

# Toolbox Talk

Be Safe. Your Family and Friends Want You Healthy and in Their Lives.

## Ladder Safety – Do's and Don'ts

A major cause of falls from ladders is improper set-up or use. Many accidents can be avoided with common sense and good work practices. Using proper set-up and usage techniques will give your ladder maximum stability and help ensure your safety.

### DO:

- Choose the correct ladder for the job to be performed. Choose a ladder suitable to your weight and equipment.
- Inspect the ladder for faults such as broken rungs or rails. Check the footings and pads to make sure that they provide a non-skid surface. If any defect is found, the ladder should be taken out of service.
- Place the ladder on level footing.
- Ensure an extension or straight ladder extends at least 3 feet above the point of support.
- Abide by the 1:4 rule when using an extension ladder. If you are using a 12 foot ladder, the base should be 3 feet from the structure. When using a stepladder, make sure the folding cross braces are locked in the proper position before you step onto it.
- Check shoes to ensure they are free of grease or mud.
- Face the ladder and use the "3-Point Contact Rule."

### DON'T:

- Use aluminum ladders when working around electricity.
- Use a self-supporting ladder in a closed position.
- Place a ladder in front of a door.
- Climb higher than the third rung from the top on straight or extension ladders or the second tread from the top on stepladders.
- Overreach beyond the side rails to conduct work.
- Turn your back to the ladder at any time.
- Carry heavy objects or tools up the ladder.
- Move or shift a ladder while on it.



*The safety information provided in this Toolbox Talk is for informational purposes and should not be considered a complete resource on this topic, nor does it supersede any applicable local, state or federal statutes or regulations. The material contained has been compiled from sources believed to be accurate. Tradesmen International assumes no responsibility for the accuracy of this information and encourages expert consultation on this topic for more information.*

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Location: \_\_\_\_\_

Employee Signature: \_\_\_\_\_

Date: \_\_\_\_\_



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