TOOLBOXTALK

LADDER SAFETY SET UP AND USE OF A LADDER

A major cause of falls from ladders is improper set-up. Many accidents can be avoided with common sense and good work practices. Using the proper set-up technique will give your ladder maximum stability and help ensure your safety. All access equipment requires a visual inspection prior to every use – especially ladders. Never use damaged equipment!

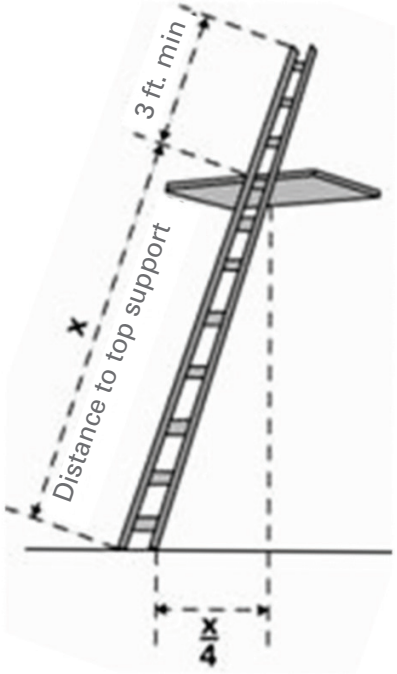
All ladder work should be evaluated for all of the fatal four (falls, electrical, struck-by and caught-in/caught-between hazards). If you perform elevated work, falls are a threat. Ladders cause more serious injury and fatal falls than any other access equipment because they are the only access equipment with no fall protection. Electrical hazards may be present, and that determination must be made prior to use. The entire ladder must be 10 feet from a potential hazard and the unit should have nonconductive rails when electricity is present. All types of ladders used in construction pose a caught-in-between risk: extension in a guillotine manner; A-Frames in a clap and scissor manner; and adjustable in some combination of the same. Unfavorable dynamics can result in an amputation or potentially fatal opening of arteries, etc. Lastly, all overhead work creates a potential for struck-by injuries: barricading is required.

PREPARING TO USE A LADDER

- Look above for any overhead wires or obstructions.
- Use non-conductive ladders for all electrical work.
- Clear any clutter from the area around the base of the ladder.
- Block off the area around the ladder so people and equipment won't knock you off the ladder.
- If you're working close to a corner, put a sign to warn people of your presence.
- If there's a door nearby, lock it, block it off, or station someone to watch it for you.
- Before you use a ladder, check its rating and be sure not to subject it to a load greater than its rated capacity.

USE OF A LADDER

- Position a ladder carefully to prevent slipping
- Where slipping or roll out is possible, tie off or have someone hold the ladder in position.
- Do not use a ladder for anything other than its stated purpose.
- Do not use boxes, barrels, or other objects to raise a ladder higher.
- Do not place ladders in front of doors that open toward the ladder unless the door is blocked, locked, or guarded.
- Do not use ladders with slippery rungs or shoes.
- Position the base of an extension or straight ladder one foot away from the wall for every four feet of the ladder's length from the support point to the surface (see figure).
- Before climbing onto a roof using an extension ladder, be sure the ladder extends three feet beyond the roof line (see figure).
- Never overextend and extension ladder.
- Read and follow all the instructions on the ladder.



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 covers the setup and use of ladders.

REVIEW QUESTIONS

1. The ladder's length from the ground to the top support should be five feet from the building.

   a) True - The base shuld be one foot away from the wall for every four feet fo the ladder's length from the ground to the support point.

   b) False

2. If you're using a ladder to climb onto a roof, the ladder should extend one foot past the roof line.

   a) True

   b) False - The ladder should extend three feet beyond the roof line.

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

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