

Ladder Safety Toolbox Talk

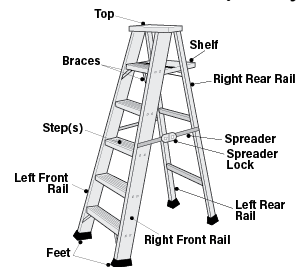


Using a Ladder Safely

Falls are the 2nd leading cause of death and 3rd in non-fatal injuries every year. Falls from ladders make up a good majority of those deaths and injuries and can be prevented by following safe work practices described below.

1. *Choosing the Right Ladder* - using the wrong ladder can be dangerous. Take a minute and plan your task by considering these questions below.

- How high do you need to reach?
- How much weight will the ladder need to hold?
- What is the environment in which the ladder will be used?
 - (level floor, slick surface, incline, stairs..)

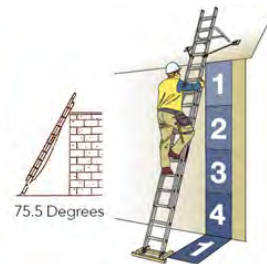


2. *Start with a Firm Foundation* - no matter what kind of ladder you are using, place the base on a firm, solid surface and avoid slippery, wet or soft surfaces.

- Never lean a straight or extension ladder against a window pane or other unstable surface.
 - Use a stabilizer and ladder leveler when needed.
- When working with a straight or extension ladder - use the 4 to 1 Rule!!
- Secure straight or extension ladders to an upper support.
- Ensure stepladders are completely open before climbing.

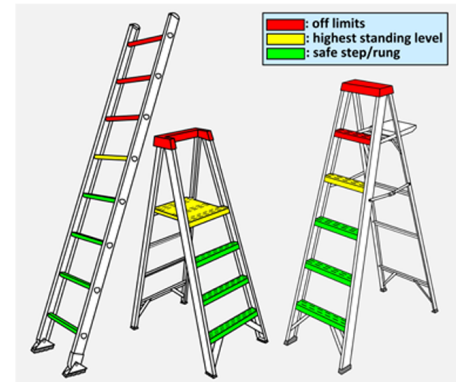
4-to-1 Rule

Make sure you can set up your ladder at the required angle, using the 4-to-1 Rule: For every 4 feet (1.2 metres) up, place the base of your ladder 1 foot (0.3 metres) from the wall or upper support that it rests against.



3. *Climb with Care* - Prior to using a ladder, review the labels and inspect the ladder to ensure it is in good condition. If it isn't tag it and remove from service and get a different ladder.

- Avoid using ladders if you feel dizzy, tired or impaired.
- Extension ladders should always extend 3 feet above the platform you're trying to reach.
- Make sure ladder is free of grease, oil, mud or any sticky or slippery materials.
- If using a ladder outside, do not use in windy or inclement weather.
- Face the ladder and always grip the rungs, not the side rails.
- Always keep 3 points of contact with the ladder.
 - 2 hands and 1 foot or 2 feet and 1 hand.
- Do not lean or overreach off the side of the ladder.
- Do not try to move the ladder when in use
- Only one person on the ladder at a time.
 - Unless the ladder is designed and load rated for it.
- Do not stand higher than the step indicated on the label marking the highest standing level.



4. *Ladder Inspections* - Prior to each use check for:

- Loose parts, hinges, fasteners, spreader or other metal parts
- Cracked, broken, split or worn steps, rungs, uprights & braces
- Damaged or worn non-slip bases, rope, spreader stop & lock

❖ If yes to any, tag and remove it from service

