



TOOLBOX TALK



LADDER SAFETY DO'S AND DON'TS OF USING A LADDER

While it may seem easy to use a ladder, many disabling injuries occur each year due to improper use of ladders. Knowing the "Do's" and "Don'ts" can help you avoid becoming another victim of falling from a ladder.

- Comply with company specifications for backfilling.
- Ensure the protection and support of existing utilities and structures.

DO:

- Look overhead before placing a ladder, with special attention to power lines and other electrical hazards.
- Use ladders made of non-conductive material when working around power lines or other electrical hazards.
- Set ladder feet directly on strong, level, stable surface; make sure surface is free of debris, spills, etc.
- Take your time and climb one rung at a time while using the "3 Point Contact" rule.
- Use a 4 ladder support contact: 4 feet or 2 rails & 2 feet.
- Climb down and move ladder to get proper access to the work area. Keep your belt buckle between the side rails.
- Climb all ladders facing the rungs.
- Use a bucket or other means to lift objects to the work area.

DON'T:

- Do not use aluminum ladders when working around electricity.
- Do not place a ladder on a slippery, cluttered, or unstable surface such as boxes, carts, tables, etc.
- Do not hurry up a ladder to complete a task.
- Do not overreach beyond the side rails to conduct work.

DISCUSSION LEADER DUTIES: Obtain a ladder that you or an employee can use during the discussion to demonstrate key points.

WHAT THIS TOOLBOX TALK COVERS: This toolbox talk reviews how to choose the correct type of ladder.

DISCUSSION NOTES: Emphasize the importance of choosing the right ladder for the job. Note that more than 150 fatal falls occur in workplaces each year.

- Do not turn your back to the ladder at any time.
- Do not carry heavy objects or tools up the ladder.
- Do not assume the area above the ladder is clear of all hazards.

REVIEW QUESTIONS

1. Is it okay to turn your back on a ladder when carrying heavy objects?
 - a) True
 - b) False:** Never turn your back OR carry heavy objects.
2. If needed a ladder can be placed on a small table to get higher?
 - a) True
 - b) False:** Never place a ladder on any unstable surface.
3. Climbing a ladder one rung at a time is a waste of time?
 - a) True
 - b) False:** Safety is never a waste of time. Climbing a ladder one rung at a time can avoid costly injuries and time away from work.

Talk Given By:	Date:
Company Name:	Location:
Printed Name	Signature

Under the Occupational Safety and Health Act, employers are responsible for providing a safe and healthy workplace and workers have rights. OSHA can help answer questions or concerns from employers and workers. OSHA's On-site Consultation Program offers free and confidential advice to small and medium-sized businesses, with priority given to high-hazard worksites. For more information, contact your regional or area OSHA office, call 1-800-321-OSHA (6742), or visit www.osha.gov.

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