

# LADDER SAFETY

This topic was created to aid you with your regular scheduled safety meetings. This topic was designed to be presented in 5 to 10 minutes with a minimum of preparation. Remember to fill in the documentation section on the reverse side.

Nearly all of us use ladders at one time or another (either at home or at work) and most of us reach a point where we become complacent about their use. It seems easier and quicker to load up both hands with tools and supplies before we climb up or down the ladder—after all, that means fewer trips! Or maybe we need to reach just a little higher, so up on the top of the step we go. Or have you ever seen someone high up on a stepladder leaning as far to one side as they possibly can? These are examples of things that make ladder use unsafe; they increase your chances for injury. This safety meeting will be devoted to the discussion of ladder safety.

You, as the ladder user, can do a lot to prevent an accident. It is important to inspect the ladder prior to use and set it up properly. Check the ladder for its general safety condition; are there cracks in the side rails or steps? Is the ladder equipped with safety feet, are they missing? Has it been repaired “on the job?” Evaluate your intended use; is the ladder the correct length? Will it be set up on an adequate base? Does the ladder need to be secured to the structure? After answering these questions satisfactorily you are ready to use the ladder. Here are some safety points to keep in mind.

- Do not place ladders in front of doors that will open toward the ladder.
- Do not locate ladders on top of boxes, barrels or other unstable bases.
- Do not use ladders as guys, braces, or skids, or for other than their intended use.
- Never use metal ladders around energized electrical circuits.
- Set up ladders so that both rails are supported.
- Always face the ladder when ascending and descending.
- Avoid carrying tools up or down a ladder.

## **SAFETY REMINDER:**

**Inspect your ladders carefully and frequently. Don't take their use for granted.**