



WisCon Words of Wisdom

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March Awareness Topics

[March 9-15: National Patient Safety Awareness Week](#)

[March 17-21: National Poison Prevention Week](#)

[March 17-23: National Drug & Alcohol Facts Week](#)

[March 23-29: International Cleaning Week](#)

All Month Long:

[Brain Injury Awareness Month](#)

[National Nutrition Month](#)

[Workplace Eye Wellness Month](#)

[National Ladder Safety Month](#)

Upcoming Webinars

Stay tuned! No Webinars are currently scheduled.

We want to hear from you!

What content would you like to see in an upcoming newsletter? Let us know [here](#).

Don't Overlook the Heights: Why Cleaning Up High Matters

Cleaning areas at height is essential for maintaining a safe and healthy work environment. Dust, debris, and other contaminants can accumulate in hard-to-reach places like ceilings, light fixtures, and ductwork. This buildup can negatively impact air quality, potentially leading to respiratory problems and allergies for workers, not to mention creating fire or explosion hazards. Regular cleaning of these elevated or otherwise unseen areas can help prevent these issues, ensuring a cleaner and healthier workplace for everyone.

Beyond the immediate safety and health benefits, cleaning at height also contributes to the overall maintenance and longevity of a building. Removing dust and debris from fixtures and structural elements can prevent damage and extend their lifespan. Additionally, clean and well-maintained spaces create a positive impression for employees and visitors alike, reflecting a commitment to professionalism and attention to detail. By prioritizing the cleaning of areas at height, businesses can create a safer, healthier, and more welcoming environment for all.

Guidelines for an Effective Laser Safety Program

Laser safety programs are essential in workplaces where lasers are used. The ANSI Z136.1-2022 standard is a helpful tool when creating laser safety programs and trainings. Let's review some helpful high level points from the ANSI Standard.

The first crucial step in developing an effective laser safety program is appointing a Laser Safety Officer (LSO). The LSO is responsible for overseeing the laser safety program, enforcing safety protocols, and ensuring compliance with laser safety standards throughout the workplace. The LSO should be a competent individual with knowledge of the laser machinery, as well as the ANSI standard.

Even if lasers are enclosed, an LSO is recommended because enclosures may need to be removed for maintenance or service, and an LSO is needed to manage the associated risks. When enclosures are removed for service, temporary work authorizations should be created to outline specific safety controls, such as establishing a Laser Controlled Area (LCA), identifying the Nominal Hazard Zone (NHZ), and implementing necessary administrative controls.

Your laser safety program should also include detailed training on standard operating procedures (SOPs) and safety policies to ensure all personnel are adequately informed and prepared. You should also be including and imple-

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Climbing to Safety: March is Ladder Safety Month

Every March, the American Ladder Institute (ALI) shines a spotlight on ladder safety with National Ladder Safety Month. This initiative aims to raise awareness about the importance of ladder safety and educate people on how to prevent falls and injuries while using ladders. With ladder-related accidents being a significant concern in various industries, it's crucial to equip workers with the knowledge and skills to stay safe on the job.

Key Ladder Safety Guidelines

- Before using a ladder, inspect it for any visible damage or defects. Never use a ladder that is broken or missing parts.
- Choose the right ladder for the job. Consider the height and weight capacity needed for the task.
- Ensure the ladder is placed on a stable and level surface. Avoid placing ladders on uneven or slippery surfaces.
- Always maintain three points of contact while climbing a ladder. This means keeping two hands and one foot, or two feet and one hand in contact with the ladder at all times.
- Avoid carrying heavy objects while climbing a ladder. Use a rope or pulley system to lift materials to the desired height.
- Never stand on the top rung of a ladder. Always leave at least three rungs between your feet and the top of the ladder.
- When using an extension ladder, make sure it extends at least 3 feet beyond the landing point.
- Secure the top of the ladder to prevent it from tipping over.
- Always wear slip-resistant shoes while working on a ladder.

If you feel tired or dizzy, take a break. Never try to rush a job while using a ladder.

Ladder Safety Month Activities

Ladder Safety Month is the perfect time to engage in various activities to promote ladder safety awareness in your workplace. Here are a few ideas:

- Conduct ladder safety training sessions for all employees.
- Organize ladder inspections to identify and replace any damaged ladders.
- Create ladder safety posters and distribute them throughout the workplace.
- Share ladder safety tips and reminders on social media platforms.

Recognize and reward employees who demonstrate exceptional ladder safety practices.

By actively participating in Ladder Safety Month, you can contribute to creating a safer work environment and reducing the risk of ladder-related accidents.

Additional Resources

For more information on ladder safety, please visit the following websites:

[Ladder Safety Institute](#)

[OSHA Ladder Safety](#)

[National Institute for Occupational Safety and Health \(NIOSH\)](#)

Guidelines for an Effective Laser Safety Program

menting a plan for managing suspected laser-induced injuries. These injuries, particularly to the eyes, are time sensitive and required immediate medical attention. Medical examinations should be conducted by a trained professional, preferably with experience in laser injuries, within 48 hours of the incident to ensure proper treatment.

Another key element to laser safety is maintain an accurate laser inventory within your program and trainings. The inventory helps

to track the types and classes of lasers within the facility, ensuring that appropriate controls are in place for each laser's hazards.

Following the ANSI Z136.1-2022 guidelines ensures that a robust laser safety program is in place, protecting both employees and visitors from potential hazards. If you have questions or would like guidance in developing a laser safety program at your site, reach out to WisCon for more information.

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