

OESD 114 Safety & Health **NEWSLETTER**

QUARTER 1: SEPTEMBER - NOVEMBER 2018

Fall Edition v. 2



Welcome to the OESD 114 Workers' Comp Trust Safety & Health Newsletter!

Fall is our most unpredictable season in Western Washington. The weather can range from late summers to snow in October. For this reason it is especially important to check the weather each day before starting work so you have a better idea of what to expect. It is always good to layer up clothes, have an extra set of dry clothes in your vehicle, and have a raincoat that you keep in the car or at work for just in case.

[Topics for this Edition](#)

1. Bulletin Page
2. Fall Protection Requirements
3. Safe Ladder Use & Storage
4. North Kitsap Grounds Keeping
Innovation - Spider Mower

BULLETIN PAGE

OESD 114 WCT News

Check out our updated website!

<https://www.oesd114.org/Domain/38>

We have information for Claims and Safety & Health Departments, our Board Members, a regional map, and a download resources page.

School District Highlights

Bainbridge Island - Is a leader in Environmental Protection and Conservation. In 2012 BISD started moving away from harsh chemicals and using certified green products wherever possible. Disinfectant cleaners cannot meet green standards, but many other cleaners can. BISD uses *Green Seal* to find certified products. *Green Seal* is an independent third party that verifies and certifies cleaners that meet certain environmentally friendly standards. These less harsh chemicals are not only good for the environment, but they safer for employee use and exposure for children. All of BISD's consumables are at least 70% post-consumer products (recycled materials). Way to go BISD!

For more information on Green Seal, follow this link: <http://www.greenseal.org/Home.aspx>

Tips From Our School Districts

Central Kitsap - The Director of Transportation at CK, Kattie Nepper, has generously offered assistance to other school districts in the OESD 114 area. The CK bus bay was built with a fall arrest system for working on top of the buses. If you need to work on top of your busses and do not have a fall arrest system you can contact CKSD Transportation Shop Foreman, Tom Alverts at TomA@ckschools.org to schedule a time to get trained to use theirs.

Kattie Nepper and the department were provided with an opportunity to have input on their new Transportation building design. She encourages other district departments to try and being involved in the planning process for their buildings if at all possible.

Their first step was to visit other district sites and see multiple transportation/food service facilities and talk to the employees about what has worked well at their building and what hasn't. They also attended EVERY planning meeting and their capital projects team and architects listened. When the project broke ground they went to every weekly onsite meeting and were able to identify problems and correct them before it was too late or too expensive to fix. Kattie made sure she and her team followed all of the site superintendent's security procedures so they had a good working relationship and no one was injured.

Most important tip - MAKE YOUR VOICE HEARD!

Fall Calendar

September 26-27th - Governor's Industrial Safety and Health Conference in Spokane

October 3-5th - WAMOA Annual Conference in Yakima

October 8th - OESD 114 Accident Prevention Program Workshop in Port Angeles

October 16th - OESD 114 & Kitsap County Dept of Emergency Management Incident Command System (ICS) for School Districts in Bremerton

October 29th - OESD 114 & Clallam County Dept of Emergency Management Incident Command System (ICS) for School Districts in Port Angeles

FALL PROTECTION

Fall protection is one of the top 10 most common citations from L&I.

5 Main Requirements for Fall Protection

1. An effective Fall Protection Plan included in your Accident Prevention Program (APP)
2. Initial and refresher training
3. Maintenance schedule and check off sheets for fall protection equipment
4. A Fall Protection Work Plan form

Step one is to identify the areas where you need fall protection based on the standards in WAC 296-155 Appendix C-1.

Any walking or working surface where employees are exposed to a fall of 4 ft. or more is required to have some kind of fall protection such as fall arrest equipment or a guard rail system (high rail, mid rail, and toe guard) along all open sides. This includes working on roofs, on top of buses, and on mezzanines.

Fall Arrest Systems

Must be inspected prior to use. Checklists are available through the manufacturer.



Fall Protection on Roofs

School Districts have an exception that if an employee is only going up on a roof to retrieve items (balls, coats, frisbee, etc.) then a Safety Watch will suffice. The Safety Watch needs to be within visual and hearing range and paying attention to the employee on the roof.

If an employee is conducting maintenance (changing air filters, cleaning off debris, painting, etc.) on a roof with ANY pitch they must have a fall protection system in place, either railings or a fall arrest system with a harness, connector, and anchor point.

