

TOOLBOX TALK

FALL PROTECTION



Ladders

A stepladder is a portable, self-supporting, A-frame ladder. It has two front side rails and two rear side rails. Employers must train each worker to recognize and minimize ladder-related hazards. A competent person must visually inspect stepladders for visible defects on a periodic basis and after any occurrence that could affect their safe use.

Defects include, but are not limited to: structural damage, split/bent side rails, broken or missing rungs/steps/cleats and missing or damaged safety devices. Other potential dangers include: grease, dirt or other contaminants that could cause slips or falls and paint or stickers (except warning or safety labels) that could hide possible defects.

Stepladder DO's and DONT's

DO

- Read and follow all the manufacturer's instructions and labels on the ladder
- Look for overhead power lines before handling or climbing a ladder
- Maintain a 3-point contact (two hands and a foot, or two feet and a hand) when climbing/ descending a ladder
- Stay near the middle of the ladder and face the ladder while climbing up/down
- Use a barricade to keep traffic away from the ladder
- Keep ladders free of any slippery materials
- Only put ladders on a stable and level surface that is not slippery
- Use Proper Load Capacity: Use a ladder that can sustain at least four times the maximum intended load

DONT

- Use ladders for a purpose other than that for which they were designed
- Use a stepladder with spreaders unlocked
- Use the top step or cap as a step
- Place a ladder on boxes, barrels or other unstable bases
- Move or shift a ladder with a person or equipment on the ladder
- Use cross bracing on the rear of stepladders for climbing
- Use a damaged ladder
- Leave tools/materials/equipment on stepladder
- Use a metal stepladder near power lines or electrical equipment

Ladders

Take Home Point:

Falls from heights below 6ft are the most common types of injury in construction. That's why proper use and care of ladders is important on jobsites. When using a ladder, be sure to use on level ground, climb with 3 points of contact, and never exceed the proper load capacity.

Date: _____

Safety Leader: _____

Crew Members:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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