

LADDER SAFETY

Actsafes's Toolbox Talks are intended as an informational resource for employers and supervisors to use to deliver a safety talk on a specific subject. A toolbox talk can be an effective way of refreshing workers' knowledge of safe work procedures and sharing information with more experienced workers.

Ladder Safety

Falls from ladders are a leading cause of disability and death in many industries. Prior to using any ladder, make sure that it is in good condition and is the right ladder for the job.

Safe Work Practices to Review

- Complete a visual and physical inspection of the ladder before use. Do not use any ladder if it is damaged.
- Use the correct grade of ladder for the job and set up the ladder correctly on a firm, level surface.
- Always face the ladder and use a three-point contact climbing method (two hands and one foot, or one hand and two feet).
- The manufacturer's labels must be legible and meet acceptable CSA, ANSI, or WSBC standards.
- The areas at the top and base of ladders should be clear of tools, equipment, and debris.
- Ensure the ladder stays away from overhead conductors and power lines. Stay the required distance away from them. Only use non-conductive ladders around any power source.
- Ensure the ladder is of sufficient length to enable the safe performance of the work activity.
- If you need assistance setting up a ladder, ask a fellow worker for help.
- Extension ladders must be positioned so that it is leaning against a vertical surface of support. They must be positioned at an angle of a 4:1 ratio. E.g. for every 4' high, the ladder should be brought 1' out from the vertical surface of support.

Things to avoid:

- Never stand on the top two rungs or on the shelf of a ladder.
- Do not carry heavy, bulky, or hazardous materials when climbing ladders.
- Do not use a ladder that does not have all safety feet in place.
- Do not place ladder near edges, openings, stairs, sloping surfaces, or sharp objects (such as fencing/rebar).
- Do not set up ladder during severe weather, such as strong winds, heavy rain, snow, or ice.
- Do not store or leave tools or materials on ladder steps or on the ladder shelf.
- Do not lean a step ladder against a wall and use it as a straight ladder.
- Do not place ladder on unstable surfaces such as boxes or pallets.

Attendees (attach Sign-in Sheet if needed):

Name	Initials	Name	Initials
_____	_____	_____	_____
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Date: _____

Supervisor/Department: _____

