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Dates in History:

- **January 1, 1776:** George Washington unveiled the Grand Union Flag - the first national flag in America.
- **January 1, 1892:** Ellis Island opened.
- **January 1, 1908:** The first ball was dropped at Times Square in New York City.
- **January 3, 1924:** The sarcophagus of Tutakhamen was found by British Egyptologist Howard Carter.
- **January 4, 1790:** George Washington delivered the

LaFerney Commercial Roofing January 2013

Welcome to 2013! We hope this is a productive and rewarding year for you. To further our commitment to safety, we are providing some information regarding roof top fall prevention. Please keep this in mind when performing general maintenance for your roof and/or roof-top equipment. Remember, your employees are your most valuable asset.

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Fall Protection

Falls are one of the leading causes of serious work related accidents and fatalities ("Fall protection," 2012). The Department of Labor estimates that between 150 and 200 workers are killed each year and more than 100,000 are injured due to a workplace fall. Injuries result in a high cost for both the worker and the employer.

Safety Training

Fall protection, when used properly, will prevent serious injury or death. The risk of a fall is greater than many think. When concentrating on work, one can easily forget their



first State of the Union address.

- **January 6, 1952:** The United Nations headquarters in New York City opened.
- **January 10, 1776:** "Common Sense" was published. Written by Thomas Paine, over 500,000 copies were sold influencing the authors of the Declaration of Independence and others.
- **January 10, 1878:** An Amendment to the Constitution granting women the right to vote was introduced by Senator A.A. Sargent of California. This passed 42 years later.
- **January 12, 1966:** Batman debuts on television.
- **January 15, 1943:** The Pentagon opens.
- **January 15, 1967:** The first Superbowl game was played. The Green Bay Packers defeated the Kansas City Chiefs 35-10.
- **January 16, 1991:** The Gulf War began.
- **January 17, 1773:** The ship "Resolution", under the command of Captain James Cook, became the first vessel to cross the Antarctic Circle.
- **January 18, 1779:** Peter Roget, author of "Roget's Thesaurus," was born.
- **January 19, 1809:** Edgar Allen Poe was born.
- **January 20, 1945:** Franklin Delano Roosevelt was inaugurated to a fourth term as President of the United States.
- **January 20, 1981:** Ronald Regan was inaugurated as President of the United States at age 69, becoming the oldest President in history to take office.
- **January 25, 1924:** The first Winter Olympic

proximity to the roof edge. OSHA reports it is nearly impossible to catch oneself when falling. It takes a half second to react once a person begins to fall; in that half second, the person has already fallen four feet.

Danger lurks beyond the roof edge. Skylights pose a threat to an employee falling through to the open area below. Skylights should be covered or surrounded by a guardrail. Ladders pose another threat. Ladders should be stabilized and extended at least three feet above the roof edge. Hands should be free when climbing a ladder.

OSHA requires employees to be trained to avoid fall hazards and to properly use fall protection equipment and safety measures like:

- Ensure harnesses fit and are not defective.
- Always stay connected or tied off.
- Ensure anchor points are safe.
- Holes, openings, and skylights should be protected.
- Refrain from sitting or walking on skylights or other openings.

An Ounce of Prevention

The ideal time to implement a fall protection plan is at the onset of a project - either new construction or a re-roof. Fall hazard control is becoming increasingly more wide-spread as a way to prevent potential costs related to injuries. Value is spread throughout all phases of a project when it is implemented at the design stage. This results in a project lifetime savings.

Viable fall protection options are available for both new roofs and retro-fits. Fixed anchorage points - which can be used for both fall prevention and fall protection - is one option. Another option is proper parapet walls to enclose the entire rooftop, therefore enabling fall prevention for all future rooftop work and maintenance.

Specifically for low-slope and flat roofs, protection systems include ("Fall protection," 2012):

- guardrail systems
- safety net systems
- personal fall arrest systems
- warning line and guardrail combined system
- warning line and safety net combined system
- warning line and personal fall arrest system
- warning line and safety monitoring system

The type of roofing system selected may also reduce the risk of falls. Using a pre-manufactured system installed by experienced contractors, such as LaFerney Commercial Roofing, reduces the time spent on the roof by installers, therefore effectively reducing exposure hours. The exposure hours may be further decreased by selecting a system requiring minimal maintenance. Less exposure to a hazard translates to less risk.

