

## District 7 Meeting Minutes \_ December 14, 2021

Attendees: Chris Moore, Mathew Fairfield, Doreen Makaya, Margaret Ness, Courtney Phillips, Mark Rasdall, Lynn Stephenson, and Jerry Midyette

\_ We will start meeting monthly. Next meeting mid-January.

\_ Welcome to Jerry Midyette, newest member of District. Jerry should be released as a safety officer in January. Jerry is a health officer trainee and will focus on health inspections unless needed in safety.

\_ Please turn in your time weekly. Catch up now if you need.

\_ Inform DS Moore if you test positive for COVID and he will send out some information on what to do if you test positive or were in close contact with someone that test positive.

\_ We have COVID-19 test kits here. See Tonya or Caitlin if you need to test.

\_ ETS for general industry is on hold for now and not currently being enforced.

\_ An audit is going on now to ensure we are following our policies and procedures. Some inspections are being reviewed and you may be asked to be interviewed.

\_ Remember to use the OE form numbers.

\_ We are at the midpoint of appraisal period and DS Moore will be scheduling meetings with each of us this week to review where we are in meeting the requirements.

\_ Trainees must do accompanied inspection reports for every inspection you do, whether you are writing the inspection in OE or not.

\_ All lead CSHOs should be filling out the evaluation forms when a trainee goes with them on an inspection.

\_ Changes in lapse times includes DS Moore's review time. DS will include lapse time with and without his review time in the intern appraisal.

\_ Please let DS Moore know what committees you are on.

\_ We have 3 open positions in the district. DS Moore will be scheduling interviews with the help of Doreen and Mark, likely after the holidays due to vacation conflicts.

\_ If you want an extra docking station for home go see Cynthia.

\_ Margaret Ness presented "Ladder Safety" and common violations concerning fall hazards.

\_ Matt Fairfield presented "Driving Safety". Distraction causes most accidents.

\_ Please inform DS Moore if you get any type of traffic tickets. There are cameras in Raleigh.

\_ Let DS Moore know if you are planning to take vacation. We will have to have coverage during the holidays. The tuna is biting 3 miles offshore.





# Ladder Safety

Fall From

12/14/2021

M. Ness

# Ladder Usage

- Construction
- Industry
- Residential





# Work Activity Variability



A decorative graphic in the top-left corner of the slide, consisting of several parallel lines in blue and grey that form a stylized ladder frame.

# Ladder Construction

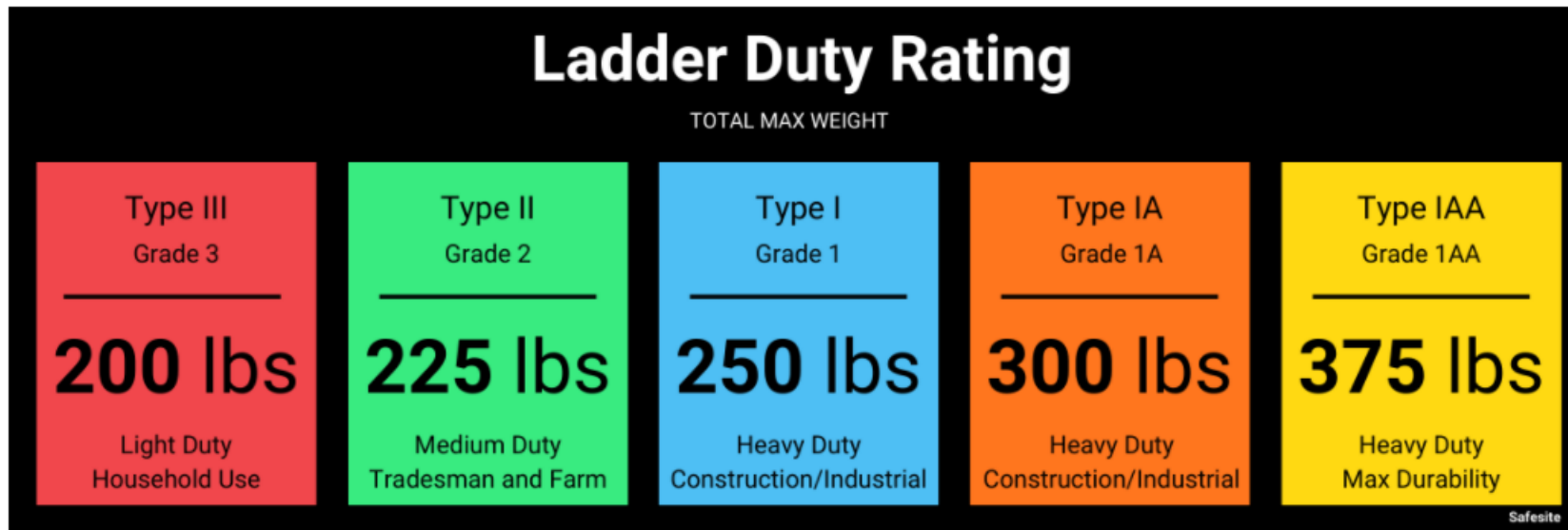
- Material (fiberglass, aluminum, wood, steel)
- Type (A-frame, extension, job-built, fixed)
- Load
- Height



