



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Maine Chapter

April
2024
Volume 4

**April is Ladder
Safety Month!**

NEWSLETTER

Message from the Editor...

Greetings Maine Chapter members and welcome to our 5th newsletter!

Did you catch our virtual chapter meeting on March 28th? If not you missed a great presentation by Sean Ryan as he walked us through the challenges of the demolition and construction at Maine Medical Center. He had plenty of pictures and anecdotes that revealed the issues faced by Turner Construction (and other contractors) during the project.

Let's hope the good weather is here to stay!

- Kurt



Ladder Safety DOs and DON'Ts

To prevent workers from being injured due to falls from various types of ladders, including extension ladders and stepladders, employers are encouraged to adopt the following practices:

Safe Extension Ladder Use—DO:

- Maintain a 3-point contact (two hands and a foot, or two feet and a hand) when climbing/descending a ladder.
- Face the ladder when climbing or descending.
- Keep the body inside the side rails.
- Use extra care when getting on or off the ladder at the top or bottom.
- Avoid tipping the ladder over sideways or causing the ladder base to slide out.
- Carry tools in a tool belt or raise tools up using a hand line. Never carry tools in your hands while climbing up/down a ladder.
- Extend the top of the ladder three feet above the landing.
- Keep ladders free of any slippery materials.

Safe Extension Ladder Use—DON'T:

- Place a ladder on boxes, barrels, or unstable bases.
- Use a ladder on soft ground or unstable footing.
- Exceed the ladder's maximum load rating.
- Tie two ladders together to make them longer.
- Ignore nearby overhead power lines.
- Move or shift a ladder with a person or equipment on the ladder.
- Lean out beyond the ladder's side rails.
- Use an extension ladder horizontally like a platform.

We need someone to present at our next meeting!

We are scheduled to have the next Maine Chapter Virtual Meeting on Thursday, May 23rd @ noon but we don't have a speaker lined up...would you like to deliver a 20-30 minute presentation to the group?

If you are interested in hosting one of these presentations, please reach out to either:

“Safety John” John L. Lowrie, CPP
Membership Chair
Cell: (207) 849-0889

Kurt A. Kirkland, CSP, CIT
Chapter President
Cell: (805) 798-0257

Remember: YOU have the power to make the ASSP Maine Chapter what we want it to be!

We just learned of a **FREE** training opportunity, and we wanted to pass along the details!

Coming up on May 15th and 16th at the SafetyWorks! Training Institute on 45 Commerce Drive, Augusta, ME 04330, the Georgia Tech Enterprise Innovation Institute will be presenting **FREE TEMPERATURE EXTREMES TRAINING!**

These are four and a half hour classes designed to educate employers and employees on heat and cold stress including signs and symptoms and how to prevent heat and cold stress related injuries and illnesses from occurring. This FREE training was developed under a Susan Harwood Grant.

See details on how to register for these training sessions on either of the two flyers that will accompany this newsletter.

In recognition of National Ladder Safety Month, use these **three steps** to avoid an injury:



1. Inspect before use
2. Follow the 3-point rule
3. Stay balanced

What are you doing to promote Ladder Safety Month?

Share your best practices with the Maine Chapter!

MEET YOUR ASSP MAINE CHAPTER BOARD MEMBERS

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The Board typically meets every other month; we maintain all our meeting minutes on the ASSP Maine Chapter website.

To contact your Board Members, go to: <https://maine.assp.org/>

CALENDAR OF EVENTS

Apr 24th @ 3pm –
Executive Committee Mtg

May 15th & 16th – FREE
Temperature Extremes
Training @ SafetyWorks!

May 23rd @ noon –
Maine Chapter Virtual
Meeting

Aug 7-9th ASSP Safety
2024 -Denver, CO

Oct 15-17th 97th Annual
Maine Safety & Health
Conference

10 Ladder Safety Rules



Choose the
right ladder



Check for damages
or issues before
each use



Ensure physical
capability of using
a ladder



Set up the ladder
on a flat and
stable surface



Set up in a
safe place



Never lean or
reach away
from the ladder



Always maintain
a three point of
contact



Only take small
items up or down
a ladder



Apply the
1:4 rule



Climb down
cautiously

SafetyCulture

Please send your questions, comments, suggestions, and feedback and I will respond as soon as I am able.
This Newsletter is not possible without the input from the Chapter Membership!

Chapter President: Kurt A. Kirkland president@maine.assp.org