Fall protection systems are active systems - meaning participation is required of the worker. Using the prevention approach, described above, in addition to training for employees and supervisors, makes a successful protection program attainable.

Selection of the appropriate protection system for the situation is critical. LaFerney's sales consultants are available to make recommendations based on the unique needs of your facility. Call **800-633-3119** to take advantage of our expertise.

games began in Chamonix, France.

- **January 25, 1949:** The first Emmy awards were presented.
- **January 25, 1961:** President John F. Kennedy conducted the first live televised Presidential news conference.
- **January 27, 1756:** Wolfgang Amadeus Mozart was born.
- **January 28, 1915:** The Coast Guard was created by an Act of Congress.
- **January 29, 1900:** The American League (baseball) was founded.
- **January 31, 1958:** The United States launched the Explorer I satellite, entering the Space Age.



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Safety is a watchword for LaFerney Commercial Roofing. Our commitment to safety shows through our crews and training programs. This commitment extends to every job site, for the protection of your customers and employees, as well as our crew. In addition to the strict safety policy of LaFerney Commercial Roofing and OSHA requirements, roofing crews also adhere to customer policies in all areas, including the use of special safety equipment such as steel toe boots, hard hats, safety glasses, and fences or barricades.

Special insurance requirements (fire spread, wind uplift) are also met upon request. LaFerney Commercial Roofing has the necessary resources to address any safety or engineering needs which may arise. Safety for LaFerney begins in the planning process where each site is evaluated for potential hazards, including exposure, environmental, excursion limits, and ventilation.

If safety is important, be certain to contact LaFerney Commercial Roofing for a free estimate.

Phone: 800-633-3119. Email: laferney@laferney.com. Web: www.laferney.com.

Reference:

U.S. Department of Labor, Occupational Safety & Health Administration. (2012). *Fall protection*. Retrieved from website: <http://www.osha.gov/SLTC/fallprotection/index.html>

Walkpads: The unsung benefits

While walkpads may seem like an unnecessary expense, in actuality, they provide a necessary, controlled, visible path for rooftop workers. Walkpads create a non-skid walking surface, provide a separator for sleepers supporting mechanical equipment, and additional protection in heavily traveled areas on the roof. High traffic areas are often located around access points and HVAC equipment. A controlled path provides a highly needed work surface for HVAC contractors, inspectors, and other rooftop workers. Walkpads protect not only workers on the roof, but it also protects the investment made in the roof. For more information, contact LaFerney Commercial Roofing: **800-633-3119**.



As always, LaFerney Commercial Roofing is here to find a solution to your roofing needs, whether that is through safety, repair, or roof recovery. In the words of our president, Don LaFerney, Jr: **"The leak stops here."**

Wishing you a happy and safe new year,

LaFerney Commercial Roofing



Contact LaFerney Commercial Roofing for a roof evaluation. **800-633-3119**.

Chunky Guacamole: Finely chop 1 small white onion and 1 serrano chile (or chile of your choice). Mix with 1 cup torn cilantro, 3 diced avocados, and the juice of 2 limes. Salt to taste.

Easy Superbowl Dips

Bacon Jalapeno: Mix 8 ounces cream cheese, 2 cups shredded cheddar, 1/2 cup sour cream, 1/4 cup milk, 4 slices chopped cooked bacon, 1 tablespoon bacon drippings, 1 teaspoon white wine vinegar and 2 thinly sliced jalapenos. Spread in a baking dish; top with buttered breadcrumbs (preferably panko). Bake at 350 degrees F until golden and bubbly, 30 minutes.

Queso Dip: Cook 1 tablespoon each butter and flour in a saucepan over medium heat, stirring, 1 minute. Stir in 1/2 pound shredded cheddar and 1/4 cup each cream cheese, milk, and jarred salsa. Stir until smooth. Add 1/4 pound of cooked ground beef for a meaty option.

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