# Equipment Associated with Ladder Usage

- Power tools
- Hand tools
- Building materials
- Scaffolding





*A guide to ladder duty rating labels. See the label on your ladder to determine its maximum load.*

The weights of commonly used tools and materials are:

- 5-gallon bucket of paint – 60 lbs
- Portable sprayer – 20 lbs
- Ceiling fan – 30 lbs
- Toolbox – 35 lbs
- Bundle of shingles – 70-100 lbs
- A sheet of plywood – 80 lbs
- Three 4×4-foot lumber boards – 80 lbs





## Hazards Observed

- Too Short
- Wrong type for use
- Set up
- Defective
- Labeling

# Common Violations





1926.1053(b)(9) - The area around the top and bottom of ladders shall be kept clear



**Debris**

Trip hazards  
Stability



# Top Step

Poor stability  
Risk of fall  
No hand holds

**1926.1053(b)(13).** The top or top step of a stepladder shall not be used as a step.



# 3 feet

Poor stability  
Risk of fall  
No hand holds

**29 CFR 1926.1053(b)(1):** When portable ladders were used for access to an upper landing surface and the ladder's length allows, the ladder side rails did not extend at least 3 feet (.9 m) above the upper landing surface being accessed





# Defective/ broken



29 CFR 1926.1053(b)(16): Portable ladders with structural defects, such as, but not limited to, broken or missing rungs, cleats, or steps, broken or split rails, ....., were not either immediately marked in a manner that readily identifies them as defective



# Job Aids




# Planning Ahead

- Intended load
- Visual inspection for defects
- Keep top and bottom areas clear
- Set up ; angle / height above landing
- Survey the area for hazards (ie. Overhead power)
- Set the base

Type	Duty Rating	Use	Load
IAA*	Special Duty	Rugged	375 lbs.
IA	Extra Duty	Industrial	300 lbs.
I	Heavy Duty	Industrial	250 lbs.
II	Medium Duty	Commercial	225 lbs.
III	Light Duty	Household	200 lbs.

*Source for Types IA, I, II, III: Subpart X—Stairways and Ladders, Appendix A (American National Standards Institute (ANSI)) 14.1, 14.2, 14.5 (1982)) of OSHA's Construction standards. Source for Type IAA: ANSI 14.1, 14.2, 14.5 (2009), which are non-mandatory guidelines.*




What about personally?  
Home use....



