

Ladder Safety

PROJECT / SITE	DATE	TALK LED BY

THE HAZARD

Most ladder injuries come from four things: the wrong ladder, the wrong angle, the wrong footing, and standing too high on it.

WHAT GOES WRONG

- Ladder set at too steep an angle because there was no room to pull the base out.
- Top of the ladder not tied off, so it slides when someone shifts their weight.
- Standing on the top two steps of a stepladder rather than getting a taller ladder.
- Damaged rails, missing feet, or a bent rung, spotted and used anyway.

CONTROLS: BEFORE YOU START

- Set a non-self-supporting ladder so the base sits about a quarter of the working length out from the wall.
- Extend the side rails at least 3 feet above the landing you are climbing to.
- Secure the ladder at the top and bottom, and use it only on stable, level ground.
- Keep three points of contact climbing up and down, and carry tools in a belt or hoist them.
- Inspect before use: cracked or bent rails, missing or worn feet, damaged rungs, grease on the steps.

ASK THE CREW

1. Is every ladder on this site the right height for the work, or is someone reaching?
2. Who tied off the top of the ladder they used yesterday?
3. What do you do when the ground where the ladder needs to go is soft or sloped?
4. Has anyone seen a damaged ladder on this job that is still in the rotation?

ATTENDANCE RECORD

Everyone present signs below. This sheet is the record of the talk.

PRINT NAME	SIGNATURE
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SUPERVISOR / COMPETENT PERSON	SIGNATURE