



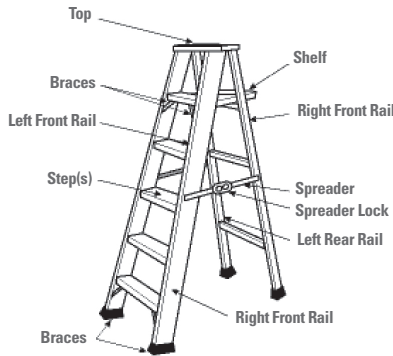
TOOLBOX TALK



LADDER SAFETY USING A STEPLADDER SAFELY

Stepladders are commonly used in the construction industry, but they require careful use. They are not designed for any degree of side loading and are **more susceptible to be** overturned.

Avoid over-reaching. People have been killed getting down from workplaces (such as loft spaces) when they have stepped onto the top step of a stepladder which then overturned.



- Ensure stepladders are positioned on level ground and used in accordance with the manufacturer’s instruction.
- Do not use makeshift or homemade ladders or **self-perform repairs** to damaged ladder.
- Make sure all four feet of the ladder are on a firm, dry, and level surface.
- Be sure to clear the ground area around the ladder before climbing.
- Only use stepladders in a fully open position. Lock the side braces and cross braces before climbing.
- Do no use a stepladder as a straight ladder in a folded and leaning position.
- Always wear proper footwear with good tread when climbing.
- Do no stand on the top two steps of the ladder unless they are designed for standing.
- Watch for people working under or around the ladder.

- Keep your body centered on the middle of the ladder.
- Avoid lifting or carrying any heavy items while climbing up or down the ladder.
- Use a ladder made out of non-conductive materials for electrical work.
- Do not use stepladders to support work platforms.

REVIEW QUESTIONS

1. Do not lean to reach items while standing on the ladder.
 - a) **True** - As a rule of thumb, keep your belt buckle between the rails.
 - b) False
2. Do not use a stepladder in a folded and leaning position in place of a straight ladder.
 - a) **True** - Stepladders should only be used in a fully open position with side braces and cross braces locked.
 - b) False
3. Two stepladders can be used to support a work platform.
 - a) True
 - b) **False** - Stepladders should only be used in a fully open position with side braces and cross braces locked.

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

WHAT THIS TOOLBOX TALK COVERS: This Toolbox Talk covers how to use a stepladder safely.

DISCUSSION NOTES: Discuss the safety tips above and review various negative outcomes that could result from failure to follow these tips.

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.

Through the OSHA and SWR Institute Alliance, the SWR Institute developed this toolbox talk for informational purposes only. It does not necessarily reflect the official views of OSHA or the U.S. Department of Labor.

COPYRIGHT NOTICE
 Copyright ©2022 by the Sealant, Waterproofing & Restoration Institute. All rights reserved. Printed in the United States of America.