



LADDER SAFETY

TOOLBOX TALK SERIES – LADDERS

March 2024

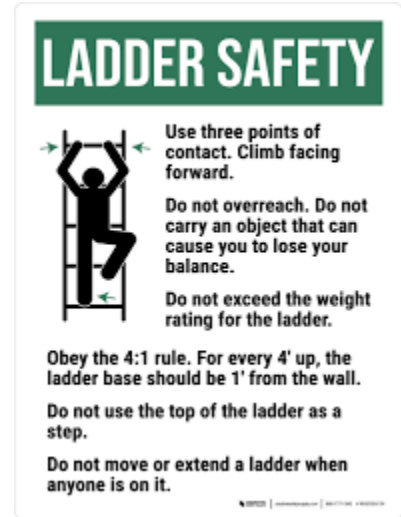
Ladders are commonly used tools in many workplaces, but they can also be sources of serious accidents if not used properly. To ensure your safety and the safety of others, follow these guidelines when using ladders:

- 1. Inspect Before Use:** Before using a ladder, visually inspect it for any damage such as cracks, bends, or missing parts. Do not use a ladder that appears damaged in any way.
- 2. Choose the Right Type of Ladder:** Select a ladder appropriate for the task at hand. For example, use a step ladder for low to medium height tasks and an extension ladder for higher tasks. Make sure the ladder's height and weight capacity meet your needs.
- 3. Set Up Properly:** Place the ladder on a firm, level surface. Do not use ladders on uneven ground or slippery surfaces. If necessary, use ladder levelers or stabilizers to ensure stability.
- 4. Extend Fully and Lock:** Fully extend the ladder and ensure that it is locked into place before climbing. Never use a ladder that is not fully extended or properly secured.
- 5. Maintain Three Points of Contact:** Always maintain three points of contact with the ladder while climbing – either two hands and one foot, or two feet and one hand. Do not carry heavy or bulky items that could cause you to lose your balance.
- 6. Do Not Overreach:** Avoid overreaching while on the ladder. Instead, reposition the ladder closer to your work area to maintain stability. Keep your body centered between the side rails.





7. **Use Caution Near Electrical Hazards:** If working near electrical hazards, use a non-conductive ladder such as a fiberglass ladder to reduce the risk of electric shock. Never use metal ladders near power lines or electrical equipment.
8. **Descend Safely:** Descend the ladder facing towards it and maintain a firm grip on the rungs. Do not slide down the ladder or jump off from the top rungs.
9. **Secure Tools and Materials:** Secure tools and materials in a tool belt or bucket while climbing the ladder. Do not carry items in your hands while climbing.
10. **Report Damaged Ladders:** If you notice any damage to a ladder, report it to your supervisor immediately. Do not attempt to use a damaged ladder.



Remember, safety is everyone's responsibility. By following these ladder safety guidelines, you can help prevent accidents and injuries in the workplace.