

## FALL PREVENTION REGULATION CHANGES

Falls from heights are the leading cause of serious injury or death on construction sites. Cal/OSHA is revising the fall protection regulation to help keep workers safe while working at heights. The big change is the trigger height – the height where workers must use fall protection. It will apply to residential roofers and framers starting July 1, 2025.

Under the revised regulation, employers must provide fall protection equipment when employers are working at **6 feet or more above a lower level**. Acceptable fall protection equipment includes:

- Construction guardrails
- Personal fall arrest systems
- Scaffolding
- Personal fall restraint systems
- Safety nets

For more information, please review the summary of the regulation changes on:  
[www.safeatworkca.com/news/calosha-trigger-height-change-coming-soon](http://www.safeatworkca.com/news/calosha-trigger-height-change-coming-soon)



# BE WISE

# BE SAFE!!

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## HEALTH & SAFETY NEWS

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# HAPPY JULY 4TH!!!!!!

CELEBRATE SAFELY!!

## OUTDOOR HEAT ILLNESS PREVENTION

Cal/OSHA's Heat Illness Prevention for Outdoor Places of Employment regulation applies to all outdoor places of employment such as those in the agriculture, construction, and landscaping industries.

For outdoor workplaces, California employers must take these required four steps to protect workers from heat illness:

1. **Training** – train all employees and supervisors about heat illness prevention.
2. **Water** – provide enough fresh water so that each employee can drink a least 1 quart per hour, or four 8 ounce glasses of water per hour, and encourage them to do so.
3. **Shade** – provide access to shade and encourage employees to take a cool-down rest in the shade for at least 5 minutes. *They should not wait until they feel sick to cool down.*
4. **Planning** – develop and implement written procedures for complying with the Cal/OSHA Heat Illness Prevention Standard.

For additional information on the Heat Illness Prevention Standard, please visit:  
[www.dir.ca.gov/dosh/heat-illness/outdoor](http://www.dir.ca.gov/dosh/heat-illness/outdoor)

**SAFETY FIRST**



**WHEN IT'S HOT,  
DRINK PLENTY  
OF WATER**

# SAFE LADDER USE

**Ladders are one of the leading sources of workplace injury.** The Centers for Disease Control (CDC) report 8-in-10 construction injuries treated in emergency rooms nationwide involve ladders. Most ladder injuries are the result of falls. Either a worker loses balance and falls off a ladder, or it is unstable and tips over with a worker on it. Another big injury risk is electrocution when working near power lines. Your employees are at risk of ladder injuries each time they set foot on one. However, most of those injuries are preventable.

**Ladders are not always the safest option.** Sometimes scaffolding or aerial lifts are safer. Once it is determined that the ladder is the best option for the job, it is important to use the right one. The right ladder for the job may not be the first one available or easiest to carry.

After choosing the right ladder, inspect it to make sure it's in good working condition. If the inspection shows any defects, take the ladder out of service, and tag it as damaged.

When putting the ladder in place, follow these three important rules:

- If using an extension ladder, extend the ladder three feet above the landing – the 3-foot rule.
- Move the base of the ladder out one foot for every four feet of ladder height – the 4-to-1 rule.
- Ladders shall be tied, blocked, or otherwise secured against movement or slippage.

When climbing a ladder, always maintain three points of contact. Use a tool belt to carry tools up the ladder, rather than holding anything in your hands.

Keep the area around the top and base of the ladder clear. Avoid running hoses, extension cords, or ropes on a ladder as these may cause obstructions.

Do not lean to one side on the ladder. If something is out of reach, climb down and move the ladder to the right spot. Also, never tie ladders together or place on boxes, buckets, or other objects to get extra height.

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# MOTOR VEHICLE SAFETY FOR DRIVERS

**Your safety and the safety of others on the road must always be a priority. Please use this guidance before you get behind the wheel.**

- ♣ Inspect your work vehicle at the beginning of every workday. Pay specific attention to:

Brakes/brake systems  
Tires – tread depth and air pressure to standards  
Wheels, fasteners, and hubs  
Lights and signals  
Steering functions  
Fuel and exhaust system  
Fluid levels  
Windows and mirrors – clear view  
Emergency equipment and safety devices  
Cargo securement – if applicable  
Flatbed trailers fall protection systems – if applicable



- ♣ Do not drive a vehicle with safety deficiencies.
- ♣ Document and report any safety deficiencies to the fleet manager or employer.
- ♣ Ensure your state-issued driver's license is up to date.
- ♣ Obey all traffic laws.
- ♣ Always buckle your seat belt before moving the vehicle regardless of the distance that you are traveling.
- ♣ Keep 100% of your attention on driving, 100% of the time.
- ♣ If you must communicate with your employer, customer, or anyone else while driving, pull off the road to a safe area and complete your communication before returning to the road.
- ♣ Never drive a vehicle while distracted, drowsy, or impaired.
- ♣ Be extra careful while traveling through work zones. Look for signage when approaching and traveling through work zones for reduced speeds, flaggers, lane shifts, and other important information.

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