

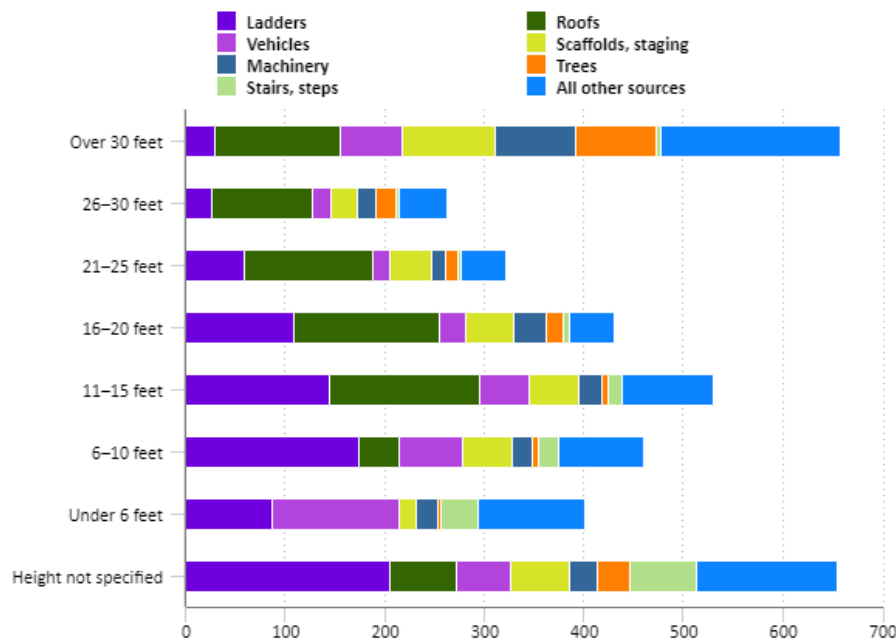
Ladder Safety Begins with the First Step

By Drew Hinton, President/CEO of Arrow Safety, LLC

How many of you use a ladder at least once a month? How about once a week? Whether you use a ladder at home or in the workplace, falls from ladders continue to be a leading cause of serious injuries and fatalities. In recognition of National Ladder Safety Month, let's take a look at some of the facts around ladder safety, as well as the main ladder inspection criteria.

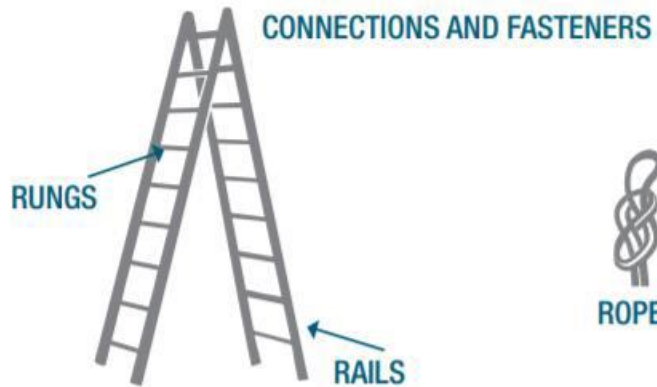
FACT: The most common cause of fatal falls were from ladders. While the most common height of a fall was over 30 feet, the amount of fatal falls from ladders topped the list of causes.

Fatal work-related falls to a lower level by source and height of fall, 2011–16




FACT: OSHA regulations require the user to visually inspect the ladder before each use, as well as periodically at a frequency established by the employer (based on frequency and severity of use).


Are you taking the time to properly inspect your ladders before starting to work? Failing to properly inspect each part of your ladder and your equipment could mean putting yourself in danger. Here are a few reminders of what you should be inspecting:



FACT: If a ladder is damaged, it must be tagged "Out of Service" and removed from service immediately until it can be destroyed. There are only a few parts of the ladder that can be replaced.

Finding that your ladder is unsafe, but not sure how to properly dispose of it? Remember – if you dispose of a ladder improperly and it is picked up and used by someone else, you could be held liable if that individual is injured on the damaged ladder.

 Do **NOT** cut the ladder in half across the rails. It is possible that someone may still see this as a usable ladder and attempt to work with it.

 **DO** cut the ladder in half by cutting directly down the center of the rungs from top to bottom.

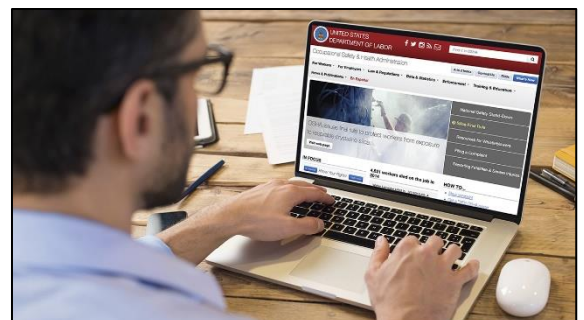


Summary

Take safety into your own hands by taking ladder safety seriously. If you have any questions or concerns about the safe use of ladders, contact Arrow Safety or visit www.LadderSafetyMonth.com for more information.

OSHA DEADLINE REMINDER

A small fraction of establishments are required to electronically submit their Form 300A data via [OSHA's Injury Tracking Application \(ITA\)](#) **no later than March 2nd, 2021**. Establishments that meet any of the following criteria **DO NOT** have to send their information to OSHA. Remember, these criteria apply at the establishment level, not to the firm as a whole.



- The establishment's peak employment during the previous calendar year was 19 or fewer, regardless of the establishment's industry.
- The establishment's industry **is on this list**, regardless of the size of the establishment.
- The establishment had a peak employment between 20 and 249 employees during the previous calendar year AND the establishment's industry **is NOT on this list**.

Have OSHA recordkeeping questions? Contact Arrow Safety and we will be glad to help!

TRAININGS EVENTS

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If you have any questions about how Arrow Safety can help your employees stay safe and keep your business headed in the right direction, contact us and we'll be glad to help! We travel nationwide and all new customers get **10% off!**

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