

Hawaii Occupational Safety and Health (HIOSH)

The Hawaii Occupational Safety and Health Law and Regulations are intended to assure safe and healthful working conditions for the women and men of the State. Hawaii is one of 28 jurisdictions approved by the Federal Occupational Safety and Health Administration (OSHA) to operate its own state's safety and health program under Section 18 (b) of the Occupational Safety and Health Act of 1970.

Holiday Workplace Safety

Ladder Safety

Tis the season to use ladders to hang holiday lights on eaves, trees, tall bushes, or even to hang a star atop large Christmas trees, if you so choose.

While falls represent a leading cause of injury and death, most ladder-related injuries can be prevented.

- Inspect your ladder prior to use.
- Always maintain a 3-point (two hands and a foot, or two feet and a hand) contact on the ladder when climbing. Keep your body near the middle of the step and always face the ladder while climbing.
- Obey the 4-to-1 rule: Place the base of the ladder 1 foot (foot) from the wall for every 4 feet between the base and the support point.
- Extend extension ladders at least 3 feet above a support point such as the edge of a roof.
- Use stepladders safely, ensure they are fully unfolded with the braces are locked.
- Place the ladder on a firm, level surface, and check to make sure the ladder is stable.
- Do not place a ladder on boxes, barrels or other unstable bases to obtain additional height.
- Never set up a ladder in front of a door unless the door is locked or blocked.
- Make sure the spreaders on stepladders are fully extended and locked in place.

Decoration Safety

Decorating your office and home is a long-standing tradition around the holiday season.

Keep all relevant OSHA regulations in mind when deciding how to decorate your workplace for the holidays. Without proper planning, holiday decorations can result in dangerous hazards.

- Limit holiday decorations to areas where they won't create a fire hazard and won't block exits.
- Make sure trees and decorations are kept away from heat sources, including office equipment.
- If you use holiday lights, make sure they're properly installed, don't link more than three light strands (unless the directions indicate it's safe), and turn off ALL lighting when you are not present.
- Use only nonflammable decorations and only battery-operated, flameless candles.
- Remove all paper and or flammable materials from electrical outlets or ignitable sources.
- Do not plug ground fault interrupters (GFCI) into other GFCI.

Temporary/Seasonal Worker's Safety

Temporary and part-time employment spikes as retailers and other businesses increase staffing to accommodate their seasonal increase in business. Temporary workers are entitled to the same protections under the Occupational Safety and Health Act of 1970 (the OSH Act) as all other covered workers. The right to :

- a safe workplace free of dangers.
- receive training in clear language that they understand.
- receive safety equipment.
- speak up about their safety.
- report work-related injuries without retaliation.