Fall Protection on Lifts

Fall protection is also required for self-driving articulating or boom lifts. This image shows the only types of scissor lifts where fall protection is needed. These lifts have a rotating or moving platform. If you have a scissor lift with a platform that extends out, you only need fall protection if it is not entirely enclosed by railings.



Reference:

<https://www.osha.gov/laws-regs/standardinterpretations/2000-08-14-0>

SAFE LADDER USE & STORAGE

Pre-Use Inspection

1. Joints between the steps or rungs and the side rails are tight
2. Rungs, cleats, or steps aren't bent, broken, or missing
3. Side rails aren't bent, broken, or split
4. All bolts and rivets are in place and secure
5. Hardware, fittings and accessories are securely attached and working properly
6. Wood ladders aren't coated with an opaque covering
7. Metal components aren't rusted

Manufacturers Stickers



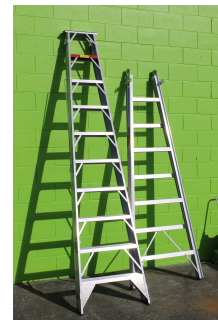
All ladders need to have legible stickers that indicate how to use the ladder safely and the weight capacity. Keep in mind the max weight includes any items or tools that a person is carrying plus the individual's weight.

Safety Watch

There should always be a Safety Watch person on the ground when an employee is using a ladder that is 4ft. or taller. The Safety Watch needs to be within visibility and hearing range of the employee on the ladder and paying attention in case something happens.

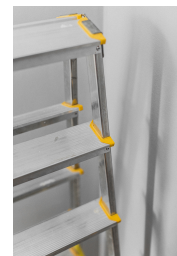
Ladder Positioning

- Never stand on the top two steps or rungs of a ladder.
- When using ladders to get to another level (roof, platform, etc.), secure and extend the ladder at least 3 feet above the landing point to provide a safe handhold.
- Don't carry tools or items in your hands when climbing a ladder, use belts or ropes.
- For every four feet the ladder goes up, it must go out one foot from the building. If the ladder goes up 16' then the bottom of the ladder must be placed 4' out from the wall



Ladder Storage

Ladders need to be secured when stored so they are not a fall risk or blocking anything. They can be secured laying down or standing up against a wall a variety of ways: straps, bungee cords, wall hooks, chains, etc. Creating a storage space also encourages employees to keep them in one place and out of the way.



NORTH KITSAP'S STEEP SLOPE MOWING SOLUTION

The North Kitsap Maintenance Team, including Director Bill Wilson and Maintenance Lead Albert Hoch, spent over a year researching and sourcing a lawn mower or arm adaptor that could handle all their steep slopes. They kept running into issues with the arms, they couldn't reach high enough up some hills, and they did not have a mower powerful enough to add one in the first place.

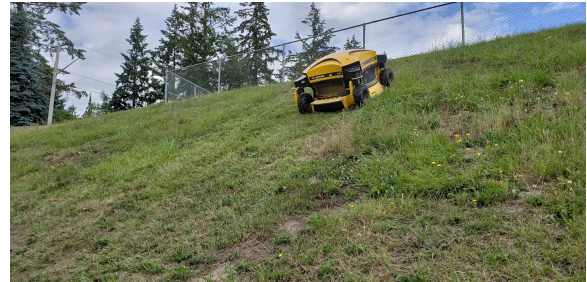


In the meantime the NK maintenance crew was cutting the grass on all the slopes with weed wackers, which had caused quite a few minor injuries with slips and falls and one more significant injury. The grass was also uneven and the task took multiple people many hours to complete.

Then they found a remote operated lawn mower designed to climb up steep slopes.

The first remote mower they sourced in the US did not pan out, but after such a long search they were determined to find something similar and they did - the Spider mower. They come in three sizes and three prices. NK purchased the midsize mower and has been extremely impressed with how well it works.

They are now able to use one person to mow the slopes in a fraction of the time.



The mower also has a winch so that on the steeper slopes it can be attached to a pole at the top of the hill (you may need to have them installed if you don't have something existing) and the mower will pull itself up the hill with the winch!

Between the cost savings from injury claims, as well as manpower and hours, the Spider will pay for itself over a few years. The Spider is also safe to operate, easy to drive up a ramp into a truck bed, and saves on repetitive motion injuries that weed wackers or manual mowers would cause. NK has found a safe and effective solution, congratulations and kudos to a fantastic team!



More information and specs can be found on the manufacturer's website:

<https://www.spidermowers.com/>.