

## Ladders

Injuries in the workplace because of ladder are commonplace. Falls from ladders can be as painful as a fall from a roof. Many of the fall related injuries result from the improper use or the use of a defective ladder. Step/extension ladders are made to access/egress upper levels, not to be used as work platforms. There are specifically designed ladders for use as work platforms such as order pickers. These ladders are constructed with a small platform and guardrail. The following safe work rules should be observed when working with ladders.

### Guide for Discussion

#### *Inspection*

- Look for missing or loose cleats at the bottom.
- Look for loose or missing screws, bolts or nails on job made ladders
- Look for cracked, broken, split, dented or badly worn rungs, cleats or side rails.
- Splinters on wood ladders.
- Corrosion on metal ladders.

#### *Ladder Use*

- Always use the right ladder for the right job.
- Don't set your ladder in a walkway or door opening.
- Keep the area at the top and bottom of the ladder clear of tool cords, tools, material and garbage.
- Always set the ladder on solid footing.
- Use a twenty-five percent (25%) angle on the slope of the ladder.
- When using extension ladders, the three (3) top rungs must extend beyond the landing platform. (Or the top of an extension ladder must be 36" (3 feet) above the landing.
- Don't lean to the side when on a ladder or you may tip over.
- Do not carry tools or materials on a ladder. Use both hands when climbing a ladder to grab onto the side rails. If it is necessary to move material or tools up a ladder, first climb up, then pull up the work with a hand line.
- Only one person on a ladder at a time (unless the ladder is double cleated).
- Always secure the top of the ladder to prevent it from sliding.
- Never lean a step ladder; always fully open a step ladder.
- Always face the ladder.

#### Additional Discussion Notes:

Always tie off the ladder. That way it stays where you put it.

Remember: When you are on a ladder, you can fall. If you can fall, you can get hurt. Use ladders safely.

Attendees:

NOTE: Always promote a discussion on any of the topics covered in the Tool Box Talks. Should any question arise that you cannot answer, don't hesitate to contact your Employer.