TIPS ON LADDER SAFETY

- Do not work on the top rung of the ladder.
- Place the ladder on stable and level ground. Do not place it on an uneven surface.
- Maintain three points of contact with the ladder at all times.
- Do not lean away from the ladder to carry out your task. Always keep your weight centred between the side rails.

Ensure that the ladder is fully extended before starting work.
WORKING ON ROOFS
How to keep yourself safe

- **Do not drape the lifeline loosely around the post. It may slip out and endanger you and your co-workers.**
  - **Make sure that lifelines are well-secured.**

- **Do not work on a roof without hooking to a lifeline.**
  - **Make sure that you are properly hooked to a lifeline when working on roofs.**

- **Do not use only one lanyard and hook.**
  - **When you unhook to move around the roof, you will be left unprotected.**
  - **Use a double lanyard and hook if you need to move around the roof.**

- **Do not wear a helmet with no chin strap.**
  - The chin strap prevents the helmet from slipping off your head and hitting your co-workers or passers-by.
  - **Make sure that the chin strap on the helmet is tightened before you start work.**

- **Do not set up barricades without sufficient clearance from the hazardous area.**
  - **Barricades should be set up at a safe distance from the work area so that if something falls off, no one would be hit.**

- **Do not have lines or ropes all over the work area.**
  - They are tripping and falling hazards.
  - **Plan before you start work to avoid a messy work area. A messy work area increases the chances of you and your co-workers tripping or falling.**

- **Do not place unsecured items near the edge when working on roofs.**
  - They can slip off the roof and injure passers-by below.
  - **Place items further away from the edge.**
**WORK AT HEIGHTS SAFETY**

Falling off roofs and ladders can kill. Learn how to work on them safely.

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**Case Study 1**

**Worker Fell through Roof and Died**

**What happened?**
Five workers were dismantling roof sheets on the pitched roof of a factory building. One worker accidentally stepped onto a roof skylight. The skylight was too fragile to support his weight and it broke. As a result, he fell about 11 metres and died on the spot.

**What could have gone wrong?**
- The company did not conduct risk assessment (RA) before starting work.
- All five workers were not wearing the correct equipment for this type of roof work.
- There were no lifelines on the rooftop for workers to anchor themselves.

**What should have been done?**
- RA should have been done before starting work; it would have identified skylights as fragile surfaces.
- They should have worn safety harnesses with shock absorbers.
- Proper hook-ups and the correct equipment would have prevented the workers from being badly hurt if they fall.

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**Case Study 2**

**Worker Fell from Ladder and Died**

**What happened?**
A worker stood on an A-frame ladder to pull cables through a false ceiling to lay new telephone lines. While working halfway, he fell off the ladder from a height of 2.8 metres. He landed on the carpeted floor and lost consciousness. Two days later, he was declared brain dead.

**What could have gone wrong?**
- The worker may have stood on the top rung of the A-frame ladder.
- Both his hands may have been handling the telephone lines.
- The ladder could have been unstable on the carpeted floor, leading to the worker’s fall.

**What should have been done?**
- Do not work on the top rung as you can easily fall off.
- Always maintain three points of contact when working on ladders (e.g., two feet and one hand on ladder).
- Always place the ladder on stable and level ground.

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**HOW TO WORK SAFELY ON ROOFS?**

Correct the 7 hazards identified in this picture. Write the hazard number next to the statement that would make working on roofs safer. Answer correctly and stand to win a prize!

Wear a helmet with a chin strap and make sure it is tightened to prevent it from slipping off your head.

Ensure lifelines are well-secured around the post so that it doesn’t endanger you and your co-workers.

Practice good housekeeping so that lines and ropes do not become tripping hazards.

Hook up to a lifeline when working on roofs.

Set up barricades at a safe distance so that no one will get hurt if something slips off the roof.

Place items further away from the edge of roof.

Use a double lanyard and hook while working at height.

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Mail your entry to:
Workplace Safety and Health Council
Level 4, Ministry of Manpower Services Centre
1500 Bendemeer Road
Singapore 339946

The closing date for entries is 15 September 2012.

**WSH Quiz Issue 111203**

Full name: ____________________________

NRIC or FIN No: ______________________

Handphone No: _______________________

Address: ____________________________
Take a photo or write to tell us what workplace safety means to you.

Three winning letters or photos will be selected. Don’t forget to include your full name, company name, address, contact number and work permit number.

Mail your letter to:
Workplace Safety and Health Council
Level 4, Ministry of Manpower Services Centre
1500 Bendemeer Road
Singapore 339946

The Workplace Safety and Health (WSH) Council was established on 1 April 2008 to raise WSH standards in Singapore. The Council comprises 18 leaders from the major industry sectors, the Government, unions and professionals from the legal, insurance and academic fields.

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Address
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Those interested in subscribing to the iWSH newsletter can write to WSH_iWSH@wshc.sg to be on the mailing list.

Winning Letter

Dear Editor,

I work at a shipyard and am an avid reader of iWSH. After reading each issue of iWSH, I feel that I have learnt a lot from the newsletter. iWSH explains the importance and necessity of operational and workplace safety through illustrations, images and actual case-studies. The newsletter also reminds us that as we work, we must pay attention to safety matters and take care of ourselves and others. We have to review previous accidents so that we can avoid similar occurrences in future. This way, we will be able to work happily and return home safely.

Thank you iWSH for raising the alarm bells to alert all workers!!

Regards,

SHAO WEIJIANG
13 February 2012

The author of this winning letter wins a $250 voucher.