

Spotlight on Safety

LADDER SAFETY

1 Position the ladder properly

Fully open the stepladder on a level surface and lock its spreaders in place.

Never use a stepladder folded up and leaning against a surface.

2 Use a ladder that is long enough

Never climb on the top two steps of a stepladder.

Never place the stepladder on boxes or unstable bases to gain extra height.



3 Climb and use the ladder carefully

Maintain 3-point contact with the ladder while climbing (such as 1 hand and 2 feet).

Brace yourself with your free hand, if possible.

Always face the stepladder treads while using a stepladder.

Never overreach or lean to one side while using a stepladder.

Never carry heavy, bulky, or other objects that may make going up or down a ladder unsafe.

- Wear clean slip-resistant shoes. Shoes with leather soles are not appropriate for ladder use since they are not considered sufficiently slip-resistant.
- Before using a ladder, inspect it to confirm it is in good working condition.
- Ladders with loose or missing parts must be rejected.
- Rickety ladders that sway or lean to the side must be rejected.
- The ladder you select must be the right size for the job
- The Duty Rating of the ladder must be greater than the total weight of the climber, tools, supplies, and other objects placed upon the ladder.

- The length of the ladder must be sufficient so that the climber does not have to stand on the top rung or step.
- Only one person at a time is permitted on a ladder unless the ladder is specifically designed for more than one climber (such as a Trestle Ladder).
- Ladders must not be placed in front of closed doors that can open toward the ladder. The door must be blocked open, locked, or guarded.
- Read the safety information labels on the ladder.
- Never jump or slide down from a ladder or climb more than one rung/step at a time.

PREVENT THE SPREAD OF COLD & FLU GERMS.



* Wash your hands regularly



\$108 was donated to the Clare House in Bloomington IL for completed safety quizzes in October!



ESS Clean will be partnering with the Champaign County Department of Children and Family Services this holiday season to adopt a family in need for Christmas. \$1 for every completed Safety Quiz for the month of November will go to this project.

**Each month, 5 winners
get to choose a \$25 gift card to
either a restaurant, gas
station or Wal-Mart,
or choose certain ESS Apparel.**



JACKPOT PRIZES

We will have 8 Jackpot winners this year!
Winners will get to choose from a list of prizes such as electronics, furniture, etc. worth \$400 - \$600!

CUBranch

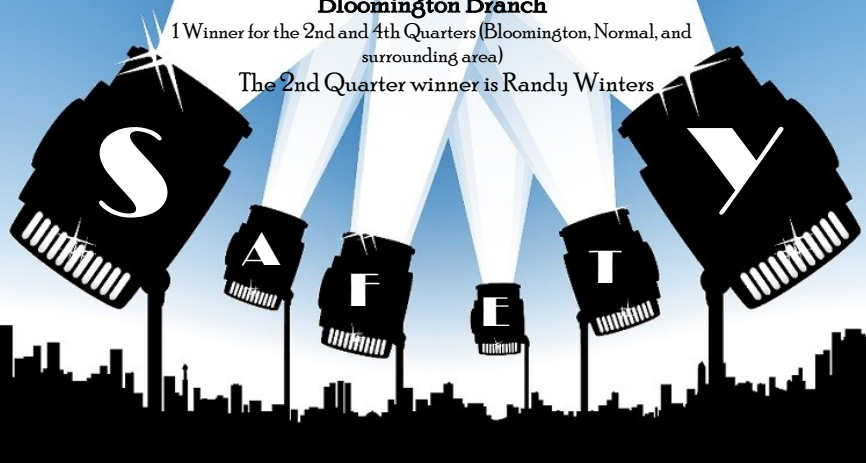
1 Winner Each Quarter (includes Champaign, Urbana, and Decatur)
The 1st quarter winner is Tanner McCollam.
The 2nd quarter winner is Steve Varner
The 3rd quarter winner is Tracy Cooper

Effingham Branch

1 Winner for the 2nd and 4th Quarters (includes Effingham, Mattoon, Assumption, and surrounding area)
The 2nd Quarter Winner is Theresa Haywood

Bloomington Branch

1 Winner for the 2nd and 4th Quarters (Bloomington, Normal, and surrounding area)
The 2nd Quarter winner is Randy Winters



SAFETY QUIZ

HOW TO SUBMIT SAFETY QUIZZES:

OPTION 1

Complete online by following this link:
<http://essclean.com/page/safety-incentive>.

OPTION 2

Bring it into the office or put in our outside drop box.

OPTION 3

Mail it in.

****DEADLINE**
11/30/13**

ESS Clean, Inc.
Attention: Stephanie
P.O. Box 17067
Urbana, IL 61803

Name _____ Employee # _____

- Two easy steps to prevent the spread of cold and flu germs are:
_____ your _____ and _____ your hands _____
- True or False: (circle one): It is ok to set your ladder on top of boxes if you cannot reach.
- Before using a ladder you should?
 - run underneath it
 - ask someone else to test it before you get on
 - inspect it to confirm it is in good working condition
 - all of the above
- Never climb on the _____ _____ steps of a stepladder.
- True or False: (circle one): Rickety ladders that sway or lean to the side are ok to use.
- To climb up and down a ladder you should
 - jump
 - skip the second and fourth steps
 - maintain a 3-point contact
 - have someone else give you a boost



Paul is off the hook he does not have to clean anyone's account.



Unfortunately we did not meet our 4th quarter goal of 65% participation.