# Attic Pull Down Ladders

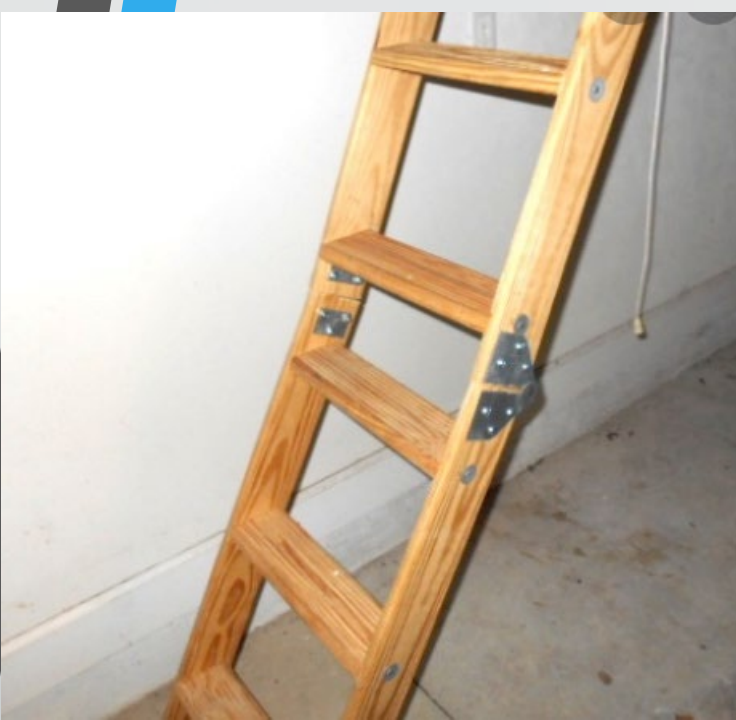




Most ladder accidents are caused by ladder failure due to exceeding ladders' weight limit, ladders that are not installed properly, or not climbing correctly.

#### Attic Pull Down Ladders – Common Defects from Install

- Cut structural truss
- Fastened w/ improper nails or screws
- Fastened w/ too few nails or screws
- Lack of insulation
- Pull-down ladders cut too short /too long
- Improper/missing fasteners at the hinges – common in wood attic ladders
- Cracked steps
- Sliding pull-down ladders, potential to slide quickly down



Wood – 250-lb load capacity  
Aluminum – 375-lb load capacity



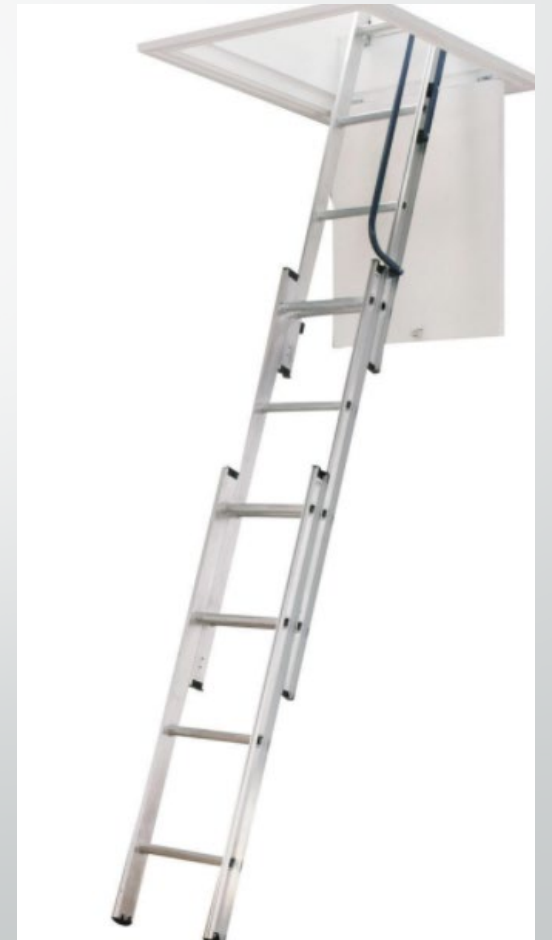
Pull down



Scissor



Telescoping



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# Driving Safety

- ***General Duty Clause Sec. 5 (a) (1)***

**Presented by:** Matthew Fairfield



Occupational Safety  
& Health Division

Josh Dobson, Commissioner of Labor

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# Objectives

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- At the end of this course, students will be able to:
  - Understand the importance of concentration while driving and how accidents are caused by distracted driving
  - Understand the special hazards of foul weather driving as well as techniques to minimize those hazards



