

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.



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Employee Name: _____

Location: _____

Employee Signature: _____

Date: _____



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