inspect the ladder before each use. Remove grease, mud, oil, or other slip hazards. Look for protruding rivets, loose steps or rungs, cracks in the side rails, or other mechanical damage—if these are present, take the ladder out of service.

Use the three-point contact method when climbing. This requires two hands and a foot, or two feet and a hand, to be in place on the ladder at all times.

Do not sit or stand on the top step of any ladder. One reason: the top step doesn't have a "stop" built into it. If you stand on the second rung down, the top step stops your shins from moving forward—and off the ladder.

Do not over-reach while using a ladder. This is the number one cause of ladder injuries. Instead, climb down and move the ladder. If you are leaning your body away from the center of the ladder, you are over-reaching.

Position a straight or extension ladder so it is one foot out at the base for every four feet of vertical distance. This provides a good balance of forces to use the weight to help stabilize the ladder. Position these ladders to extend three feet above a landing. Tie-off these ladders.

### *Excavations*

Ensure the sides of the excavation slope in a ratio that is appropriate to the type of soil.

Shore, brace, or underpin adjoining structures as needed to provide stability to adjoining bridges, sidewalks, streets, and other structures. Instructions for this should be in your work plan, but never take that for granted.

Ensure equipment, excavated soil, and materials are at least two feet from the edge of the excavation.

Provide a safe means of egress and ingress every 25 feet in trench excavations that are more than four feet deep.

Take the necessary steps to eliminate water accumulation. This may include pumping, draining, or siphoning.

### *Housekeeping*

A messy place is a dangerous place.

### *Scaffolds*

Use only inspected scaffolding. Look for obvious problems before each use.

### *Fire protection*

Know the location of fire equipment, alarms, and exits.

### *Discussion leader duties for this session:*

Be familiar with your company's safety policies. Take a walk, looking for unsafe acts by members of your crew. Keep a record of those unsafe acts and use them as examples during the discussion session.

### *What this Safety Talk covers:*

The electrical safety situations that get the most OSHA citations, and precautions to take to avoid those citations. This is Part 1 of 2.

### *Discussion notes :*

