

Basic Ladder Safety

When working with ladders there are a number of precautionary measures that you should follow to avoid accidents and injuries. Prior to using any portable ladder it is imperative that you read and follow any instructions, labels, markings or manufacturer recommendations.

For example, never exceed the maximum load rating of a ladder. You should always be aware of the load rating of a ladder. Be sure to factor in the weight of any tools or equipment that might be used, as well. Make sure that you inspect the ladder before using it. If you discover slippery material on the rungs, steps or feet do not use the ladder until it has been properly cleaned. If it is damaged, remove it from



service and tag it until it can be repaired or discarded. When positioning a ladder for use it should be placed in a location where it cannot be displaced by other work activities. You may need to barricade an area to achieve this positioning. You should always use a ladder on a stable and level surface. Never place a ladder on boxes, barrels or other unstable bases to obtain additional height. You should also make certain that all locks on the ladder are properly engaged. When climbing a ladder always maintain 3-point (two hands and a foot, or two feet and a hand) contact. It is important to keep your body near the middle of the step and always face the ladder. Never use the top step or rung unless it was designed for that purpose. You should also never move or shift a ladder while a person or equipment is on the ladder. Never reach or lean for objects laterally, this could cause the ladder to tip over. When doing elevated work it is important that you are aware of and avoid any electrical hazards. Never use a metal ladder near power lines or exposed energized electrical equipment! When electrical work is necessary using a ladder make sure that you are using an approved

non-conductive ladder. Follow these precautionary measures to avoid accidents and injuries.

DISCUSSION QUESTIONS

What should you do if you discover a damaged rung or step on a ladder?
What does it mean to maintain 3-point contact on a ladder?
When electrical work is necessary using a ladder what type of ladder should be used?



MEETING / TRAINING

Attendance Roster

COMPANY:	 SA	AFETY MEETING
JOB/DEPT:	 SA	AFETY TRAINING
DATE:/		
TOPICS ADDRESSED:		
EMPLOYEE'S SIGNATURES:		
EMPLOYEE SUGGESTIONS AND REC		
ACTION TAKEN:		
Supervisorle Signature		
Supervisor's Signature		Date
Safety Coordinator's Signature		Date