



Improve balance to reduce falls.

It's all too easy to take shortcuts when working with ladders – but a bit of planning will ensure safety. March is Ladder Awareness Month – and it's a great time to go over ladder safety guidelines with your team.

Whether you're working from a ladder, roof, scaffolding or other structure, assess the risk and use the right equipment. First, if you can do the job without working from a height, that's always the safest plan.

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If you need the ladder, keep these tips in mind:

- Scan the work area for potential hazards before starting the job.
- Make sure you are properly trained on how to use the equipment.
- Ensure stepladders have a locking device to hold the front and back open.
- Place the ladder on a solid surface and never lean it against an unstable surface.
- A straight or extension ladder should be 1 foot away from the surface it rests on for every 4 feet of height and extend at least 3 feet over the top edge.



Upcoming well-being exchange: Lead your employees with heart.

Chan Badger, MD, discusses workplace culture with cardiologist and resiliency leader Jonathan Fisher, MD, on April 2 at 11 a.m. Click the link to register.

[RSVP here](#)



Keep your team safe.

Our Worksite Injury Prevention Program focuses on reducing muscle and bone issues and preventing injuries. By collaborating with your health and safety teams, we help create a safer work environment.

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For more information on how **Novant Health Employer Solutions** can support your company, call us at [336-277-3431](tel:336-277-3431) or send us an email at EmployerSolutions@NovantHealth.org.