



TOOLBOX TALKS/SAFETY TALKS

Training & Education

Ladder Usage

Both single and extension ladders should be equipped with nonskid safety feet and should be placed on a firm, level surface. The distance from the ladder's base to the wall should equal one-fourth the distance from the base to the point of support.

- Never set ladders on boxes or other objects to make the ladder reach higher areas.
- Lock or barricade any doors that may open toward ladders.
- Approximately three feet of a straight ladder should extend above the topmost spot to be reached.
- Never stand above the third rung from the top of a straight ladder or above the second highest step of a stepladder.
- Never use stepladders as straight ladders. Open stepladders fully and make sure that the spreader is locked securely.
- Only one person should be on a ladder at a time and should always face the ladder when going up or down.
- While on a straight ladder, hold on with one hand and don't overreach. It's safer to climb down and move the ladder. Use a safety belt if both hands have to be occupied.
- If you use a metal ladder, make sure that it or you doesn't come into contact with electric wires or equipment.
- Never carry large objects while ascending or descending a ladder. To carry tools and accessories, use shoulder straps, bags, or hand lines.
- Inspect all ladders at regular intervals.
- Defective ladders should be tagged "dangerous-do not use," and removed from service without delay.
- Ladder steps and rungs should be kept free from oil and other foreign matter.
- Ladders should not be painted because paint may conceal defects.
- When not in use, ladders should be kept on racks having sufficient supporting points to prevent sagging.

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