



Toolbox Safety Talks

Ladders

- 1) What are the hazards/injuries involved with ladders?
 - a. Falls resulting in serious injuries and possibly death
- 2) What hazards should be recognized?
 - a. Condition
 - b. Rating
 - c. Setup angle
 - d. Tie-off's
 - e. Footing
- 3) What safe practices should be used when working on ladders?
 - a. Ladders must extend sufficiently beyond working platforms
 - b. Ladders must not be painted (this hides defects), should be stored correctly, and be subject to regular inspection
 - c. Only industrial class ladders should be used
 - d. Ladders must be suitable angled (1 foot out for every 4 feet up) and suitably secured
 - e. Never take serviceability for granted, always carry out a visual check prior to use
 - f. Never perform home made repairs on a ladder, and never use a ladder with existing home made repairs, and never use a home made ladder
 - g. Always stand ladders on a firm base
 - h. Never use rungs as a support for planks, or rest rungs on planks
 - i. Remove excessive mud, grease, etc., from footwear prior to climbing/descending a ladder
 - j. Always use the "Three Points of Contact" rule when climbing or descending
 - k. Do not carry loads up ladders – use hoists or alternatives
 - l. Never over reach from ladders – get down and move them
 - m. Beware of overhead obstructions, especially overhead power lines
- 4) What is our procedure for taking a broken ladder out of service?
- 5) What is the condition of our ladders? Do any need replaced or repaired?
- 6) Can someone demonstrate the "Three points of Contact Rule"?
- 7) Has anyone had an incident or near miss while using a ladder?



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Date Presented: _____

Presented By: _____

Attendance Sheet



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