



# FASC Safety Council of Palm Beach

May - June, 2003 ~ *Take care! Safety is no accident!*

FASC provides a forum for Florida Safety Councils to examine and act on issues impacting driving, occupational and public safety. FASC develops safety education programs available to member Councils individually or collectively. Visit the FASC Website at: [www.safety.org](http://www.safety.org)

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**Contact A Safety Council Near You!**

## Safety Guidelines for Scaffolding



Scaffolding safety programs help to insure that falls and accidents do not occur. Safety programs reduce injuries to workers.

Employers have the responsibility to protect their employees from work related hazards.

Standards for scaffolding are found in 29 CFR 1910.28 for General Industry and 29 CFR 1926.450 for Construction. OSHA standards can be found on the OSHA website [www.osha.gov](http://www.osha.gov) or Standards Books can be purchased from your local safety council.

Besides the obvious risk of falling off scaffolding, other hazards such as excessively heavy loads and objects that fall off and hit those below can

also lead to scaffold-related deaths and injuries.

- Employers that lease or purchase scaffolding should make sure that safety instructions are included with the equipment.
- Scaffolding components should never be interchanged with components from a different manufacturer.
- A competent person should supervise the construction of all scaffolding as well as participate in inspections before and during shifts.
- Inspect, maintain and replace all parts of the scaffold and accessories that are in poor condition.
- Scaffolds should support at least four times the anticipated weight of the workers and materials that will be on them.
- Keep scaffolds, platforms, runways and floors free of ice, snow, grease, mud or any other materials that could cause slipping.

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- Place scaffolding on a firm, smooth foundation that prevents sideways movement.
- Employees must not work on scaffolds during storms or high winds.
- Overhead protection must be provided for workers on a scaffold exposed to overhead hazards.
- Toe boards should be used to protect workers from tools and equipment falling from the platform.
- Do not use scaffolding if the working platform is not planked all the way across.
- All planking or platforms must be overlapped a minimum of 12 inches or secured from movement.
- Tools, materials and debris must not be allowed to accumulate in quantities to cause a hazard.
- Wire or fiber rope used for suspension must be capable of supporting at least six times the intended load.
- Do not use a scaffold if the planks are not scaffold-grade, bearing the proper stamp.
- Provide hard hats to all employees working in an area where objects can fall from above.
- Do not use rolling towers unless the wheels are locked, and never allow workers to ride on rolling towers while they are being moved.
- Do not bridge between two scaffolds unless designed by a qualified person.
- Do not use a scaffold taller than four times the minimum base unless it is tied, guyed or braced to prevent tipping.
- Provide a safe and convenient means for gaining access to the working platform.
- Ladders used to access scaffolds should conform to the requirements of the applicable ladder standard (Portable Wood Ladders: OSHA Standard 1910.25 or Fixed Ladders: OSHA Standard 1910.27).
- Workers should not carry materials as they climb. Keep both hands on the side rails or ladder.
- Do not perform heat-producing activities, such as welding or insulation removal, without taking precautions to protect scaffold workers.
- Spacing between the platform and the uprights should not be more than 1 inch, unless it is demonstrated that the wider space is necessary.
- Scaffold planks should extend over their end supports not less than 6 inches and not more than 18 inches.

- Only qualified personnel who are physically and emotionally fit should erect and dismantle scaffolding.
- Use two or more ladders for means of egress if necessary (when platforms are longer than 30 feet, large equipment is between workers and ladders, and anticipated continuous flow of traffic).
- All platforms must be at least 18 inches (two boards) wide.
- Planks and platforms should be fastened to the scaffold as necessary to prevent uplift or displacement.
- Platforms and planks must not be painted; this will hide defects.
- Loads on the plank should be evenly distributed when possible.
- Post safety rules for scaffolding in obvious places, and make sure workers follow them.

Employers should assign a competent person to be in charge of a scaffolding and safety programs for each site. That person should understand OSHA standards and should be experienced with scaffolding. The person(s) responsible for supervising scaffolding projects and personnel should also have the authority to take actions and correct safety problems.

Training is available at your local safety council that covers OSHA standards, general safety procedures and specific occupational safety subjects. Call them! <<

## Ready.gov

From the U.S. Department of Homeland Security. Terrorism forces us to make a choice, **don't be afraid... be ready!**

This Internet site can help you prepare. Get an overview and make sense out of what being prepared means.

- **Make an emergency supply kit.**
- **Make a plan.**
- **Be informed.**

There is a downloadable brochure as well as useful information and helpful links. <<



For further information or assistance, contact:

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# Save Those Eyes!



