

Toolbox Talks

Weekly Tailgate Topic_

12-7

Discuss with crews on
LADDER SAFETY

[INSERT DATE]

Ladders can be used safely if they are given the respect they deserve. If you require assistance in setting up a ladder, ask a fellow worker for help. Prior to using any ladder, make sure that it is in good condition and is the right ladder for the job

1. When setting up a ladder, secure the base and "walk" the ladder up into place.
2. The ladder should be set at the proper angle of one (1) horizontal to every four (4) vertical. As a general rule of thumb, when you are setting a ladder up, the base of the ladder should be at your feet and the ladder should be at arms length at your shoulder height.
3. Before using a ladder, make sure it is secured against movement.
4. When in position, the ladder should protrude one (1) meter above the intended landing point.
5. Workers shall not work from the top two rungs of a ladder.
6. Don't overreach while on a ladder; it is easier and safer to climb down and move the ladder over a few feet to a new position.
7. Do not carry equipment or materials when climbing an access ladder.
8. Always face the ladder when using it, grip it firmly and use the three-point contact method.
9. The minimum overlap on an extension ladder should be one (1) meter unless the manufacturer specifies the overlap.
10. Keep ladders, both metal and wood, away from electrical sources.
11. Do not use a ladder if it is damaged. Tag them "OUT OF SERVICE" until they can be disposed.



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