# March Newsletter

We had another great meeting this month. Instead of our normal speaker, we brought in nine different supplier vendors for our members to network with. All the vendors came highly recommended from our members and we like to make sure that you have suppliers that you can count on. It was nice to see that several of the supplier vendors were members of our organization too! Thank you to everyone who came out to support this night!
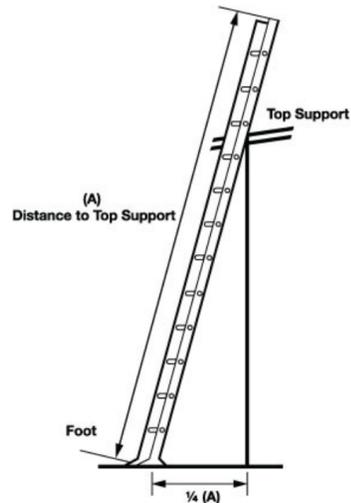
Safety Tip: Ladders - Safe Use

Ladders, used properly, can be a safe and convenient tool. When used improperly, however, they can lead to a serious injury or result in a fatality.

Hazard assessment:

- Perform a hazard assessment for the task to be carried out.
- Establish the proper and safe access to the work platform.
- Select the right type and size of ladder for the job, assuring load capacity is not exceeded.
- Do not use metal ladders for electrical work or in places where the potential of contact with electrical lines exists.

Ladder set-up:

- Check the ladder for damage and defects before use.
- Do not use ladders on soft ground or slippery flooring.
- Secure ladders appropriately.
- Get help when moving large ladders.
- Set up ladders in safe and stable conditions.
- Check for overhead power lines.
- Do not rest ladders on glass or other weak surfaces.
- If you are working in an area near people or vehicles, restrict access. Clearly post, barricade and, as needed, have an assistant stay at the base of the ladder to keep it clear.
- Place the ladder near your workspace.
- Assure that all non-self-supporting ladders extend at least three feet above the highest support point.
- Angle non-self-supporting ladders properly, with a 4:1 ratio.
- Seek help if a ladder is too heavy or awkward to place correctly on your own.
- Do not use ladders as a work platform.
- Place non-self-supporting ladders so that both rails have equal support.

Safe use of ladders:

- Climb a ladder by holding on to the rails and not the steps.
- Climb facing the ladder with your body centered between the rails.
- Do not twist your body while climbing.
- Use a three-point stance with at least three extremities attached to the ladder.
- Do not climb with hands full of gear.
- Put any materials you need to take up a ladder into a tool bag.
- Use hand lines or hoists to lift and lower heavy objects.
- Allow only one person on a ladder at a time.
- Do not move or extend the ladder while occupied.
- Fully open step ladders.
- Keep the area around the bottom and top of the ladder free of debris.
- Do not step on the tops of stepladders.

Protective gear:

- Fall protection must be worn based on the hazard assessment.
- Footwear with good support, non-slip soles, and free of mud, oil, and any other slippery debris is required when working on a ladder.
- Safety glasses or hardhats may be required for overhead work.

Annual Golf Tournament

Time to dust off your golf clubs and join us for a Friday out of the office. Sign up now to take part of our tournament on May 6th. Registration deadline Friday, April 29th. We need non-golfers too for beverage cart sponsors, hole sponsors, and goodie bag sponsor.
Sign up now!

Upcoming Events:

- April 12th - Monthly Meeting - Texas Open Carry Law Update
- May 6th - Golf Tournament
- May 10th - Monthly Meeting - Legal Update
- June 14th - Monthly Meeting
- July 12th - Monthly Meeting
- August 9th - Monthly Meeting
- August 26th - PAC Clay Shoot

Click here for more details

Did you know that we actually want to encourage you to bring your competitors to our meetings? We want to make sure the subcontractors of Central Texas know how beneficial our organization is for their company. Invite your fellow sub to join us for our next meeting. If you get a subcontractor to join, you get $100 and they gain all the knowledge we can provide. Win-Win!

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