



Network Bulletin

Refrigeration/Air Conditioning

Safety Bulletins:

- #1 LIFTING
- #2 CLIMBING & DESCENDING
- #3 REPAIRING/SERVICING
- #4 INSTALLING
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SAFETY BULLETIN #2 CLIMBING & DESCENDING

Statistics have shown that certain types of lost-time-injuries are more prevalent to VAC Work. This bulletin has been prepared to create awareness and suggest solutions to reduce these causes of lost-time-injuries.

Case Histories

HVAC mechanic was climbing ladder to gain access to rooftop equipment when he lost his balance and fell, injuring both his feet.

HVAC mechanic was climbing to roof when ladder collapsed. Worker fell and sustained a sprained right wrist.

Serviceman was climbing ship's ladder when he lost his footing and fell.

HVAC mechanic was descending stairs when he slipped and sustained an injury to his lower back.

HVAC mechanic was descending ladder when he slipped and fell 6 feet, injuring his lower back and right leg.

HVAC mechanic was descending outside stairs when he slipped, injuring his left arm and shoulder.

Activity

Climbing & Descending from ladders, stairs and other access structures continues to be a factor in lost-time-injuries for **HVAC Work** and for construction generally.

Prevention

- **Maintain ladders and stairs in safe condition and use with precautions.**
- **Keep access ways clear of debris and slippery conditions at all times.**
- **Use fall-arrest or travel restraint systems where required.**
- **Complete regular workplace inspections and implement corrective action.**

Please photocopy this bulletin and distribute as widely as possible