As many as 2,000 U.S. workers suffer eye injuries related to their jobs, **per day!** This is according to the U.S. Bureau of Labor Statistics ([www.bls.gov](http://www.bls.gov)). Prevent Blindness American ([www.preventblindness.org](http://www.preventblindness.org))

says 90 percent of these injuries are preventable and recommends a number of safety measures.

- Assess work areas for accidents that can be caused by impact, heat, chemicals, dust, glare and optical radiation.
- Have a sound safety program in place mandating that 100 percent of employees, managers and visitors follow eye safety rules.
- Wear the right type of protective eyewear for the specific job whenever hazards are present. All safety glasses and goggles should be ANSI Z87.1 certified for industrial eye protection, with the Z87 mark on the frames or lenses. <<

# Getting Tough...

The Occupational Safety and Health Administration is mailing letters to 14,200 employers, notifying them that their injury and illness rates are higher than average, and suggesting ways to address the problem.

OSHA also announced plans to increase follow-up inspections and toughen settlement agreements with employers with the worst safety records.

The new enhanced enforcement policy will target employers who have received “high gravity” citations from OSHA—the most severe violations of safety standards. All of these work sites will receive follow-up inspections, as will employers who have repeat violations.

OSHA Administrator John Henshaw said the policy “will put more tenacity and teeth in our enforcement practices.” <<

# Stress at Work



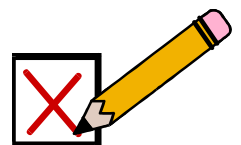
Office work, like any other job, can be highly stressful. Deadlines are the leading cause of work-related stress whatever your job. Because almost everyone must deal with deadlines it makes sense that having a target date when work must be finished is the most stressful factor.

## Leading stress factors in today’ work force.

- Terrorism/political stresses
- Deadlines
- Budget constraints
- Financial stress/earnings
- Constant change
- E-mail overload
- Poor organizational communication
- Layoffs/reduced staff
- Pressure from upper management/performance expectations
- Urgent/important tasks
- Co-worker conflicts
- Family pressure
- Meetings
- Dealing with the problems of others
- Personnel-related problems/grievances
- Job security
- Personal financial concerns/pressures
- Personal health concerns/lack of sleep
- Pressure from subordinates

## Some tips for coping with stress:

- Plan ahead when possible.
- Follow safety procedures.
- Eat nutritiously. Take it easy on the caffeine.
- Cigarettes may seem to provide relief from stress, but in fact their overall effect is to deplete your health and reduce your ability to cope.
- Avoid alcohol and other drugs.
- Get enough rest.
- Deliberately relax your body and your mind will relax too.
- Exercise regularly. <<



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## An Important Message...

From the Department of Transportation comes the following statement. They are asking it be distributed as widely as possible at this time of heightened national security and unsettled times.

“The Department of Transportation realizes that many employers have been forced to refocus and reprioritize efforts and resources in light of the challenges caused by recent events - events that have effected our entire Nation. While changes may well be warranted, we ask that you consider the possible adverse impact upon public safety if appropriate attention is not paid to your ongoing safety efforts. As you know, a number of individuals may mistakenly turn to drug use and more frequent alcohol use in their attempts to cope with the stresses (both personal and professional) associated with the terrorist acts and continuing threats. Some of these people may work in safety-sensitive jobs. Therefore, employers should not reduce their drug and alcohol testing efforts. In fact, employers may be wise to increase prevention-education and counseling opportunities for their employees.”

Did you know—Florida Bill SB 264 requires all contractors and subcontractors on state construction projects to implement a **drug free workplace program**?

## June is National Safety Month

**Think Safety...  
whether at work, at  
home, or at play.  
Protect yourself and  
others. It's the smart  
thing to do.**

1st Week: Driving Safety  
2nd Week: Home and  
Community Safety  
3rd Week: Preparedness  
4th week: Workplace Safety

**Safety begins with you!**

The *Safety Council News* is published six times a year to keep business and industry informed of the Florida Association of Safety Council's activities and safety and health news and developments. NOTE: The information herein was obtained from sources believed reliable and the Association has exercised reasonable care to assure its accuracy. However, the Florida Association of Safety Councils does not guarantee that the contents of the *Safety Council News* are correct and statements from other sources do not necessarily reflect the opinion or position of the Association.

## A Smart Investment

Did you know that the Safety Council, offers a wide array of on-site training programs? Safety training is a smart investment. In today's downsized workplace, it often makes good sense to outsource training.

The Safety Council can even plan and implement your safety meetings for the entire year. Since we're not for profit, our prices are usually more cost effective than your typical consultant.

We also have an incredible inventory of programs that you can purchase, and offer yourself. For more information on the Safety Council's many programs, visit our website at

**[www.safetycouncilpbc.org](http://www.safetycouncilpbc.org)**