

Designated areas for workers on roofs

When you are doing maintenance or repair work at least 15 feet from the edge on a low-slope roof, a designated area will be used as a way of protecting you from falling off the roof. A designated area is a portion of the working area that is marked off by a warning line where you can work without additional fall protection. Warning lines are most often associated with work done on roofs because that's where their use is allowed—specifically on low-slope roofs. This includes “flat” roofs that have a slight slope.

A warning line must consist of ropes, wires, or chains and be supported in such a way that pulling on one section of the line will not cause another section to slack. The line needs to be located between 34 inches and 39 inches from the working surface and must have a minimum breaking strength of 200 pounds. You must flag the line with high-visibility material so that it is clearly visible from a distance of 25 feet and anywhere within the designated area. It needs to be set up as close to the work area as possible but not less than 15 feet from the roof edge.

Any equipment, tools, or materials you are using need to be inside the designated area. When mechanical equipment is being used in the area, the warning lines need to be set no less than 10 feet from the edge in the direction the machine operator is traveling and 6 feet on other unprotected sides. You can only access and leave the designated area without additional fall protection and not perform any type of work.



January 2021

Retail safety: Preventing customer falls

Though you might not think going shopping is a particularly dangerous endeavor, customer slips and falls make up nearly half of all claims against retailers. Small spills or debris on the floor or leaks from equipment can cause a surprising number of injuries, such as sprains, bruises, fractures, and head and back injuries, and retail workers can fall victim to them, as well.

There are many steps a retailer and its workers can take to prevent slips, trips, and falls. Keep the following tips in mind:

- Regularly monitor the floor to make sure it is free of any spills and trip hazards. Ice, snow, or rain can create puddles at the entrance, and spilled drinks or leaking equipment can cause slip hazards around the premises. If you spot a spill, post a visible sign or cordon off the area to warn customers and coworkers of the hazard. Ensure that the spill is cleaned up thoroughly and immediately. Use floor mats where appropriate.
- Identify areas where customers or employees have slipped, tripped, or fallen in the past and where these types of incidents are likely to happen. These areas may include equipment using water or liquid, restrooms, or areas with loose merchandise like fruit, vegetables, or plants.
- Display any liquids so they are not likely to spill onto walkways. Don't place containers of liquid too close to the front of shelves.
- Make sure all equipment and pipework are in good working order, with proper seals and valves to prevent leaks.
- Never stack merchandise or boxes in aisles or on the sales floor. These items can be tripping hazards.
- Remove trash from the sales floor regularly. After receiving shipments, dispose of packing material and other wrappings carefully. If these items are allowed to clutter the retail floor, they can become tripping hazards, as well.
- Check to make sure your workplace has adequate lighting. A poorly lit store can impair vision, leading to trips and falls. Add more lighting if necessary, and make sure to promptly change any burnt-out bulbs.
- Make sure that if you are using an item with an electrical cord, such as a vacuum cleaner or a steamer, the cord does not cross a walkway.
- Ensure that you walk calmly as you go about your workday. If you rush around the store while trying to address customers' needs, you can increase your chance of causing an injury to yourself or other shoppers.
- Make sure customers have access to containers like carts or baskets to carry their items. This prevents them from dropping merchandise or obscuring their vision, both of which can cause trips and falls.
- Ensure that store cameras, if present, are working correctly. These devices can provide necessary evidence to help you tell the difference between actual customer accidents and potential scams.

Commercial driver safety: Vehicle inspections

Before you drive a commercial motor vehicle (CMV), conduct a basic visual inspection. Some things to check include lights, windshields, mirrors, tires, brakes, and signals. Also, make sure that any cargo you are carrying is properly stacked and tied down securely.

Next, review the driver vehicle inspection report that was completed by the previous driver of that vehicle. If the report identifies any safety issues, you must sign the report to acknowledge that you have reviewed it and that any necessary repairs to correct these safety issues have been completed. If there is no certification that necessary repairs have been made, do not drive the vehicle.

After you complete a shift, inspect your vehicle again. Inspect at least the following parts: service brakes, including trailer brake connections; parking brake; steering wheel and horn; lights and reflectors; windshield wipers; rearview mirrors; tires, wheels, and rims; coupling devices; and emergency equipment.

If you find any problems that could affect the safety of the vehicle or cause it to break down, describe them in a driver vehicle inspection report. If you drive a passenger-carrying motor vehicle, you need to prepare a driver vehicle inspection report describing your inspection findings even if you do not find any problems. For property-carrying motor vehicles, you need to prepare and submit the report only if you discover a problem. If you complete a report, sign it and submit it to your motor carrier.

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warning
roofs
slips
falls
vehicle
inspection
cold
conditions

Working in cold conditions: QUIZ

- Hypothermia is easily preventable if you take proper precautions. TRUE or FALSE.
- Which type of material should you wear when working in cold weather conditions?
 - Synthetic.
 - Cotton.
 - Wool.
 - Any type of material is appropriate.
- Which of the following should you avoid when working in cold weather conditions?
 - High-calorie foods
 - Caffeine
 - Warm soups
 - Sweet drinks
- If a person develops hypothermia, you should place him or her in front of a hot fire and apply heated blankets or pads. TRUE or FALSE.

ANSWERS

1. TRUE. 2. A. 3. B. 4. FALSE.
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Working in cold conditions: Preventing hypothermia

Working in the cold exposes you to the risk of hypothermia. Hypothermia can be very serious, but it is easily preventable if you take some simple precautions:

- Dress in several layers of loose, warm clothing. Choose synthetic materials that wick moisture away from your skin over cotton, and make sure your clothing does not cut off circulation to any of your body parts.
- If your clothing becomes wet, remove it and change into dry clothing as soon as possible.
- Consume warm, high-calorie foods, including warm soups and sweet drinks, while working in cold conditions.
- Avoid alcohol and caffeine when working in the cold.
- Stay in good shape through regular exercise, plenty of sleep, and a healthy diet.
- If you have a medical issue, get a medical exam before working in the cold to make sure you can safely do so.
- If possible, avoid activities that lead to heavy sweating.
- Avoid long periods of sitting and standing still.
- In very cold weather, take periodic breaks in a warm, sheltered area.

You should seek medical help for all cases of hypothermia, even mild ones. While you wait for medical help to arrive, give the following first aid:

- Remove the affected person from the cold environment to a warm shelter.
- Remove wet and cold clothing.
- Wrap the affected person in dry, nonheated blankets.
- Warm the internal areas (neck, chest, abdomen, groin) first. Arms and legs should be warmed last.
- Do not place the affected person in front of a hot fire or apply heated blankets or pads.