Mancomm  
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# Scope and Application

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- Safe Driving practices applies to all state employees that operate state owned vehicles that fall under Motor Fleet Management (MFM) Standards

## OCCUPATIONAL EXPOSURE

# Distracted drivers



# Distracted drivers

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- The Nation Highway Traffic Safety Administration (NHTSA) reported in 2019 3,142 fatalities resulting in distracted drivers.
  - Visual- taking your eyes off the road
  - Manual- taking your hands of the wheel
  - Cognitive- taking your mind off your driving



# Distraction examples

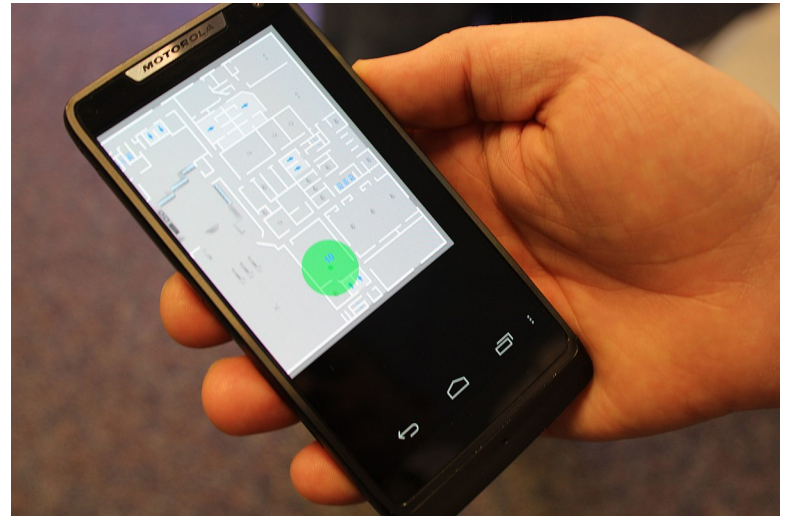
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- Texting
- Eating and drinking
- Talking to passengers
- Grooming
- Using a GPS
- Manipulating vehicle entertainment system controls

# Cell phone use

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- Using a cell phone while driving delays a driver's reactions as much as having a blood alcohol concentration at the legal limit of .08%.



# Cell phone use

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- Texting is the most dangerous of all cell phone activities as it uses all three types of distractions, visual, manual, and cognitive.



# Inclement weather driving

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# Inclement weather driving

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- Bad weather increases driving hazards
- Rain, snow, and ice make roads slippery
- Visibility is reduced
- Drivers become tense and worried, which may make them drive less safely

# Wet weather hazards

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- Reduce speed
- Use headlights and wipers
- Be mindful that when rain starts, the roads are the most slippery
- Be aware of passing truck, the water may spray on your windshield reducing visibility
- Be prepared to respond quickly



# Winter weather hazards

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- Clear snow from the entire vehicle before driving
- Reduce speed
- Brake gradually
- Look out for icy patches particularly on bridges and shady places
- If you skid, remove your foot from the gas and steer gently into the skid

# Summary

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- In this course, we covered:
  - Scope and application
  - Definitions
  - Exposure control
  - Methods of compliance

# Thank You For Attending!

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## Final Questions?



Occupational Safety  
& Health Division

*Josh Dobson, Commissioner of Labor*

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